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**Aqua 4 Letter of Commitment**

**for Swimmers and Parents**

Swimmers and their parent/guardian must sign and return this Letter of Commitment to participate in the FAST Aqua 4 group. **All contracts must be signed and a copy returned to our office (**[**fastswimmingoffice@gmail.com**](mailto:fastswimmingoffice@gmail.com)**)**

The purpose of this Letter of Commitment is to ensure an understanding and acceptance, from both the swimmer and their parent/guardian, of the rigour and intensity of training and performance expected by the coaches. A positive attitude and attendance are essential for this group; therefore swimmer/family commitment is a requirement.

By signing this Letter of Commitment, you are agreeing that you understand, accept and will fulfill to the best of your ability, the following requirements for Aqua 4.

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| **SWIMMER SECTION** |
| As a swimmer in the FAST Aqua 4 group, I will (please check each box):   * be dedicated to the sport of swimming * take responsibility for my health, nutrition and overall well-being * attend all team practices and events to the best of my ability (including dryland practices and training sessions) * attend all swim meets I am qualified for to the best of my ability * have a positive attitude, respect others, abide by the code of conduct. Breaches of the code will not be tolerated * understand I will be expected to train over Holidays and March Break * attend all scheduled LC practices * move to a Modified Training Plan should I have or incur an injury * understand that should I require a more flexible training schedule due to additional extracurricular commitments or interests; I can consult my coach regarding a Modified Training Plan to support my additional interests.   I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (PRINT swimmer’s name) understand and accept that should I not live up to the requirements listed above to the satisfaction of my coach, I may be required to move out of Aqua 4 to a different group.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Swimmer’s Signature Date |
| **PARENT/GUARDIAN SECTION** |
| As a parent/guardian of an Aqua 4 Swimmer I will (please check each box):   * understand and accept my Swimmer’s responsibilities (outlined above) to be a part of the Aqua 4 Group * support my swimmer in all ways as they uphold their commitment to this group * understand and accept that parent/guardian volunteerism will be expected at swim meets * understand that FAST supports multi-sport and extracurricular participation beyond swimming in this age group, and should my child require a more flexible training schedule due to additional extracurricular commitments or interests; I can consult their coach regarding a Modified Training Plan to support their additional interests.   I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (PRINT parent/guardian’s name) I understand and accept that should I not live up to the requirements listed above to the satisfaction of my swimmer’s coach, they may be required to move out of the Aqua 4 group to a different group.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Parent/Guardian’s Signature Date |