

Athlete & Parent Responsibilities for the 2014-2015 Season

- I understand that I am/my child is required to attend practices with appropriate equipment: nose clip, cap, goggles, bathing suit, towel, routine music
- I understand that my practice times/my child's practice times are listed below and I am/they are required to attend all practices:
 - Novice: Tuesday and Thursday 5:30-6:30pm
 - Intermediate: Monday, Wednesday and Friday 5:30-7:00pm and any additional practices as needed and determined by the coaching staff with appropriate advance notice given
 - Age Group: Monday, Wednesday and Friday 5:30-7:30pm and Tuesday 5:30-6:30pm and any additional practices as needed and determined by the coaching staff with appropriate advance notice given.
- If I am/my child is unable to attend practice, I understand that I/my child must inform the appropriate coaching staff at least 5 days ahead of time, within reason.
- I/my child understands that there will be no practices from December 19, 2014 until January 4, 2015.
- I/my child understand that during spring break I/they will be required to attend practices for either the first half or second half of the week (Sunday-Wednesday or Thursday-Sunday) which will be determined at the coach's discretion. All team members are expected to adhere to this schedule.
- I/my child understands that there will practice available during the summer months and the focus of these practices will be conditioning and training for the next season.
- Swim Meets:
 - I/my child understands that it is an expectation to attend all swim meets, there will be no exceptions.
 - I/my child understand that there is a wardrobe and I/my child will need to dress accordingly.
 - For Swimmers:
 - Saturday: Gold Serinas Tshirts/Garnet Shorts
 - Sunday: White Serinas Tshirts/Garnet Shorts
 - Travel Days: Garnet Serinas Tshirts/Jean Shorts
 - For Parents (suggestions):
 - Saturday: Garnet Serinas Tshirts
 - Sunday: White Serinas Tshirts
 - I/my child understands that I am/they are responsible for bringing all competition suits (black suit, garnet and gold suit and routine suits)
 - I/my child understands that I/they will need to have the appropriate supplies for knocking, warm up, competition make up and sunscreen for each meet.
- I/my child understands that my/their coach may require additional items and/or attendance at her discretion.
- I/my child understands that this is a year-long/season-long commitment and my/my childs teammates and coaches are counting on me/her!

 Swimmer Signature/Date

 Parent Signature/Date

 Head Coach Signature/Date