



## COM Aquatics, Inc.

3003 North A Street, Midland, TX 79705

4-25-16

Dear Parents:

We would like to take a moment to go over a few housekeeping issues that affect all athletes. We would very much appreciate your support as we move forward.

Rules that apply to all athletes:

- No one is allowed in the dry land room or on equipment without **HIS OR HER COACH'S** supervision.
- **ONLY** athletes and coaches in the gym or on deck during scheduled practice times.
- Respect other athletes, coaches, and classes.
- No food or drinks allowed in the gym. All classes will be given water breaks.
- All athletes must wear proper workout attire in the gym and in the pool.
  - Girls in the dry land room: shorts and shirt or shorts over swimsuit
  - Girls in water: one-piece swimsuit
  - Boys in the dry land room: Shorts, shirt optional
  - Boys in water: swim shorts, jammers, or speedo
- All athletes with long hair must have it pulled back out of their face or wear a swim cap.
- No cellphones are allowed in the dry land room.
- All dive bags and belongings will be kept in the designated diver's area, under the scoreboard.

Consequences for breaking these rules will be in accordance to the athlete's skill level, and could range from taking a time out, doing Burpees, running laps, or sitting out of a workout.

Thank you for the continued support of your child's program.

Sincerely,

COM Diving Staff