

DOUGLAS DOLPHINS SWIM TEAM (DDST) SWIMMER CONTRACT

I hereby recognize that I am becoming part of a team. While a member of DDST I know that my actions reflect onto my team members.

I then resolve to do the following:

1. I will endeavor to be polite and kind to others. Rudeness to others reflects badly on my team members.
2. I will not take illegal drugs, and in fact can never even have them on my person. (My bag, or pockets for instance.) Not only are they bad for my own body, they reflect badly on my team members. If caught and arrested the people of Douglas County, and in fact Nevada, if not the entire West Coast will think that all Douglas swim athletes are involved in my illegal activities. I know what illegal drugs are, they are any drug not given to me by a doctor or my parent.
3. I will not take performance enhancing drugs. (Steroids for example). Not only do they cause many medical problems, like liver cancer, they are not sanctioned for use by any sport; amateur or professional.
4. I will not smoke or chew tobacco products. I know that tobacco is very bad for my own body. I know that it causes mouth, tongue, throat and lung cancer. I also know that it will decrease my ability to be competitive. This means that I will not be as able to help my team win competitions.
5. I will not drink alcohol. Not only is alcohol the leading cause of teenage auto deaths, it is illegal for use under the age of 21 in Nevada.
6. I know that it is important to keep any information posted via Internet sites such as Facebook, as text messages, or twitter messages, clean and non-offensive. I will not post information about myself or my team that would reflect badly on the team. I will not post negative information about other people. This is important because there are now internet businesses that archive (save) this information. College admissions boards, and future employers have the ability to look at these sites and see information that I think I have deleted.
8. I know that life has consequences. I know that the decisions I make today can either help me or hurt me. I know that my decisions can either help my team or hurt my team. I will endeavor to do everything I can to help myself, my family, my team, my school, and my community.

If I do not keep this promise to do my best, and to avoid illegal activities, the following things will happen.

1. The first time I will not be allowed to compete in the next competition, although I will still be expected to come to practice.
2. I realize that my coach, or the board may decide that I will have to undergo drug testing at random times for up to three months.
3. The second time I will not be able to come to practice or compete in meets for 3 months. After I return to practice it will be up to my coach and the DDST board to review my case and determine when I can be an active team member again. In addition I will need to have at least two team members vouch for me, and support my return.
4. Depending upon the seriousness of my actions I understand that the board may decide if I must see a licensed alcohol and drug counselor. I, or my parents will have to pay for this treatment.
5. If, after all of this, I continue to do the things that have gotten me into trouble, I know that I will be removed from DDST, and I will not be allowed to return.

Signed: _____

Date: _____

Legal Guardian: _____

Date: _____