

## Swimmer Expectations 2018-2019

High school swimming is a team sport, and is different than club swimming, each member is part of the team and needs to be able to commit to prompt and clear communication with the head coach, being engaged with the team during practices, meets and functions, and adhere to behavior standards as set by the coaches, East High and the SLC School District.

### **East High students that desire to be a part of the swim team must commit to the following:**

- 85% attendance is required for JV and Varsity Swimmers. Exceptions may be considered by Coach Molokov for club swimmers or for other extenuating circumstances if communicated clearly and effectively by a parent via text, email or phone call prior to the season.
- A swimmer cannot be late to practice. If a student is not in the water within first 5 min after practice begins, he or she receives only 50% attendance. If more than 15 min- 0% attendance.
- If a swimmer needs to leave practice early- a parent must notify Coach Molokov via text, email or phone call ahead of time. Failure to do so results in 0% attendance.
- Sick swimmers will receive 0% attendance and a parent must notify Coach Molokov via text, email or phone call ahead of time.
- Excuses such as, "I don't have my swim suit" will result in 0% attendance even if present at practice.
- A swimmer who is present at a swim meet and participating will receive double attendance.
- A swimmer who is present at a swim meet and not participating- will receive 0% attendance; a parent must notify Coach Molokov via text, email or phone call ahead of time with an explanation.
- A swimmer or parent who fails to communicate and results in a swimmer "not showing up" at swim meets- will need to meet with Coach Molokov to determine their status on the team.
- A swimmer cannot leave a meet early and must stay on the deck in their suit until the meet is over.
- All swimmers must ride the bus to/from all swim meets. No exceptions. If a swim meet is on Saturday a swimmer must have a ride from his/her parent and stay for the entire meet. (District Policy)
- No cell-phones on the deck, unless listening to music with headphones. Can text/call during a break, usually after 50 free. Being on your cellphone is not the same as being at a swim meet.
- Attending team activities such as fundraisings, movie nights and other team activities counts towards swimmers' attendance.
- All coaches have a right to remove a swimmer from practice due to his/her behavior. If a swimmer is removed from practice the swimmer will receive 0% attendance even if they were at practice almost for the whole time. Swimmers and their parent will need to meet with Coach Molokov to determine the swimmers team status.
- Parents who need to address the coach in regards to issues may do so with Coach Molokov after practice or the day after a meet.

*Failure to adhere to team standards as indicated in the team handbook, school or district rules may result in swimmers being removed from practice or meets and a meeting with parents will be required prior to returning to any team events. Any accommodations to team rules/attendance policy must be communicated to Coach Molokov as early as possible. These situations will be looked at and decisions made based on the circumstances. If you have any questions about team expectations, please contact Coach Molokov at 801.231.2879 or maxswimcoach@gmail.com.*

Swimmer's name \_\_\_\_\_ Swimmer's Signature \_\_\_\_\_

Parent's name \_\_\_\_\_ Parent's signature \_\_\_\_\_

Parent's phone number \_\_\_\_\_ Date \_\_\_\_\_

