

# Castle



## Swimming and Diving

### Athlete Standards and Expectations

The Castle Knights Swimming and Diving teams have a tradition of success that spans across the history of IHSAA swimming. It is an honor to represent the Knights both in and out of the water. With this privilege comes the responsibility to uphold and promote the following standards and expectations in order to assure the legacy of greatness that is Castle Swimming and Diving is carried on into the future.

#### **Note to the Parents:**

*It is our responsibility as a coaching staff to not only cultivate champions in the water but in life. We will do our best each and every day to ensure that we are preparing your child(ren) to be leaders and role models both in and out of the pool and ask that you assist us on our mission by reinforcing the following values.*

#### **Athlete Accountability Pledge**

Upon signing, I agree that I will hold myself accountable in the following aspects:

- **Attendance:** 100% attendance is required and expected
  - If I have an unexcused absence from practice, I will be subject to missing a meet.
  - If I have two (2) unexcused practices, I will be subject to missing two meets.
  - After exceeding two (2) unexcused practices, I will meet with the coaches and face possible dismissal from the team.
  - If I miss a meet without informing the coaches, I risk dismissal from the team.
  - If I will be out of town during a holiday break, I will notify the coaching staff at least one (1) week in advance in order to discuss my training plans during my absence.

- *Excused absences = doctor's appointment, academic meeting, etc.*
  - *Unexcused absences = vacation, going out to eat, Saturday school, over-slept, etc.*
  - *If an athlete must miss or be tardy to practice, they are required to notify the coaching staff by emailing "Knights.Attendance@gmail.com" at least 10 minutes before the practice begins. Notification of absence from a parent are accepted, but it is preferred that the athlete make the effort to contact the coaching staff. Notification of an absence from another teammate is rarely accepted.*
  - *Swimmers that miss practice due to an excused absence will be required to arrange a make-up practice with the coaching staff*
  - *Appointments such as: doctor, physical therapy, chiropractic, dentist, etc. will be encouraged to be scheduled outside of practice if possible.*
- **Communication:** It is the responsibility of the athlete to communicate with the coaching staff in the instance that a conflict arises.
    - *If I am unhappy with a decision made by the coaching staff, I will take responsibility by requesting a meeting with the staff.*
    - *If a situation were to arise where the athlete believes parent involvement is necessary, the parents are encouraged to contact the Head Coach before initiating contact with the Athletic Director or Principal.*
- **Academics:** The Castle High School Boys and Girls Swim & Dive Teams have ranked in the top 40 high schools in the nation academically for the past three years. We strive to continue this tradition.
    - *I commit to performing to the best of my abilities in the classroom by upholding a minimum of a 2.5 grade point average throughout the entire year.*
    - *If an athlete drops below a 2.5 GPA, the head coach will schedule a meeting with the athlete at which a performance improvement plan will be discussed and implemented.*

## **Good Teammate Pledge**

1. I pledge to be a positive leader who sets the example for my teammates through my positive attitude and actions.
2. I promise to share positive energy and encouragement with my team when challenges arise.
3. I will not be an energy vampire nor will I sabotage myself and team with negativity, complaining and excuses.
4. When I make a mistake or am not performing well, I will own it and seek to improve.
5. When I experience self-doubt, I will remember a time when I succeeded.
6. When I feel fear, I will choose faith.
7. When I face adversity, I will find strength.
8. With hard work, determination and faith, I will never give up and will always help my team move forward towards our vision and goals.
9. Today and every day, I will be positive and strive to make a positive impact on my team.