Northgate High School Swim Team

2024 Attendance Agreement

425 Castle Rock Rd, Walnut Creek, CA 94598 TEL 925.938.0900 [www.northgatebroncos.org](http://www.northgatebroncos.org)

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Attendance and punctuality are two life skills necessary to succeed in high school and into your future. We want every Northgate swimmer to recognize the importance of these skills. We realize that first and foremost you are students and that you all have busy schedules. We understand that there are valid reasons why you have to miss practices or arrive late. If you have schedule conflicts and you are proactive, plan thoughtfully, and communicate effectively, we will be understanding and willing to work with you.

NO one gets cut from swimming based on talent. We accept anyone, no matter the ability. Swimming is one of the very few “all-inclusive” sports. That said, no matter your ability, you must be an active and frequent participant in practices in order to maintain your place on the team. With over 100 kids on the team, we strive to give equal time to every swimmer. Yet, is wholly unfair for someone who attends 50% of the time to get the same attention as someone who attends 100% of the time. 50% is an “F” in school and you probably aren’t learning anything. It is no different in swimming.

We know that many of you are very serious about swim team attendance and punctuality. We fully appreciate this and hope your efforts rub off on the rest of the team. We want everyone to get as much out of swimming as possible. Morning practices are a privilege that give us more pool time than most other teams. This also gives everyone a chance to make up for misses. If you have an “A” period, you will be able to get out in time for class.

 We know everyone deals with various injuries from time to time. It is *your* responsibility to inform us about any ailments as soon as possible. We want to avoid swimmers stopping in the middle of a set. If you must stop during a set, please be considerate of the rest of your lane.

 COVID has impacted everyone. We are lucky to finally have a full season of swimming. But COVID is still ever-present. PLEASE be vigilant to protect yourself and others. Due to our team size, an outbreak could be devastating to our season.

*I,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree that, over each 3-week period beginning* ***February 26th****, I need to average at least* ***5*** *practices a week to be considered for Varsity and at least* ***4*** *to be on JV.\**

 *I understand that to swim at the DAL Varsity Championship meet, I must have attended at least* ***6*** *morning practices throughout the season.*

*\_\_\_\_\_\_ I understand that on dual meet days, I* ***MUST*** *go to* ***FOUR*** *periods at school to be eligible to swim at the meet.*

 I understand that if my average dips, I will be notified by the coaches.

 I understand that falling below the average will result in loss of events at meets, or full exclusion from meets.

 *I understand that falling below 4 a week for two consecutive weeks will put my status as a member of NHS Swim Team in jeopardy*.

\_\_\_\_\_ I will be diligent in staying safe and healthy and will report to the coaches anything to the contrary.

\_\_\_\_\_ I will get in on time and on my own accord.

\_\_\_\_\_I will honestly mark my attendance, and *my attendance only* on the days I am present and in the water.

\_\_\_\_\_ I will inform coaches well ahead of time if I have to miss practice or a meet.

\_\_\_\_\_ I will work hard and try my best at all practices and competitions.

\_\_\_\_\_ I will listen to coaches and do my best to understand and be ready for sets.

\_\_\_\_\_I will not leave before a meet ends without checking to make sure I have no events left to swim.

\_\_\_\_\_ I will be a good teammate and have fun ☺.

\*Anyone finishing a winter sport will not be penalized for missing practice until their sport ends.

Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_