



Athlete Responsibilities

Practice

All athletes are expected to attend scheduled practices and maintain a positive attitude. Come to practice every day with the attitude that you will have the best practice ever. Stay focused in practice and attempt to make every dive the best you can.

Listen, pay attention and try to make all corrections given by the coach. It is very important each diver treats other divers on your team with courtesy and respect.

We expect our athletes to be:

- Self-motivated
- Respectful of teammates and coaches
- Good sports – excellent sportsmanship is a cornerstone of this program

Our intent is to create a focused training environment in order to get the most out of every athlete. Distractions must be minimized during this time.

- Athletes may not use electronic devices during practice time except during special circumstances i.e. filming their dive. When an athlete plays music out loud, it should not include any vulgar words or inappropriate activities.
- Athletes are expected to wear loose fitting shorts or stretch pants and a t-shirt during dry-land workouts. All hair must be tied back.
- No facial jewelry is allowed. Tattoos are not encouraged.
- No gum chewing during meets or practices
- Use equipment appropriately. Horse play such as excessive Sammy throwing or other items will not be permitted. Put equipment back after its use even if you didn't pull it out.
- Always seek to improve your fitness by a combination of healthy eating, appropriate sleep and avoiding dangerous activities including walking outside barefoot, using proper coverage in the sun and dressing warm in winter months.

Meets

All athletes are expected to:

- Attend all team meetings, warm-ups, practices and events. Please be on time the team will be waiting for you (20-mins early).
- All athletes will wear their team warm-ups and team suit during the first event at every meet.
- Be a good sport on the award stand.

Athlete Signature

Print Name

Date