

Swim Team Three Strike Policy

Student-Athletes will get a maximum of 3 unexcused absences. After the first absence, student-athlete will be warned. After the second absence, student-athletes parent/guardian will be informed via email or phone call. After the third and final absence, student-athlete will be dismissed from the swim team.

Attendance is crucial for the development of each student-athlete as an individual and teammate.

Student-athletes may write in three prior commitments that they are responsible to attend in such case that they interfere with the swim team events. These will be counted as an excused absence.

Prior Commitments

A *Prior Commitment* is an event in which cannot be rescheduled or student-athlete has an imperative obligation in which cannot be missed. I acknowledge that these three prior commitments listed below are counted as excused absences. Any other absence will count as unexcused if there is no prior email or phone call to the Head Coach with 24 hour notice from event.

Event in which to be excused:

Date:

1. _____

2. _____

3. _____

Athletes Name: _____

Athlete Signature: _____ Date: _____

Parent Guardian Signature: _____ Date: _____

All swimmers who are not actively participating in a Winter sport will be required to attend all pre-season practices. In order to make the swim team the following season, all pre-season practices will be considered when deciding teams.

Athletes will need to click the link on team website and print out/sign the 3-Strike Policy and Prior Commitment form. Athletes that miss 3 practices will be dismissed from the team. However, if swimmer must absolutely miss practice, a 1,000 yard Butterfly will need to be swam at the END of practice to continue their season. Swimmer will need to make prior arrangements for rides after the practice.

Póliza de tres violaciones

Estudiantes atletas recibirán un máximo de faltas injustificadas. Después de la primera falta el estudiante atleta se le dará una advertencia. Después de la segunda falta, el estudiante atleta y el padre o guardián se le avisará por teléfono o correo electrónico. A la tercera y última falta el estudiante atleta será removido del equipo de natación. La asistencia del estudiante atleta es crucial para el desarrollo individual y como equipo. El estudiante puede poner por escrito si tiene hasta 3 compromisos los cuales interfieren con un evento de natación. Esto contará como una falta justificada.

Compromisos Previos

Un compromiso previo es un evento el cual no puede ser reprogramado o el estudiante atleta tiene una obligación pertinente la cual no puede fallar. Yo reconozco que estos tres compromisos mencionados cuentan como falta justificada. Cualquier otra falta contará como una falta injustificada si no se hace una llamada o se recibe por correo electrónico al entrenador principal con 24 horas de antelación del evento.

Evento del cual se le justificara:

Fecha:

1. _____
2. _____
3. _____

Nombre del atleta: _____

Firma del atleta: _____

Nombre del padre/guardián: _____

Firma del padre/guardián: _____

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Swim Team Coaching Staff Responsibilities

Our coaches will teach fundamental skills, promote proper sportsmanship, and provide opportunities for the student-athletes to develop and swim in a safe manner. Coaches will display attributes and personal qualities that are demanded to play a major role in monitoring and guiding our student athletes through the season.

Student-Athlete Responsibilities

- All DMHS student-athletes not only represent themselves, but also their families, our school, and our community. Student-athletes are expected to display appropriate and acceptable standards of sportsmanship and behavior – on and off the deck, in and out of school, at all times.
- All school discipline rules and regulations must be followed and applied to student-athletes at all practice and competitions. No foul language. Make good manners an automatic response.
- If you are currently in PE, as a swim-athlete you are required to dress out and participate in all PE activities. Lead by example, others are watching!
- Desert Mirage Swimming has a ZERO tolerance policy for tobacco/alcohol/drugs.
- Student-athletes must be at the pool 5 minutes before practice starts and ready to be in the water and start ON TIME at 2:20pm.
- No deck changing at any meets or practices. No exceptions.
- Student-athletes are expected to be at each practice, unless communicated to coaching staff via email, or phone call. It is the responsibility of each *student-athlete* to notify his/her coach IN ADVANCE of any absence from practice. **Three-Strike Policy in effect.**
- Student-athletes are expected to help with pool covers and lane lines before leaving practice.
- Student-athletes are expected to wear the team-assigned gear to all team scheduled events.

Any student-athlete who does not abide by established team rules may be suspended, or dismissed from the team at the Head Coach's discretion.

RESPECT: Your teachers, your team, your coaches, your family, and YOURSELF.

Athletes Name: _____

Athlete Signature: _____ Date: _____

Parent Guardian Signature: _____ Date: _____

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Responsabilidades del cuerpo técnico

Los entrenadores enseñaran habilidades fundamentales, promoverán conducta apropiada de espíritu deportivo y preverán oportunidades que los estudiantes atletas desarrollen habilidades de natación de una manera segura. Los entrenadores demostraran atributos y cualidades personales que tendrán gran juego en inspeccionar y guiar a los estudiantes atletas durante la temporada.

Responsabilidades del estudiante atleta

1. Todos los estudiantes atletas de la escuela preparatoria de Desert Mirage no solo se representan a si mismos sino a sus familias la escuela y la comunidad. Se espera de los estudiantes atletas que demuestren conducta apropiada tanto en disciplina como en su espíritu deportivo durante y fuera de la escuela y en todo tiempo.
2. Todas las reglas y pólizas de disciplina de la escuela tienen que ser aplicables para todo estudiante atleta en todas las practicas y eventos de competición. No se permite habla obscena. Deben tener buenos modales y responder de manera respetuosa.
3. El equipo de natación de Desert Mirage tiene una póliza de zero tolerancia en cuanto a productos de Tabaco, alcohol y drogas.
4. Los estudiantes atletas deben de estar en la área de la piscina 15 minutos antes de que comience la practica y listos dentro del agua para comenzar la practica a tiempo a los 2:00pm.
5. No se permite por ningún motivo cambiarse en la área de la piscina ni en las practicas y eventos de natación. No excepciones.
6. Se espera que los estudiantes atletas estén en cada practica a menos que se hagan comunicado con los entrenadores previamente ya sea por teléfono o correo electrónico. Es la responsabilidad de cada estudiante atleta de notificar a su entrenador de antemano de cualquier falta a la practica. La póliza de tres violaciones y estas fueras esta en efecto.
7. Se espera que los estudiantes atletas ayuden con los cobertores de la piscina y las líneas de los carriles de la piscina antes de que se termine la practica.
8. Se espera que los estudiantes atletas usen su uniforme asignado para cada evento asignado.

Cualquier estudiante atleta que no se rija por la reglas del equipo puede ser suspendido, o puede ser removido del equipo por la discreción del entrenador del equipo.

RESPETO: A sus maestros, a sus compañeros de equipo, a los entrenadores, a su familias y a ustedes mismos.

Nombre del atleta: _____

Firma del atleta: _____

Nombre del padre/guardián: _____ Firma del padre/guardián: _____

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