

2010 Rochester Falcon – SwimmingGuiding Principle's

- Be Respectful to: Teachers, Teammates, Parents, Coaches
- Be on Time to: Classes, Practice, Meets
- Do not talk when the Coaches are talking
- Team GPA average above 3.475
- Eat Healthy Foods eliminate “Junk” foods
- Repeat as League Champions.... OAA White Division
- Relay participation is a Privilege not a Right – Coaches Choice
- Attendance at Practices is mandatory – pre-excused is ok
- Regularly review personal and Team Goals to stay Focused

- Rochester Community Schools – Code of Conduct for Athletics will be followed