

The Marion Swimming Club and the YMCA/South Australia Aquatic and Leisure (SAALC) have set up this memorandum of understanding between Athlete/ Coach/ Parent to create a commitment and service level agreement between the athlete and coaching staff.

The aim is to have clear direction and understanding of standards to promote a transparent pathway of progression and performance. Through this understanding the Coaches will be committed to use data to analyse these key traits. The Coaching Team will strive to support the swimmer/ parent relationship in an empathetic and compassionate manner that creates trust, collaboration and a clear way to review performance.

Please note that this is not a legal document and consequently cannot be used in a court of law. This is a commitment to training document used only for the purposes of Marion Swim Club / YMCA / SAALC and the athlete mentioned below.

ATHLETE'S AGREEMENT

(Updated when required & signed upon receipt)

Ido hereby set forth from this date.....
a signed commitment of excellence to myself, my club and my coach.

I will commit myself from this date onwards to endeavour to attend% of the sessions required to be in this squad, including on my most hectic days.

I will strive to reach new levels of mental strength and patiently work within the team, knowing that I will be respected and rewarded.

I will treat every member of the club as a person of importance and I realize that any negative comments, including inappropriate jokes may affect others around me.
(Especially those linked to vilification and bullying.)

I know that I am a vital member of the Marion Swimming Club, not only in my athletic ability, but also in my support of others.

I understand and agree that I must meet the published squad criteria and the goals and standards set out in this document.

I understand I can meet with my Coaches at any time to discuss;

- Goals
- Progression
- Performance
- Any matter that may affect these



OR

I fully understand that I have not met the squad criteria yet and will have a set period of time to do so, agreed upon with the relevant squad coach. I will sit down with the Coaches/Coach and agree to set outcomes to achieve this.

Set period agreed upon.....

Signed by: Athlete..... Coach.....

As a signed and committed member of my squad, it is my responsibility to agree to the number of sessions I wish to attend, to achieve potential progression and hence performance.

Gold squad

7 Swim Sessions per week Plus 2 x Gym
75% Attendance of training (pool and gym) at all times

Signature.....

Silver squad

6 Swim Sessions per week Plus 1 x Gym and 1 x Bootcamp
70% Attendance at training (pool and gym) at all times

Signature.....

Bronze squad

5 Swim Sessions per week Plus 1 x Boot camp
60% Attendance at training (pool and Boot camp) at all times

Signature.....

Swimmer Code of conduct

1. At no time will a disrespectful attitude, use of inappropriate language (swearing or derogatory comments) or lying be tolerated toward the coaching staff, fellow team mates, other competitors, meet officials or the public during swim training or at meets.
2. Swimmers must practice good care and respect for the facility and its surroundings including (and not limited to) the pool, deck, gym and changing rooms.
3. Vandalism or destruction of property not belonging to you during training or at meets will not be tolerated and will result in expulsion from the team.
4. Swimmers are expected to follow the directions of the coaching staff. The coaching team has the discretion to ask swimmers to leave the workout if they are unable to complete the required task or if there is an issue of poor behaviour. To return to training after such an incident will require a meeting between the coach, swimmer and parents (if under the age of 18).
5. Swimmers are expected to refrain from alcohol, tobacco or any non-prescribed drug use while participating in any team function, including training, competitions or social functions. Results in performance may be affected by this and the coaches will not be held responsible. Swimmers found to be in violation of this rule may be asked to leave the team.
6. Swimmers must abide by the Marion Swimming Club Code of Conduct (this includes social media).

Swimmer signature:.....Date:.....

Parent signature:.....Date:.....

Coach support

1. Will meet and support goals in an empathetic way .
2. Will provide clear direction on progression and hence performance needed to meet key goals.
3. Will use data and video to analyse decisions to support the swimmer / coach / parent relationship.
4. Will conduct three performance appraisal meetings per annum, post key and targeted meets - this maybe as a team or individual if needed.
5. Assist and mentor a swimmer in striving for stepped success depending on the level of the squads.