

**Halifax Aqua Nova Synchro Club
2016-2017
Club Commitment**

Both athletes and parents must be aware that all practices are mandatory. Absence from team practices negatively impacts the entire team. Any and all absences **MUST** be reported to the coach before the practice. Coaches will inform swimmers at the beginning of the season of the preferred method of communication. **The two weeks leading up to competitions are critical, and no practices may be missed at this time.**

Swimmers **MUST** be on deck, dressed and ready to go five minutes before the beginning of every practice. Practices always begin on-land to properly stretch and prepare for the water. The land portions of practices are just as essential as those in the water.

Synchro is a **Team Sport**, and the season runs from September to June. If a swimmer wishes to become involved in another activity, it is the responsibility of her and her parents to ensure that there are no time conflicts.

Swimmers are required to attend **ALL** meets. As per Swim Nova Scotia regulations, a swimmer who is unable to compete at a meet must provide a medical note, or she will not be able to compete at future events.

Unless an illness is contagious, swimmers who are ill or injured are expected to be present on the pool deck during all practices. While they cannot participate in the water, they can learn and observe from the deck.

If parents or swimmers have any concerns, we encourage you to discuss them with the team coach first. If the issue cannot be resolved at this level, the Head Coach or Board may be asked to assist in resolving the issue.

By signing this document, swimmers are agreeing to support the team and to treat all swimmers, coaches, and officials with equal respect.

We have read and understood the expectations of the club, and are committed to meeting them.

Swimmer _____
Print Name Signature

Parent _____
Print Name Signature

Date _____