



## 2019-2020 Swimmer/Diver Agreement

As part of being a member of the 2019-2020 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 5.5 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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## 2019-2020 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.

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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. If there is any question about what is excused ... please ask. If at all possible, try to arrange doctor's appointments outside practice or meet times. Too many absences, excused or unexcused, may result in an athlete being held out of meets.

**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 demonstrate a high level of work ethic and attend all practice sessions. Swimmers will have evening practices, morning weight room sessions, and *morning swimming workouts on days of competition*. All swimmers are expected to be at morning pool workouts on days of competition. If you miss morning workout on days of competition you will not be racing in the swim meet on that day. The AM weight room workouts per week are optional and encouraged. Varsity Divers are expected to be at all practices. Student/Athletes that are involved in various "clubs and activities" need to get permission from the head coach to miss any practice PRIOR to missing or arriving late for that practice

**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 **60**. Swimmers that will not "make the team", will be notified by Friday, November 15, 2019

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