COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT

VARSITY SWIMMING AND DIVING

*Cold Spring Harbor Student-Athletes*

Mission Statement and Expectations

 Cold Spring Harbor Swimming and Diving has always prided itself on good sportsmanship, self-sacrifice for the team, and representation of our school and community in a positive light. As a student-athlete of the program, it is incumbent on you to provide the best efforts consistently, put your “best foot forward” in your actions and participation, and make decisions that are sound for the team and yourself.

Below is a list of Swimming and Diving Team Rules and Expectations;

* **Practice Schedule**
1. Practice is held every day, Monday through Friday, at the YMCA in Huntington from 3 p.m. to 4 p.m. unless otherwise specified (i.e. meets, cancellations), you will be responsible for making the bus which is situated at the head of the bus line near the field house. This is to ensure that student-athletes arrive on time for practice at the YMCA.
2. Divers will practice at Jericho High School where the diving board and tank is located.
3. Appropriate conduct on the buses are expected of all the participants. This is to ensure safety for not only the student-athletes but bus driver. All acts of misbehavior (i.e. Volume, profanity, throwing of objects either in or out of the bus, bullying, hazing etc.) will be reported to the Coach and Athletic Director.
4. Upon arrival, student-athletes will have approximately 15 minutes to change. Swimmers are expected to be on time and will enter the pool area at 3 p.m.
5. Please come with the appropriate equipment/attire. Goggles, towel, cap, suits, sweats are necessary. Additionally, Health Issues may warrant you to bring an inhaler, Gatorade or juice etc. Be Prepared.
6. We will have practice over the vacations. The pool is rented for us from tax dollars raised to support this program and your goals. Please made the necessary arrangements to be at practice over the school breaks. Practice schedules will be clarified as the breaks approach.
* **Team Responsibilities and Expectations**
	+ - You are expected to be at **10 practices minimum**, to be eligible to compete. This includes Club swimmers as Section 8 of Nassau High School Athletics Association (NHSAA) requires this.
* **Conduct at Practice**
	+ *Locker Rooms:*
1. Cold Spring Harbor Student-Athletes are guests at the YMCA. It is expected and mandated that swimmers of Cold Spring Harbor use both the boys and girls locker rooms for changing, and not the Men’s and Women’s locker room where members over 18 are permitted.
2. Your voices resonate within the locker rooms. What you say is heard both outside in the halls and next door in the adjacent locker rooms. Please be mindful of your conversation and use of language.
3. You are not the only teams using the facility. It is expected that you share space. Please be wary that sharing space
4. A lock is necessary if you plan to leave anything important in the locker room. You are not allowed to bring your items onto the pool deck. The YMCA states that they are not responsible for any missing or stolen items.
* *In the Pool:*
1. Medical Cards are a requirement. If the Coach does not have your medical card, you are not allowed the practice. You must sit for the duration of practice.
2. If you have a medical condition, please approach the coach and make him aware of it.
3. No Running on deck.
4. Listen for instructions. It is expected that you are focused for the hour (i.e. not doing handstands, wrestling, underwater etc.).
* *At Swimming Competitions*
1. All swimmers will ride the bus with their team unless they have approval from Mr. Bongino, the Athletic Director.
2. Be a few minutes early for the bus. “On time is late”. We need time to drive to the venue.
3. Warming-up is necessary and expected before competitions. If a coach asks you to do so, understand it’s for yours, and the teams’, benefit.
4. Use of cell phone is prohibited during dual or double dual meets.
5. Compete as a team, not as an individual.
6. Cheering is encouraged, but not at the start of an event or at the point in which a diver surfaces.
7. Treat Refs, other competitors and coaches with respect.
8. Participation in a swim meet is not equal for everyone and can vary based on performance throughout the entire season.
* *Unattended Practice*
* Missing practice effects your performance, and the team’s ability to compete well. Unexcused absences result in the coach’s discretion. Consequences are hierarchical and are as follows;
1. Discussion with the coaches regarding the action.
2. Loss of “playing time” in the next line-up.
3. Suspension from the next competition or game.
4. Dismissal from the team.
* Extra help or after school club participation counts as an excused absence. A student’s attendance will be cross-referenced.
* A student must have five periods in school to participate in practice and/or a meet.
* A student-athlete found using drugs, smoking, alcohol or any other substance is subject to school regulatory action and can result in a suspension from the team.
* Social Media Policies

Students reserve the right to organize events and communicate with their team mates via social media (i.e. Twitter, Snap Chat, Facebook, etc.)

* + Any inappropriate pictorial or text related message that infringes or compromises team collegiality will therefore be subject to the rules under School’s Appropriate Online use and Acceptability Policies.
	+ Students may also reserve the right not to participate in any online social media without repercussions.

*I have read the team rules, understand the expectations I place on myself and are placed on me, and will adhere to them. You must submit this form signed by both parent/guardian and yourself to assert that you have read and fully understand the terms and conditions.*

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Athlete’s Name Printed Parent/Guardian’s Name Printed

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Athlete’s Signature Parent/Guardian’s Signature