



# DISTRICIT – STATE SWIMMER COMMITMENT



SWIMMER NAME: \_\_\_\_\_

Congratulations!! You have worked hard enough to qualify for one of the following Championship Meets for YMCA Swimming. (YMCA Districts, YMCA States or YMCA Nationals) This is an awesome opportunity to swim with some of the best swimmers in our region, state and even the United States. The following is a list of commitments that **must** be fulfilled in order to attend any or all of these subsequent meets. Should you fail to fulfill your obligations you will not have the honor or privilege of representing the Pocono Piranhas. As dedicated athletes I know that you will have no objections to maintaining these high standards.

1. I will attend the required amount of practices until I swim my last meet. Any absences must be writing and approved by Coach Mike.
  - Age 10 & under – 3 days a week with an 85% attendance record.
  - Age 11-12 – 4 days with an 85% attendance record.
  - Age 13-14 (non National Qualifier) – 4 days with an 85% attendance record
  - Age 15-19 (non National Qualifier) – 5 days with an 85% attendance record.
  - National Qualifier – 6 days with an 95% attendance record.
2. I will swim every practice to my full potential.
3. I will be sure that I have all necessary documents that may be needed to swim in a meet (**if needed**).
4. I will be sure the necessary arrangements are made for travel and accommodations to any and all meets.
5. In the event that practices are cancelled due to school closings etc I will make every attempt to use the individual workouts that are provided to me and perform them independently.
6. I understand that relays are based upon a “team time” and that individual swimmers can be changed at **any** time at the sole discretion of the coach.
7. I will swim the best that I am able and most importantly I WILL HAVE FUN!!!

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE