

PSC Swim Team Contract

Please keep this page and return signature portion
Head Coach: Kendra Paul, Nico Lattanzio,

As a swimmer of PSC, I understand that I am expected to:

- Respect teammates, competitors, parents, coaches and all staff
- Support and encourage teammates at practice and meets
- Be on time for practices and meets
- Be ready and on deck for practices and meets
- Focus on my own swimming and not on others
- Maintain a positive attitude
- Accept assigned practices/events without complaining
- Refrain from being disruptive or use inappropriate language
- Be a good sport when we win or lose
- Inform coaches of any doctor/ dental appointments that would cause me to miss a mandatory practice/meet
- Keep coaches informed any illnesses or injuries
- Know all events/relays that I will be swimming at meets
- Know not to leave a meet without checking in with one of the coaches
- Always be prepared for swims needed by the team (example: fill in for a relay)
- Stay for the whole meet and show support for my teammates

Consequences:

(Failure to follow the rules in this contract as well as pool rules will result in the following disciplinary action):

Step 1: Verbal warning

Step 2: 5-10 minute time out- time determined by actions

Step 3: Asked to leave practice or meet

Step 4: Suspension and contact with parents, coaches, and Aquatic directors. Length of suspension will be determined by the severity of swimmer's actions.

Step 5: Expulsion from the team

** note one or more of these steps may be bypassed to address instances deemed by the coaches to be severe or threatening to others.

Please detach and return this portion

I have read and understand the information within this contract and agree to adhere to these policies.

Swimmer Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Head Coach Signature: _____ Date: _____



2020 Swim Team Registration

Parent Information			Registration Dates
Last Name	Father's Name	Mother's Name	Swim Team Fees Paid by \$50 per swimmer \$140.00 family maximum \$150.00 student membership Aquatics Committee: Joe Hudak Kiersten Lattanzio Michele O'Bruba
Preferred Contact Info			
Father's Email	Mother's Email		
Home Phone	Father's Cell	Mother's Cell	
Swimmer Information			
Name of Swimmer No. 1 (last, first, M.I.)			
D.O.B.			
Name of Swimmer No. 2 (last, first, M.I.)			
D.O.B.			
Name of Swimmer No. 3 (last, first, M.I.)			
D.O.B.			
Name of Swimmer No. 4 last, first, M.I.)			
D.O.B.			

**My swimmer(s) image may _____ may not _____ be used in the media (newspaper, social media, PSC website).

** Complete this form and bring it along with a check made payable to Poland Swim Club

Getting Your Feet Wet

There is a PARENT MEETING on Saturday June 13 at 10:00am for all parents who are interested in having their child swim this summer.

Due to COVID-19 there needed to be changes made to the Swim Team this year. This is for this year ONLY. There are no meets. On Fridays the swimmers will be timed. They will be encouraged to drop time as the weeks go on. This year it's just VS. YOU. This is a good time to learn about setting goals and how to work toward achieving them. We have a lot of fun things planned and can't wait to get started!

Friday Ideas

Dive in for Donuts

Poolside Popsicles

Backstroking Bagels

Summer Smoothies