

Del Oro High School – 2023 D.O. Swim

Team Rules & Expectations

1. **ATHLETE BEHAVIOR:** All athletes will treat teammates, coaches, officials, and opponents with dignity and respect. Disrespecting teammates, coaches, officials and/or opponents can result in suspension or removal from the team.
 - a. All athletes, regardless of ability are equal members of the team. Each and every athlete will treat all teammates with respect.
 - b. Remember, no matter where you are, you are representing yourself, your teammates, the coaching staff, your parents, your school, and our aquatics program at all times.
 - c. There is ZERO TOLERANCE for substance abuse. No alcohol, tobacco, or drugs will be tolerated and substance abuse will result in immediate removal from the team.
2. **GRADES:** All athletes are required to maintain a 2.0 G.P.A. without an "F" grade throughout the entire semester. Falling below a 2.0 G.P.A. will result in suspension from the team.
3. **ABSENCES:** Attendance will be taken daily. Athletes are required to attend a minimum of 4 practices per week. If we have a swim meet scheduled, a minimum of 3 practices and the meet are required weekly. Communication ahead of a conflict or issue will need to be addressed with Head Coach or will be considered unexcused.
4. **TARDINESS:** If you are late to practice because of a teacher-student meeting, you must bring a signed note from your teacher to practice.
5. **SOCIAL MEDIA:** If you are going to put something on social media about Del Oro HS or the Del Oro Aquatics Program, it must only be positive in nature. Do not post inappropriate pictures and/or comments.
6. **CONTACT WITH COACHES:** If you wish to speak with a coach outside of practice time, it must be done at the appropriate time (before or after practice). You may NOT contact a coach after 9:00p (text or phone call) unless it is an emergency Monday through Friday. Coach will respond to weekend emails on Monday.
7. Any other issues that arise during the season will be handled at the coaches' discretion.

Athlete Name: _____

Signature: _____

Date: _____

Parent Name: _____

Signature: _____

Date: _____