



Personal Management Plan

Date: _____

Swimmer Name: _____

Parent/Guardian: _____

Coach: _____

Head Coach: _____

Executive Board Member: _____

We have previously worked with you to implement strategies to help us help your swimmer, however, additional planning and agreements are deemed necessary. This Personal Management Plan will outline additional information about what is required for your swimmer to continue to participate in the FAST program.

Previously Identified Behavioral and/or Physical Issues:

Review Strategies from previous meeting:

Resource Required:

FAST considers what is in the best interest of all its swimmers as well as an individual. To ensure all swimmers have the opportunity of equal and quality coaching, a swimmer cannot consistently demand an unreasonable amount of the coaches' attention/time and/or distract fellow swimmers from their coaching experience.

Coaches Aid Required: Y N

Additional Requirements:

In cases where a swimmer cannot be left on their own, it may be required for the swimmer to have a parent or guardian present at all times during practices (not on swim deck) as deemed necessary by the coaching staff.

Parent/Guardian Present at all practices required: Y N

Additional Requirements:

Capping number of days or hours a swimmer can practice: Y N

Additional Requirements:

Team Travel and Swim Meets:

Team Travel and Swim Meets are a great bonding experience for swimmers; a great amount of independence is required of the swimmer both on the swim deck and off. It is not appropriate for a fellow swimmer to be responsible for a teammate during any of these situations. Each swimmer must be given the opportunity to focus on their performance solely. The coaches and chaperones must also give their attention to all swimmers equally. Therefore, a parent/guardian must accompany and share a room with their swimmer on any team travel, as deemed necessary. Should there be space available for the parent/guardian and swimmer, they may travel on the bus with the team at no additional expense. All other expenses are to be paid for by the parent/guardian.

Parent Accompaniment and Rooming Required: Y N

Parent/Guardian Attendance at all swim meets required: Y N

Personal Resource Required at all swim meets: Y N

Additional Requirements:

Change in Group:

If a swimmer cannot reasonably participate within the group they may be moved to another group.

Change in Group Required Y N

New Group: _____

Additional Requirements:

Probation Period Required

Additional Requirements:

Other Comments/Requirements:

Acceptance and retention of any swimmer is at the discretion of the Executive Board Members and Coaching staff. If a swimmer is withdrawn from a FAST program within 30 days of registration a full refund will be given. Otherwise a prorated refund for the remaining swim session will be applied.

If FAST is unable to accommodate your swimmer, every effort will be made to help find alternate swimming opportunities.

This plan will be reviewed periodically, and should the needs and level of support required by an individual change, then the support and strategies implemented will be revisited.

Signature Parent/Guardian: _____

Signature Coach: _____

Signature Head Coach: _____

Signature Board Representative: _____

Signature Executive Committee Representative: _____

Dec 2014