

Junior Group Contract 2011

1. I will be respectful and courteous of my teammates and coaches.
2. Negative attitude (ex. "I can't") will not be tolerated.
3. I will give my best effort and perform sets properly and to the best of my ability. If I do not understand something, I will ask for help so that I understand.
4. I will listen to feedback given by my coach, other coaches, and jr. leaders and apply them accordingly.
5. I will swim smart and think about what I am doing and why I am doing it. (ex. Why do we do certain drills? Why does kicking or pulling a certain way make my stroke faster?)
6. I will be a good sport, encourage my team mates to give it their all, and keep a positive learning environment for my peers and coaches.
7. I will set goals to reach.

I, _____ agree by the rules of Junior Group for the 2011 season.

Swimmer's Name (Sign): _____ Date: _____

Parent/Guardian Name (Print): _____ Date: _____

Parent/Guardian Name (Sign): _____

Family Email: _____