

Frisco Independent School District  
Swimming & Diving  
*Team Expectations*  
2009-2010

To eliminate any potential disciplinary problems during the Swimming & Diving season the following Team Expectations have been developed. Following these Expectations will help insure a successful season with maximum understanding and communication. Failure to comply with the following Team Expectations will/may lead to disciplinary action and/or dismissal from the program. Team members must always provide support for their coaches and teammates. To be successful, we must work together as a **TEAM**.

1. All Swimmers/Divers are required to have a physical/medical history on file and all other required paper work turned-in before the Swimmer/Diver will be allowed to participate in any practice sessions or participate in any meets.
2. Disrespect aimed at Coaches, Teachers, Officials, and Teammates will not be tolerated. Frisco ISD Swimmers/Divers are expected to display exemplary behavior at all times.
3. Parents are expected to notify their Swimmer/Diver's coach if their Swimmer/Diver is unable to attend/participate in all or any part of practice. **Notification must be received by 9:00 am for Swimmers. Notification must be received by 2:30 pm for Divers.** If you are well enough to attend school you are expected to attend practice, even if you do not swim or dive. We may have an alternate practice for you. If you must be out of the water for an extended time, a doctor's note will be required.
4. All tutorials and make-up work **must** be scheduled after school for Swimmers and before school for Divers.
5. Practice time is for practice, not homework. Homework should be completed at home and/or during study hall study time.
6. Swimmers/Divers are responsible for all equipment checked out to them. All equipment and supplies must be returned in good condition. Payment will be assessed according to condition of the equipment. Replacement is required if the equipment is lost.
7. Swimmers/Divers are responsible for all information they miss if they are absent from practice.
8. If school time is missed to attend a Swim Meet, the Swimmer/Diver may not miss any classes up to dismissal. Swimmers/Divers are responsible for all work missed in their classes.
9. Inconsistent practice participation will result in the Swimmer/Diver not being entered in meets. Swimmers/Divers who miss multiple practices the week of a meet will not be entered.
10. Jewelry, in any form, will not be allowed in practice or at meets. (This applies to both Female and Male Swimmers/Divers) Male facial hair will not be allowed and sideburns shall be no lower than the bottom of the ear.
11. Swimmers/Divers will be expected to participate in drug testing at the request of school officials. (FISD Policy)
12. Swimmers/Divers are expected to participate in all scheduled practice sessions, including holidays and weekends; including all Swim Meets.
13. Swimmers/Divers are expected at all times to follow all FISD, Centennial HS, Frisco HS, Heritage HS, Liberty HS, Wakeland HS, and FISD Swimming & Diving Program policies and expectations.

I have read and understand Team Expectations for the Frisco ISD Swimming & Diving Program and agree to abide by them.

\_\_\_\_\_  
Swimmer/Diver

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date