

WEST 3-Way Pledge

Coach Pledge

As a coach of Wichita Falls Elite Swim Team I understand the importance of assisting all swimmers in achieving high standards of physical, social, and emotional success and I agree to carry out the following responsibilities -

- Ensure that swimmers are adequately supervised on deck at swim practices and swim meets.
- Communicate effectively with swimmers and parents.
- Encourage swimmers and assist them in setting personal swim goals.
- Prepare swimmers to compete in swim meets .
- Maintain an encouraging team atmosphere.

Each of these responsibilities represents my commitment to encourage swimmers, communicate effectively with swimmers and parents, and encourage a positive team atmosphere.

Coach Signature _____

Date: _____

Swimmer Pledge

I understand that my participation in WEST is an opportunity to set personal fitness and swimming goals, while developing as a team member. I agree to carry out the following responsibilities as a member of WEST -

- Exhibit the six pillars of character at all times – respect, responsibility, trustworthiness, caring, honesty, fairness
- Communicate respectfully with my coaches.
- Listen and follow directions.
- Treat coaches and teammates with respect.
- Help encourage a team atmosphere.
- Work hard & always do my best.

Each of these responsibilities represents my commitment to being a productive member of WEST, while maintaining a positive attitude as I help encourage a positive team atmosphere.

Swimmer Signature _____

Date _____

Parent Pledge

I understand that my child's participation in WEST will support him/her in becoming a successful and productive person. I agree to carry out the following responsibilities as a parent of a WEST swimmer -

- Effectively and respectfully communicate with WEST parents, coaches, and swimmers
- Encourage my child in a positive manner.
- Refrain from coaching during practices and meets.
- Ensure that my child takes accountability for his/her actions
- Support WEST by participating in volunteer opportunities.
- Celebrate my child's effort and progress

Each of these responsibilities represents my commitment to support my child in his/her participation on WEST and help encourage a positive team atmosphere.

Parent Signature _____

WEST 3 Way Pledge

WEST coaches and leadership staff have the authority to impose penalties for violation of the WEST 3-Way Pledge. The penalties include, but are not limited to the following:

1. Swimmer will be given a Verbal Warning
2. Swimmer will be moved to a lower group for the remainder of practice (or, longer as determined by head coach)
3. Swimmer will be removed from practice, and attend a meeting with the swimmer, the swimmer's parent, and head coach before returning to practice. The parent will be required to attend the swimmer's practice for a time determined by the head coach.
4. Swimmer will be suspended from practice for a time determined by the head coach (fees will not be refunded).
5. Swimmer will be permanently removed from the team.