



2017-2018 Swimmer/Diver Agreement

As part of being a member of the 2017-2018 Cumberland Valley High school Swimming and Diving Team, I _____ will hold myself to the following standards:

_____ I will be a contributing member of the team by attending practices (unless excused due to absence from school or a note from a teacher) ** See note on last page about practice expectations

_____ I understand after **two unexcused absences**, and after a meeting with the head coach, I will be dismissed from the team. (Unexcused absences refer to missing practices and not providing the coaches with a written note from a teacher) *See note on last page

_____ I understand that if I arrive to school after 9:30am without a doctor excuse, I will not be eligible to participate in a swim/dive meet that day. I also understand that if I go home sick during the school day (and do not return to school) I am not eligible for practice or meets that day.

_____ I understand that part of being a member of the Cumberland Valley swimming and diving team **requires me to be ON TIME for the beginning of all practices and swim meets**. I understand that repeated lateness could warrant dismissal from the team.

_____ I understand that part of daily practices at the CV Natatorium involves pool set up. I understand that **NO SWIMMER/DIVER is exempt from pool set up** and as a contributing member of the team, I will assist in any way possible with pool set up

_____ I understand that as stated by the P.I.A.A., no jewelry is to be worn in swim meets.

_____ I understand that I will be issued a school uniform and it is my responsibility to take care of this uniform. If the uniform is lost or damaged, I will be responsible for paying the current replacement cost of that uniform.

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_____ I understand If I am injured or ill, I will report to the CVSD trainer. I also understand that an injury does not excuse me from practice unless a doctor or our trainer decides otherwise.

_____ I understand that hazing, initiating or bullying of athletes is strictly prohibited. I understand that violation of this policy will result in dismissal from the team.

_____ I understand that my primary reason for attending Cumberland Valley is to get a good education. According to school policy, you must be passing 6 classes in order to be eligible to participate. Your grades will be checked bi-weekly.

_____ I understand that unless I am dismissed by the head coach I will continue to be a contributing member of the team through my final competition of the year which include: Mid Penn Plunge, Mid Penn Championships, PIAA District 3 Championships, PIAA State Championships

_____ I understand that all swim/dive meets on the schedule including Saturday meets are mandatory and unless I am sick from school, or told by the head coach that I do not need to attend a meet.

_____ I understand that I must attend practice over **Thanksgiving Break in November**, and **Holiday Break in December** unless a note is provided to the head coach one week prior to the scheduled absence.

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2017-2018 Swim/Dive Meet Policy

All swimmers/divers must ride the team bus to all meets. Students are not permitted to drive to away meets

All swimmers/divers must wear the Cumberland Valley team suit at all meets (this also includes the team cap if swimmers choose to wear one).

All swimmers/divers are required to warm-up with the team at all meets (unless excused by the head coach), regardless of whether or not the swimmer/diver is entered in the meet.

All swimmers/divers are responsible for respectful behavior at swim meets – towards teammates, opponents, coaches, officials, and fans.

Swimmers/Divers are responsible for maintaining a clean locker room at all meets.

All swimmers/divers are to remain on deck for the duration of a swim meet (this includes diving). Swimmers/divers are not permitted to visit with family and friends during a meet.

All swimmers/divers are required to remain in uniform for the duration of a meet.

All swimmers are required to remain in the water during an event until all competitors have finished the event.

All swimmers/divers must ride the team bus back to Cumberland Valley High School after each meet UNLESS prior written notice is handed to the coaching staff.

I have read the CV High School Swimming and Diving agreement as well as the Meet Policy and agree to abide by these team rules, regulations, and expectations.

Student/Athlete Name: _____

Student Athlete Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

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Unexcused Absences – All swimmers/divers are to be at all scheduled practices as noted in the next paragraph. Should you have an after-school assignment, tutoring, or study group assignment every effort should be made to schedule these around swim/dive practice, but we also know sometimes these academic activities must be done immediately after school, thus you would need to provide a note from the teacher as you arrive for practice to avoid an unexcused absence

Expected Practice attendance – As with any sport at Cumberland Valley High School, being a member of a sports team is a privilege and an honor. Those of you that are members of the Cumberland Valley Swimming and Diving Team are expected to work hard and attend practice sessions. Varsity swimmers will have evening practices, two morning weight room sessions, and two morning swimming workouts. All varsity swimmers are expected to be at all five (5) evening practices and two (2) morning workouts (either weight room or pool workout). If you attend three (3) morning workouts you would then have the option to use a “flex” opportunity in the evening, meaning not attend an evening practice due to school work, tutoring session, school club etc. JV level swimmers have five (5) evening workouts and are expected to be at all workouts. Varsity Divers are expected to be at all practices. Student/Athletes that are involved in various “clubs and activities” are expected to use their “Flex” night for any “clubs or activities” meetings (meaning you will be attending three AM practices that week)

Minimum Expectations to be a member of the Cumberland Valley Swimming and Diving Team

1. 500 freestyle under 7:00
2. Swim 100 yards of each stroke
3. Complete a 200 IM under 3:00
4. Commit to the team – AM practices/PM Practices/Meets
5. Prior Diving Competitive Team Experience

Cuts - Maximum number of Swimmers/Divers on the team will be **65**. Swimmers that will not “make the team”, will be notified by Friday, November 17, 2017

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