

St. Albans Sharks 2024 Expectations:



Attitude/Effort: Swimmers are expected to arrive on time, be respectful to the coaches and teammates, and to have a positive attitude everyday. It is also expected for each swimmer to give their best effort at all times.

Behavior: Swimmers are expected to have good behavior at all times. Swearing, bullying, roughhousing, or other inappropriate behavior will not be tolerated.

Locker Rooms: Locker rooms are for using the bathroom and changing only. Any inappropriate behavior in locker rooms will result in loss of access to the program and facility. The use of cell phones is prohibited in locker rooms.

Facilities: All facility/pool rules must be followed at all times. Sharks and their families are expected to treat other facilities like their own. Please clean up your area before you leave.

Relay Events: Relay teams are created by the coaches. Times, attitudes, effort, and participation is taken into consideration when creating teams. Relay teams are subject to change at any time.

Have FUN: Swimming is competitive, challenging, and nerve racking at times. But never forget the most important part..... have FUN 😊

I understand the expectations and agree to meet them. Failure to follow expectations could result in removal from the program.

Swimmer Signature: _____ Date: _____

Parent Signature: _____ Date: _____

