

Cienega High School Swim Team Captain Commitment Contract

As an athlete and team captain of Cienega High School Swim Team, I, (swimmers name)
_____, will try my best to:

1. Lead dryland workouts and stretching.
2. Always puts the team first. "There is no I in Team". Great Captains are not interested in personal glory. They are committed to serving the team.
3. Always lead by example and maintain a positive attitude with coaches and teammates. Take initiative, inspire the team and build the team up.
4. Be the team liaison to help bridge the gap between team and coaches.
5. Lead the team cheer.
6. At meets; help set up the team area, set up home meet equipment(American Flag), help clean up after meets and offer to help coaches without being asked. Always check all team equipment and the deck is all picked up before leaving practice & meets. Delegate duties to teammates and assist teammates.
7. Plan & execute team building events during and outside of practices. Will be present and active at the event.
8. Be a responsible leader.
9. Follow the ACT and CAT statement.
10. Follow coach's advice. I understand that the coach has final say on swimming events, team events, workouts, meets and apparel orders.
11. Always attend practice. If I am not able to make it to practice, I will make accommodations ahead of time with Coach Hansen and appoint a temporary captain for the missed practice at Coaches approval.
12. I understand that I need to help plan, set up and clean up the banquet. Including senior gifts and giving input on team awards.
13. I understand that I will need to help transport equipment from storage to the pool at the beginning of the season & help transport the team gear back into storage at the end of the season and/or meets.
14. I will complete the NFHS Captain training videos over the summer, and present my certificate of completion to coaches by July 15th. I will meet with coaches to prepare for the season at the end of this school year, over the summer and the beginning of the school year.
15. If COVID-19 protocols are in effect, I will be a team role model following protocols and wear my mask correctly when not in the pool and encourage teammates to do the same.

Failure to follow through with the above state commitment will result in a warning, probation or possible removal from Team Captain position.

Swimmers Name Print: _____ Date: _____

Swimmers Signature: _____

Parent/ Guardian Name Print: _____ Date: _____

Parent/ Guardian Signature: _____