



We build strong kids, strong families, strong communities.

SWIMMER NAME: _____ DATE: _____

Sign and Return to Coach Mike no later than Monday March 8th 2010

NATIONAL SWIMMER COMMITMENT

Congratulations!! You have worked hard enough to qualify for YMCA Nationals. This is an awesome opportunity to swim with some of the best swimmers in our nation. The following is a list of commitments that **must** be fulfilled in order to attend this meet. Should you fail to fulfill your obligations you will not have the honor and privilege of representing the Pocono Piranhas. As dedicated athletes I am sure that you will have no objections to maintaining these high standards or upholding them. Keep in mind these are the **minimum** standards and you are strongly encouraged to go above and beyond these requirements in order to do your best.

1. I will attend the required amount of practices until I swim my last meet.
 - 6 days a week starting Monday March 8th, 2010.
 - Any absences **must** be writing and approved by Coach Mike.
2. I will swim every practice to my full potential. No slacking off and **arrive on time** and **stay until the end**.
3. I will be sure that I have all necessary documents that may be needed to swim in the YMCA National meet.
 - YMCA membership ID with expiration date.
 - Current Doctors Physical.
 - Signed Parent Consent Form.
 - Emergency Contact Form filled out and turned in.
 - Results from any High School Meet of which you may have achieved a National Qualifying time in.
 - Hotel information
 - Flight Information (Dates, Times)
4. I will be sure the necessary arrangements are made for travel and hotel accommodations to YMCA Nationals.
5. Participate in Girls C Champs (Fundraiser) National Team, Volunteer Obligation and Team Fund Raising.
6. 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.
7. 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. Should this happen I will continue to support my teammates to the fullest in a positive team oriented way and not have any negative response.
8. I will swim the best that I am able and most importantly I WILL HAVE FUN!!

SIGNATURE

DATE