

JUDGE MEMORIAL SWIM TEAM PARTICIPATION AGREEMENT 2023-2024

All swimmers agree to abide by the rules and standards set forth in the Judge Student Athlete Handbook.

Attendance Policy

In order to maintain eligibility for weekly dual meets, swimmers must attend a minimum of three (3) practices per week with the Judge Swim Team in the week prior to the meet in question. At least two (2) of these practices must be in the water; the third (3) may be a dryland session. Dryland is supplemental to swim workouts, not the other way around. Club swimmers actively training with a club team can maintain meet eligibility by attending two (2) swim practices (can be one (1) dryland + one (1) swim).

To determine meet eligibility, coaches will review attendance from the week prior to the meet in question. At meets and practices, be on deck ready to warm up with suits, caps and goggles 5 minutes before our slotted pool time. Unless otherwise noted, swim practices are scheduled at the University of Utah Natatorium. M-F from 5-6:30pm. Dynamic Strength sessions will run weekly in the JMCHS gymnasium (schedule TBD). Dryland is not required, although it is encouraged. We know it's early, but if you decide to go to a morning session, please be on time! Coaches reserve the right to withhold meet entries if a swimmer is consistently tardy. To receive attendance credit for morning sessions, swimmers must mark their attendance on attendance list at practice.

Absences

If you're sick, don't come! It's not good for you, and it's not good for your team. It is the responsibility of the swimmer to inform the coaching staff *in advance* via email if they will not be at practice or a meet. Please send an email for *each day* missed unless a medical professional has given you a predetermined return-to-sport date. Medically related absences will count as excused if they are communicated in advance.

If you are entered in a meet you are expected to participate. Failure to show up for a swim meet will result in being scratched from that meet as well as the next meet. Contact the coaches at: swim@judgememorial.com

Varsity Lettering

A student must meet one or more of the following criteria in order to be considered for a varsity letter award:

- At least 65% attendance at practices (excused practices will count toward your 65%, unexcused absences will not)
- Individually qualify for State PLUS participate in three or more regular season meets.

Meet Entries & Relays

Coaches have the complete discretion as to whom they enter in meets and events based on their judgment of circumstances, athlete readiness, practice attendance, athlete maturity, skill, cooperation, effort and other factors. All coaching decisions are made by the coaches, therefore, all discussion on coaching issues should be taken up first with the coaches. Parents should encourage swimmer(s) to address coaches directly concerning any issues prior to direct parental involvement. Through the season, relay entries will be shuffled to find members who are able to deliver fast and reliable swims to ensure that we construct the best relay teams for Region & State. There is a lot that goes into relay planning- not only do we have to consider times, but order, and how individual events will impact relay swims and vice versa. In short, it's complicated! We ask that swimmers take relays in stride. If a swimmer is entered into a B relay and thinks that they ought to be in the A relay, please show us how wrong we are by delivering a killer swim in your assigned relay! If a swimmer isn't entered into a relay and thinks they ought to be, use the meet as an opportunity to focus on individual events, again, showing that you ought to be on a relay!

Meet Transportation

All swimmers are expected to ride the Judge bus to and from meets. A transportation exception can be requested, but alternative transportation should be a rare exception.

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PLEASE SIGN & RETURN THIS PAGE ONLY TO COACH WILL

I have read, understood and agree to all terms stated within this agreement.

Printed Name of Swimmer Signature Date

Printed Name of Parent/ Guardian Signature Date