

## Century Patriots Team Rules 2009

- 1) Absolutely no drinking, smoking, or drugs of any kind.
  - a. PUNISHMENT: 6-suspension and possible community service; you may not participate in practice or meets, but you will still be required to be at the pool each day.
- 2) We will respect each other at all times...athletes, coaches, trainers, and managers.
  - a. Disrespect will result in immediate action!
  - b. Continued disrespect will result in suspension from swim meets or the team.
- 3) We are a team first, and therefore we will swim, act, achieve, and learn as a team.
- 4) A RELAY: to be eligible for a spot on an A Relay you must attend both afternoon and morning practices (except for 7<sup>th</sup> and 8<sup>th</sup> graders) AND have one of the top 4 fastest times. You must also show to the coaches your leadership skills throughout the season.
- 5) Attendance at practices is mandatory and essential for the success of our team. Missing practice will only be acceptable with a written note or a phone call from a parent. Let the coaches know as soon as possible if you have to miss practice.  
VARSITY: miss with no excuse = 500 Free, 100 Fly next meet  
JV: miss with no excuse = 500 Free next meet
- 6) Losing your uniform will give you the opportunity to practice a 200 fly at the end of the next practice.
- 7) We are a team first and our captains are our leaders. Do not leave the pool unless the captains say it is time.
- 8) There will be an excellent opportunity to strengthen and tone our core with mandatory abs after each practice. This is a very important part of training.
- 9) We are a team first, and we will cheer and support everyone at meets and practice.
- 10) The Coaches make the final decisions for meet entries and events. However, your attitude and work ethic can greatly influence our decision.
- 11) We are a team first, and we will sit together for each meet and warm down together after EACH meet together.
- 12) No poor attitudes or whining will be accepted at practice or at meets.
- 13) Use the restroom before entering the pool for practice, even if you don't have to go.
- 14) We are a team first, and we will represent this team as best as we can in the pool and out. This will include cleaning up after us at meets, in hotels and on buses.
- 15) Always try your best.
  - a. The team can accept not winning, but the team cannot accept not trying.
  - b. Athletes not trying will be asked to leave the pool area.
- 16) Have fun and try your best to help others have fun as well.

- a. Swimming is an awesome team sport with many social benefits, so get to know your teammates and stick together.
  - b. Competitive sports are much more fun when everyone follows the rules and respects each other.
  - c. Competitive sports are much more fun when you work hard to achieve your goals, including personal improvement and winning races or meets.
- 17) Be a positive role model for all others on the team.
- a. Take all aspects of practice seriously; be the first one in the pool.
  - b. Work hard at practice with a positive attitude.
  - c. Have a positive attitude the entire season; bring others up, not down!
- 18) Follow a healthy lifestyle.
- a. Eat a well balanced diet and get enough to eat, avoid fast food and pop.
  - b. Use of alcohol, tobacco, or drugs will result in an immediate six-week suspension from all swim meets.
  - c. Be modest in actions and dress.
- 19) Use of Cell Phones.
- a. At restaurants, or any public places, use your cell only in a case of an emergency. During a swim meet, your phone will be turned off and left in your swim bag!
  - b. At hotels, the phone is turned off by 10:00pm (curfew). No exceptions!

## **Consequences for not meeting the Team Expectations:**

1. One warning to act as a reminder of your actions.
2. Immediate dismissal from practice for the remainder of the day, which will be counted as an absence, and a phone call to the athlete's parents.

Further actions will result in a 1 week suspension from practice and the next meet. The athlete and parents will meet to discuss the incident.