

BLOOMINGTON HS SWIMMING AND DIVING **TEAM RULES AND REGULATIONS**

1. **ATTENDANCE** - THIS IS MANDATORY FOR EVERY PRACTICE AND FOR EVERY MEET. IF FOR ANY REASON THERE IS A PROBLEM, THE **ATHLETE** MUST TALK TO THE COACH AND A DECISION WILL BE MADE ABOUT THE REQUEST FOR BEING ABSENT. REQUESTS ARE DONE IN PERSON, THROUGH EMAIL AND/OR TEXT. THIS INCLUDES SCHOOL, FAMILY OR ILLNESS RELATED REASONS. UNAPPROVED ABSENCES WILL RESULT IN EITHER PENALTIES, SUSPENSION OR DISMISSAL FROM THE TEAM.
2. **GRADES** – THE ATHLETE IS RESPONSIBLE FOR ACHIEVING THE BEST POSSIBLE GRADES THEY CAN RECEIVE. IHSA/BHS REQUIRES THAT THE ATHLETE PASS FIVE OUT OF SEVEN CLASSES. OUR COACHES' EXPECTATION IS THAT ALL CLASSES WILL RECEIVE A PASSING GRADE EACH WEEK. SUSPENSION MAY BE IMPOSED UNTIL ALL GRADES ARE PASSING.
3. **TEAM BEHAVIOR** – THE ATHLETE MUST BE AS POSITIVE AS POSSIBLE DURING PRACTICE AND MEETS. BEHAVIOR TO AND FROM MEETS IS TO BE UPBEAT AND TEAM ORIENTATED. YOU ARE PART OF SOMETHING GREATER THAN YOURSELF. YOU REPRESENT YOURSELF, BLOOMINGTON HIGH SCHOOL, AND THE RICH HISTORY OF RAIDER SWIMMING/DIVING. THE KEY TO BEING A SUCCESSFUL TEAM IS LOOKING OUT FOR EACH OTHER. ALWAYS ACT WITH GOOD SPORTSMANSHIP AND ENCOURAGE OTHERS, AND THEY WILL ENCOURAGE YOU. TOGETHER EVERYONE ACHEIVES MORE. THIS ALSO RELATES TO THE CLASSROOM. YOU WILL BE EXPECTED TO HAVE GOOD BEHAVIOR IN THE CLASSROOM AND LOOK OUT FOR YOUR TEAMMATES OUTSIDE OF THE POOL.
4. **SOCIAL BEHAVIOR** — THE ATHLETE NEEDS TO TAKE RESPONSIBILITY OF APPROPRIATE BEHAVIOR ACCORDING TO THE SCHOOL HANDBOOK. WHEN YOU ASSOCIATE WITH PEOPLE WHO BREAK THESE RULES YOU THEN PUT YOURSELF IN GUILTY-BY-ASSOCIATION SITUATIONS. READ THE HANDBOOK. THERE ARE STIFF PENALTIES IF THESE RULES ARE BROKEN. PARENTS NEED TO BE AWARE OF THEIR CHILD'S BEHAVIOR IN SOCIAL SITUATIONS AND WILL BE NOTIFIED OF INAPPROPRIATE BEHAVIOR MADE AWARE TO THE COACHES.
5. **AWARDS** –

A. LETTERS – LETTERS WILL BE DETERMINED BY MANY DIFFERENT FACTORS: MEET POINTS, ATTITUDE, BEHAVIOR, POSITIVITY AND CONDUCT. THESE WILL HELP TO THE COACHES DETERMINE IF A VARSITY LETTER WILL BE AWARDED AT THE END OF THE SEASON.

THE FOLLOWING AWARDS WILL BE DETERMINED BY THE ATHLETES. A VOTE WILL BE TAKEN FOLLOWING THE FINAL MEET. ALL TEAM MEMBERS MUST BE PRESENT. THE VOTING WILL BE CONDUCTED AND THEN COUNTED BY THE COACHES. THE AWARDS WILL BE GIVEN OUT AT A DINNER GIVEN FOR THE ATHLETES.

B. SPORTSMANSHIP – THIS AWARD IS GIVEN TO AN ATHLETE THAT HAS A BENEFICIAL ATTITUDE TOWARD OTHERS BOTH AT THE POOL AND AWAY FROM THE POOL.

C. MOST IMPROVED – THIS AWARD IS GIVEN TO THE ATHLETE THAT HAS IMPROVED HIS/HER SCORES THE MOST. THIS COULD BE FROM THE PREVIOUS YEAR OR FROM THE BEGINNING OF THE SEASON.

D. 100% EFFORT – THIS AWARD IS GIVEN TO THE ATHLETE THAT HAS WORKED AT A 100% EFFORT LEVEL. THIS INCLUDES DRYLAND PRACTICE AS WELL AS IN THE POOL.

E. MVP – THIS AWARD IS GIVEN TO THE ATHLETE THAT IS THE MOST BENEFICIAL PERSON TO THE TEAM, BOTH IN THE WATER AND OUT. SPORTSMANSHIP, EFFORT AND ATTITUDE ARE WEIGHED HEAVILY IN THE DECISION FOR THIS AWARD.

BY SIGNING THIS TEAM'S RULES AND REGULATIONS PAPER, YOU AS AN ATHLETE AGREE THAT YOU WILL ABIDE BY WHAT THE STATEMENTS SAY. AS PARENTS, YOU AGREE THAT YOU WILL HELP ENFORCE THE STATEMENTS. AS A COACH, I WILL ENFORCE THESE RULES AND REGULATIONS TO HELP IMPROVE AND MOVE THIS TEAM IN A POSITIVE WAY. BY NOT SIGNING THIS PAPER, EITHER AS AN ATHLETE OR A PARENT, THE ATHLETE MAY NOT PARTICIPATE.

ATHLETE _____ PARENT _____

COACH _____