



**Essential Agreements** as communicated at the Swim Team Meeting, Wednesday August 29<sup>th</sup> 2018 for the NIS Swim Team 2018/2019

Introduction of coaches:

**Mini Squad:** Mr. Bahilo

**Transition & Development Team:** Mr. Curtis, Mr. Zach and Mr. Jacky

**Bronze Team:** Mr. Alex, Ms. Stephanie and Mrs. Lammers:

**Gold & Silver:** Mrs. Lammers & Mr. Tony:

**General expectations:**

- Respect yourself & others, be polite, kind and helpful, be the first to congratulate team mates / opponents on success
- Team work across all ages (help & support each other)
- Best Efforts
- Attitude
- Commitment to training and swim meets: attendances recorded, will be sent out to swimmers. Lateness must be communicated in advance.
- Supportive our team goals and that of others
- If a student is referred to the principal due to behavior and receives a detention, he or she may not be allowed to practice that day and may need to miss out on the next swim meet.
- Not everyone gets to swim every swim meet (limitations due to spaces, commitment & attitude then time cuts & performance)
- NIS T-Shirts and NIS team caps to be worn at swim meets & award ceremonies photos (team captains to arrange a choice of new T-Shirts / caps)
- Bring water bottles at all times to practices and swim meets
- Student-athlete: first the student then the athlete, must stay on top of homework / school work
- Morning practices are part of the training commitment, it is not a make-up-session.

**Communication:**

- Communication: talk to your coaches directly!
- email / WeChat communication of information through Ms. Grace
- Students unable to fulfill their commitments in practice or swim meets may not be chosen in future events. During exam times: talk to the coaches!
- If a student needs to leave practice / a meet early or needs to go to the washroom / fill up a water bottle a coach must be informed. Coaches need to know where students are at all times.