As a student-athlete at Cascade High School, I understand that participating in athletics is a privilege, and I will be held to the expectations listed below. As a part of this team I am representing myself, my family, Cascade High School and the Everett community. I will do so to the best of my ability.

Cascade Swim and Dive Daily Expectations

1. I will come to practice on time and ready to work.
2. I will attend all practices, meets for which I qualify, and team meetings.
3. I will abide by all school and district policies.
4. I will always do my best.
5. I will maintain a positive and supportive attitude toward myself and my teammates.
6. I will exhibit good sportsmanship at all times.

Cascade Swim and Dive Meet Expectations

1. Plan on participating unless informed otherwise by a coach. NEVER ASSUME you are not competing, FIND OUT!
2. Unexcused absences will put your eligibility in jeopardy. Communicate with your coach!
3. Be on time for the bus. It is your responsibility to know when the bus is leaving and to be on it.
4. Be prepared to participate in any event that the team may need you in, or that your coaches feel the need to evaluate you in.
5. Plan ahead. Have all essential gear ready to go (team suit, cap, googles, extras, team jacket, towel, snacks, etc.).
6. Always do your best. Don’t let yourself or your teammates down.

Athlete Name (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_