



Gold Squad Commitment

To be a member of Cape Aquatic's Gold Squad, you are expected to make a greater commitment to the team than the other squads. Attitude, attendance at practice, your effort, and rate of improvement are important factors. Swimming is an activity you participate in knowing it is in addition to other responsibilities you may have. You are expected to organize your time so that everything gets done. There are only so many hours in the day, and you may find that you may have to forgo things like watching television, playing computer games or spending time on the telephone. Practice time is limited, and precious. You are expected to be in the water at the start of practice, not just on the pool deck. You are expected to have a gear bag, hand paddles, flippers, and pull buoy. Equipment is to be put away after practice, which does not mean leaving it on the floor in the pool office. Drink containers are to be disposed of properly.

The Gold Squad members are swimmers who have achieved the necessary skills to complete two hours of swimming, six days a week. Swimmers unable to fully participate in workouts may be temporarily assigned to another squad. Every member should be striving to reach the highest level of competition possible. Negative conversations have no place among athletes who are serious about their sport. Insubordination, undermining coaches or the program, and inappropriate language or conversations are grounds for dismissal from the team.

Time off from the sport is expected to be taken so as not to interfere with the important meets of the year. It should be noted that one week off from swimming results in a loss of three weeks training (the one week taken, and the two weeks to get back to where you were). Our most important meets are held the same time each year. February/March for short course and July/August for long course are the major focus points for USS. High school swimmers also have to be ready to swim fast in November each year.

You are expected to participate in 95% of workouts (100% during championship seasons), and attend 9 USS meets during the year. Dry land and additional morning practices will be handled separately. It is hoped there will not be a need to move swimmers to a different squad in order maintain our standards.

By signing this notice, you agree to do what is necessary to be a contributing member of our team.

Swimmingly,
Coach Ed

Swimmer

Date

Parent

Date