



Optional Senior Group Letter of Commitment for Parents and Swimmers.

Swimmers and their parent/guardian may sign and return this Letter of Commitment to express their commitment. All contracts can be signed and a copy returned to our office (fastswimmingoffice@gmail.com)

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

SWIMMER SECTION

As a swimmer in the FAST Senior 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.
- understand that if I wish to adjust my level of commitment, I can speak with my coach at any time.

I _____ (PRINT swimmer's name) understand and accept that should I not live up to the requirements listed above to the satisfaction, my coach will hold me accountable to the standards outlined in this letter of commitment.

Swimmer's Signature

Date

PARENT/GUARDIAN SECTION

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

- understand and accept my Swimmer's responsibilities (outlined above)
- support my swimmer in all ways as they uphold their commitment
- understand and accept that parent/guardian volunteerism will be expected at swim meets

I _____ (PRINT parent/guardian's name) understand and accept that should my swimmer not live up to the requirements listed above to the satisfaction, their coach will hold them accountable to the standards outlined in this letter of commitment.

Parent/Guardian's Signature

Date