



High Performance Group Letter of Commitment

for Parents and Swimmers

Swimmers and their parent/guardian must sign and return this Letter of Commitment to participate in the FAST High Performance Group. All contracts must be signed and a copy returned to our office (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 the High Performance group.

SWIMMER SECTION

As a swimmer in the FAST High Performance Group, I will (please check each box):

- be dedicated to the sport of swimming, FAST will be my priority extracurricular activity
- take responsibility for my health, nutrition and overall well-being
- attend 100% all team practices and events to the best of my ability (including dryland practices and training sessions)
- attend 100% of 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 (MTP) should I have or incur an injury
- understand that I can touch base with my coach should I require extra flexibility in the short term due to academic or personal reasons.

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 the High Performance Group.

Swimmer's Signature

Date

PARENT/GUARDIAN SECTION

As a parent/guardian of a Performance group Swimmer I will (please check each box):

- understand and accept my Swimmer's responsibilities (outlined above) to be a part of the Performance Stream
- support my performance 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

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 High Performance Group.

Parent/Guardian's Signature

Date