



WHRHS Swim Team Expectations

1. You are required to attend a swim practice every day M-F unless sick or otherwise excused by other obligations.
2. If you need to miss practice please let your coaches know ahead of time, not the day of the absence if you know in advance.
3. If you are on a club team, club practice counts as attendance but you must fill out some club team paperwork with WHRHS coaches just on basic information on where and how often you train.
4. If on a club team it is also required you will attend some of our WHRHS practices. This is a team sport and practice is where much of team bonding occurs. Once or twice a week would go a long way with team bonding!
5. To swim in a meet it is required by the NJSIAA you attend 6 practices prior to the meet at a minimum and to swim in Championship meets 50% of highschool meets are required. This is the bare minimum, your coaches will be expecting more.
6. Lifeguards are to be respected at all times. When you are in their facility what they say goes. It should be noted that there will be no entering the pool/water without permission, no flips and/ twists, no dunking/horsing around, no damaging of the equipment or the facility, no removal or altering of lane lines, and no harassment of lifeguards.

7. Any requirements posed by the facility we swim in are also to be upheld. For example, at our home pool at MUJC food is not to be brought anywhere inside the pool area.
8. At all meets you will respect the other team's athletes, coaches, officials, parents, and spectators. Sportsmanship is expected at all times.
9. Bullying or harassment of teammates will not be tolerated. Any violations will be held to the standard held by the WHRHS Athlete Code of Conduct and other school policies.
10. If you ever feel like you are being treated unfairly by another athlete, coach, official, or spectator please inform one of your coaches.
11. There will be no use of foul language by any student athletes, coaches, or parents. We will represent our school with dignity and Warrior pride. If you feel angry or upset try and remember to take a moment to collect yourself before opening your mouth, we all have days like that.
12. **Vandalism** by any athlete is explicitly prohibited. Any violations of this will be dealt with according to WHRHS school policies and handled on a case by case basis. If as an athlete you see any other athlete committing an act of vandalism please report any said actions to your coaches.
13. As a WHRHS swimmer it will be expected that swimmers will pick up any of their own trash left at practices/meets. We will leave buildings and the area around pools better than how we found them.
14. Injuries will always be taken seriously. Always inform your coaches and the lifeguard if you suspect you or someone else is injured. Health of our student athletes is our number one priority.
15. There will be no driving, bike riding, or skateboarding to practices or meets. You are required to take the bus unless you have a travel release form and are taken to the destination by your parent/guardian. This will be taken seriously as it can result in safety issues. Always remember anything can happen anytime so it's better to try and be safer and smarter wherever you are.

- 16.** It should go without saying but always listen and respect your coaches.
And when in doubt ask the coach!