

Sunrise Swans Synchronized Swim Team

2019 Swimmer's Attendance Contract

Purpose: The purpose of this Contract is to provide the coach, as well as each swimmer, with the understanding of expectations required to learn, practice, and perform a synchronized swim routine scheduled for competition. In order to achieve this, swimmers are responsible for honoring the commitment they made when they registered for the team. This contract is based upon the overall principles of a mutual respect for the time and commitment of each swimmer. To help achieve these goals, we ask that all swimmers, parents and coaches read, understand and agree to the following Contract.

Expectations:

As a member of the Sunrise Swans Synchronized Swim Team, I will strive to meet the following attendance expectations listed below:

- I *will* be at every scheduled practice on time and be ready to learn, practice, or perform the routine(s) in which I am swimming. Additionally, whenever possible, I will practice my routine at home.
- I *will* contact my coaches if an **emergency** arises and I will be late or absent. (wanting to spend time at home, or with friends is **NOT** considered an emergency).
- I understand that others in my routine are depending on me, and my attendance and commitment is vitally important to the success of our routine.
- I further understand that excessive unexcused absences, or failure to follow these expectations, may result in any number of consequences. These may include, but are not limited to:
 - Removal from the routine for **competition** purposes.
 - Dismissal of participation/attendance in one or more meets.
 - Removal from future competition and/or practices and meeting with parent or guardian.

I understand that my compliance with this Attendance Contract is a direct reflection on my commitment to the team as well as me as a responsible member, and I should only conduct myself in a way that brings credit and respect to the Sunrise Swans. If I fail to comply, I voluntarily subject myself to disciplinary action. Depending upon the severity and/or frequency of the incident(s) one or all of the potential disciplinary actions may be taken. I understand that if I want to appeal any disciplinary action, my appeal shall be heard by the Sunrise Recreation and Park District, the Sunrise Swans Parent Board, and coaching staff.

I understand that by signing this document that I agree to comply with this Swimmer's Attendance Contract.

Signature of Swimmer

Print Name

Date

Signature of Parent

Print Name

Date

Signature of Coach

Print Name

Date

Sunrise Swans

Swan Sisters Questionnaire

Name: _____ Age: _____

This is my _____ year of Synchro!

The best thing about me is _____

The thing I am most excited about this season is _____

The thing I am most nervous about this season is _____

My perfect buddy would _____

What I do for fun (besides swim!) is _____

Some of my Favorites:

Color(s): _____

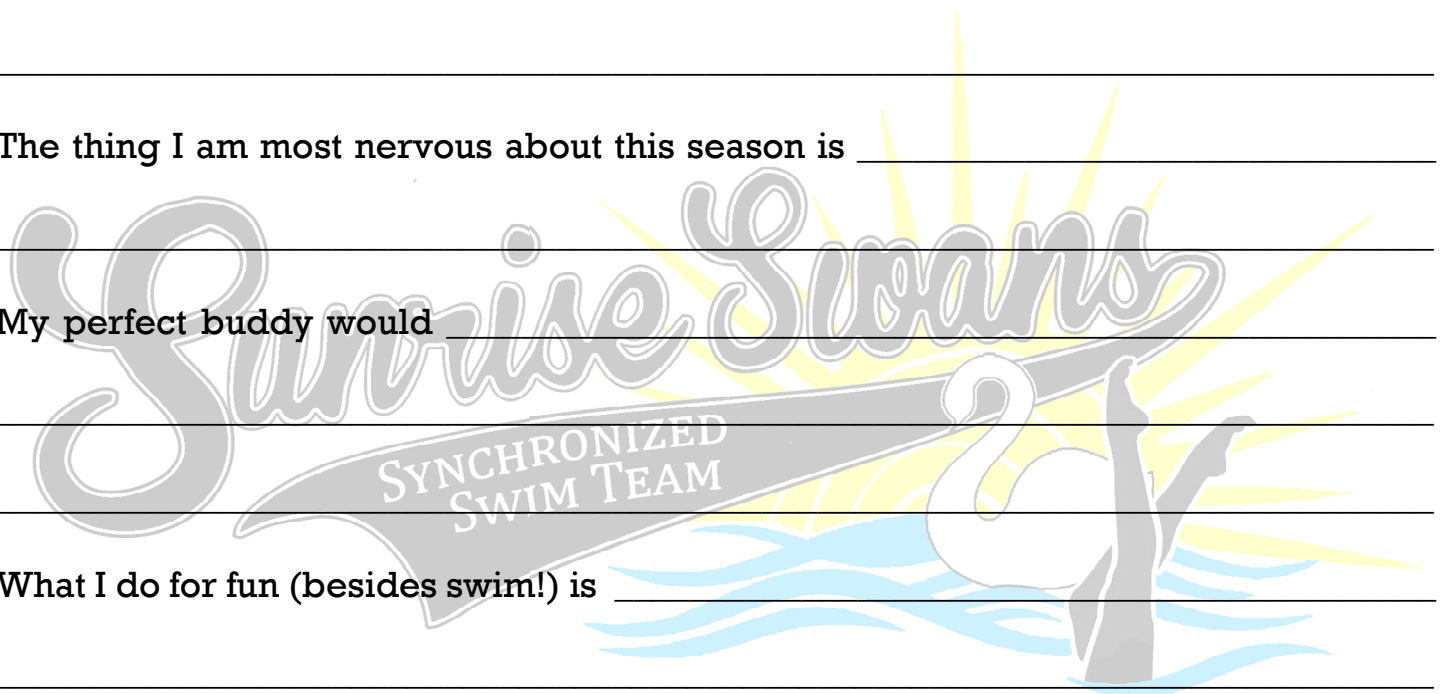
Snack(s): _____

Drink(s): _____

Collectable(s): _____

Other Favorite Things: _____

Any meets you will not be attending: _____



Vacation Calendar - 2019 Season

Swimmer: _____

Write "Gone" on all days that you know you will be away during the season.

April / May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Season Begins	30	1	2	3	4
5	6 Synchro Sisters Party	7	8	9	10	11
12	13	14	15	16	17	18
19 Picture Day	20	21	22	23 Swim-A-Thon	24	25
26	27	28	29	30 Mock-Meet	31	1

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Judges Clinic	3	4	5	6	7 Meet @ Sunrise	8
9	10 Late Practices Begin	11	12 Meet @ Davis	13	14	15
16	17	18	19	20	21 Meet @ Sunrise	22
23	24	25	26	27	28	29

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10 Meet @ FEC	11 Dress Rehearsal/ & Pictures	12	13
14 WATERSHOW	15	16	17	18	19 CHAMPS	20
21 CHAMPS Family Party						

Black-Out Dates are from July 10 - July 21st. PLEASE plan on being available ALL of those days.

Communication For Team:

This year we are trying a new app in the hope to have better communication within the team. To this end every swimmer **must** have at least one guardian with the app downloaded on their phone. Direction for downloading and using the app are as follows:

> Install: Spond – Sports Team Management



From



(this is a free and secure app with NO ads)

> Press Next > Next > Get Started

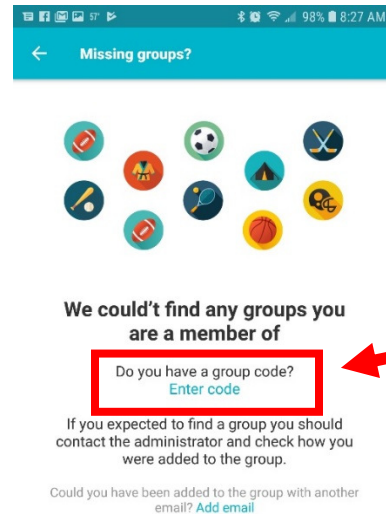
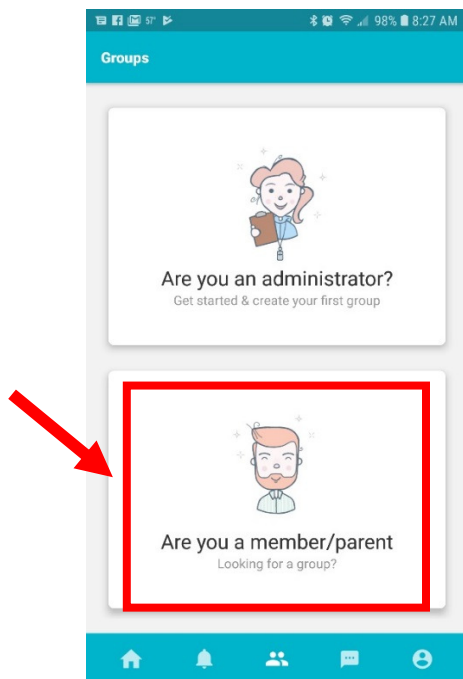
> Then Create an account (if you do not already have one), you will need to enter your phone number, email, and create a password.

> Press Next

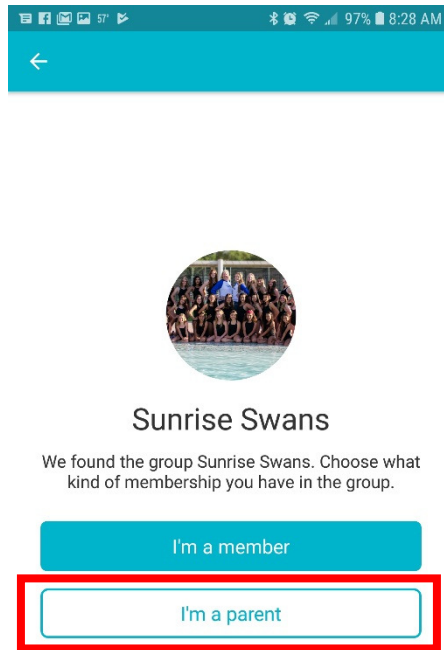
> A verification code will be texted to the phone number you entered. Once you receive code, Enter, and press Next

> You will then need to input your info (This should be your info, not your swimmers) and then press 'Get Started'

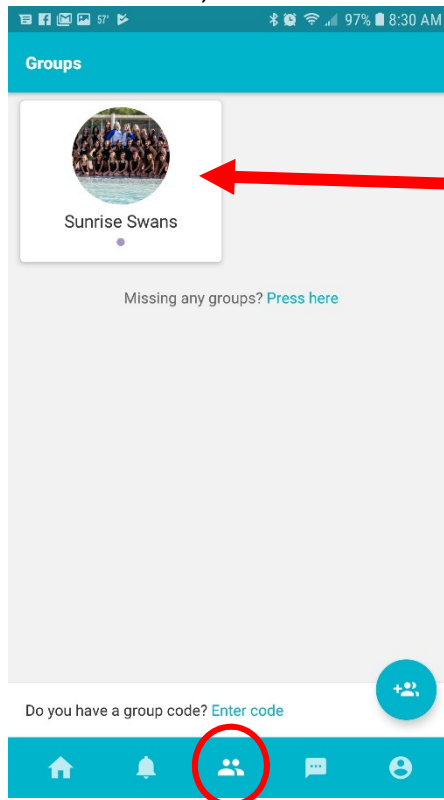
> Select that you are a member/parent and enter code: **HMONO** (all letters)



> If you entered the correct code, you should see the following screen, select that you are a parent and follow the following prompts to add a child (If you have multiple swimmers, just add one for now and we can add more later). Then click 'Done'. NOTE: If swimmer's would also like to add app to devices they may do so following the same directions, but would need to click "I'm a member" here.



> Once you have been approved as part of the team, Sunrise Swans will become one of your groups



Click here to see all things swans 😊