

## JUNIOR & SENIOR GROUP - EXPECTATIONS

- You are expected to attend Dry-land & Swim Workouts on a regular basis week and be on time.

Seniors> High School age swimmers achieving Iowa Senior ‘Q’ Times. Goal is 78-80% attendance.  
Short Course Season: 9 practices offered/week. Expected to attend minimum of 6.  
Long Course Season: 9-10 practices offered/week. Expected to attend minimum of 6.

Juniors> High School age swimmers not meeting Senior ‘Q’ Times. Goal is 67-70% attendance.  
Short Course Season: 6 practices offered/week. Expected to attend minimum of 5.  
One of these workouts may be a weekday morning practice.  
Long Course Season: 6-10 practices offered/week. Expected to attend minimum of 5.

*You’ll improve at a greater rate if you attend more. These guidelines are in place to improve both technique and fitness, and to maintain group integrity. If you miss a workout, and are not able to make the attendance requirement, you are expected to make up that workout on your own time and contact Barry for a practice. Failure to meet this requirement during a month may result in probation (or demotion from Senior to Junior or Junior to AG2). Continued failure to meet this requirement may lead to dismissal. Those participating in other sports ( school activities) must meet with Barry prior to the season in order to plan a strategy to get the most out of your swimming. A 45-60 minute Dry-land program will be offered before or after each swimming session.*
- You are expected to compete at meets at least once per month. *I view meets as teachers view tests. The only way we know our lesson (practice) plan is working is to see test (meet) results. From these results, we can see what progress has been made (or not) and then to make adjustments to bring about better results. It’s almost impossible to evaluate what areas need to be addressed in daily training sessions to ensure a good taper if you do not attend meets. Failure to meet the swim meet requirements may result in demotion to the next lowest group for a one month period.*
- You are expected to be respectful of your teammates, BETT staff, facilities, and others. *Improper or hateful remarks and excessive swearing (I occasionally let one slip too) will not be tolerated. Make your best effort to control your actions as we have younger swimmers who look up to you. You will support teammates and be helpful to their development. Our practices are to be places where all members should feel comfortable and welcomed – remember this before you open your mouth. Your actions set the tone for the rest of the club. Show everyone you are a decent person who is here to get the most they can out of the sport. Remember...YOU ARE ROLE MODELS to the younger swimmers!*
- You are expected to come to practice with the proper equipment. *For dryland you’ll need a shirt, tennis shoes, and shorts. For swimming you’ll need fins (split fins or regular – no zoomers). Pull buoys and kickboards will be available at the indoor pool. For long course practices, you need to bring equipment with you. At registrations we’ll have a table to place an equipment order (or you can buy on your own).*
- You are expected to act in a safe manner. *The Medical Questionnaire & Authorization is required before you practice! You’ll be asked to do some things that require certain levels of physical risk (run, jump, swim, etc.). While doing any physical activity there is a chance for injury and if you are not acting in a safe manner you increase your chances of getting hurt. Follow pool rules and USA-S guidelines at practices & meets. Anyone acting in an unsafe manner will be disciplined and possibly dismissed from the workout or the club.*
- You are expected to communicate with me and stay informed about the club. *Use my email ([bettswim@yahoo.com](mailto:bettswim@yahoo.com)) or phone (343-4665). Set up meetings if there are issues you think need be discussed in greater detail. Make sure to check the website and newsletter for updated information. Monday’s are the days which weekly announcements & updates are made.*

**SWIMMER SEASONAL CONTRACT**  
**Senior & Junior Groups**

1. I have read and agree to follow the **Junior & Senior - Expectations** and **Club's Code of Conduct**.
2. I will attend at least one meet per month during the regular season and I understand meet participation is required. This will ensure that the coaching staff can help design my training program and taper, as well as address my specific needs concerning technique and conditioning.
3. I will attend the highest levels of championship meets (Iowa State Championships or Regional Finals) that I am qualified for at the end of each season. Other meets may be classified as my priority meet other than the previous meets mentioned (i.e. Olympic Trials, Nationals, Juniors, Sectionals, or Zones). Meet selection will be determined with the advice and aid of the Head Coach. If I am not able to attend my highest qualified meet I must notify the Head Coach at least 3-weeks prior (the more notice the better we can plan your taper). If I do not adhere to the meet participation guidelines I realize a coach may not attend my specific taper meet due to this reason.
4. I agree to attend \_\_\_\_\_ workouts per week. I will not miss more than one full week of swimming at any point of the season for reasons other than injury, illness, family tragedy, participating in other sports. School related functions, family vacations, summer camps, and other events must be brought to the coaches attention well in advance.
5. I realize the Head Coach has the full authority, given to him by the BETT Board of Directors, to place me on probation, demotion to a lower group, suspension, and possibly dismissal from the club for dangerous or offensive behavior, lack of attendance (practice & meets), disrespectful comments to staff, poor attitude at workouts and meets, and failure to properly develop my swimming skills and contribute to the BETT program in a positive way. I understand I am here to work on being a better swimmer and good teammate and will conduct myself in a manner that will foster fast swimming and a safe environment for others. I will grow as a person and use this sport to help me learn valuable life skills away from the pool.

Swimmer: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Coach: \_\_\_\_\_

Date of Contract and Season: SCY / LCM \_\_\_\_\_