

CAST RULES

1. Be on time to practices and meets.
2. ATTEND and participate in AT LEAST FOUR (4) PRACTICES per week unless excused by the coach.
3. ATTEND and participate in every MEET unless excused by the coach.
4. Dedication and loyalty - Encourage each teammate in and out of the pool. Show an EFFORT at meets and practices. Positive Attitude!
5. Maintain a high grade point average. STUDY!!!
6. All swimmers must attend the entire swim meet. NO swimmer is allowed to leave the premises without the coach's knowledge and consent.
7. No jewelry/watches are to be worn at meets.
8. Be courteous in dressing rooms at practices/meets.
9. Do not use camera phones in dressing rooms. This violates a swimmer's privacy.

SCHOOL LETTERS

Follow ALL of the above rules. The coach has final say as to whether you deserve a school letter for swimming.

Please sign below and give one copy to Eddie; keep the other copy in your CAST folder.

Swimmer's signature_____

Parent's signature_____