



Team Handbook

2024-2025

Welcome to the club!

This handbook is designed to provide general information about our program and team policies. All parents and athletes should review this handbook prior to the start of each season.

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ABOUT US

MISSION STATEMENT

The Columbus Aquatic Club was founded to promote the sport of competitive swimming on and around Columbus, Georgia. We believe that competitive swimming provides not just a lifelong fitness activity, but also teaches valuable life skills, such as discipline, determination, responsibility, leadership, teamwork, and sportsmanship. We seek to promote these skills and foster lifelong fitness through competitive swimming activities in the greater Columbus, Georgia area. The Columbus Aquatic Club is committed to providing a safe environment for all participants and maintains protection policies and guidelines to protect our swimmers.

VISION

We will create a culture of EXCELLENCE within our athletes, families, coaches and team by instilling values of Self-Discipline, Work Ethic, Respect, Responsibility and Commitment to a Goal. We will distinguish ourselves as a team through our professional appearance (both athletes and staff), continual team growth, and our athletic performance and achievements.

ABOUT THE TEAM

We are a year-round USA Swimming team that competes in both the short course and long course seasons. Our short course season starts in August and ends in March. Long Course season begins in April and trains through July. Throughout the course of the year, we compete in a variety of different meets: Dual Meets, Mini Meets, Invitational meets, USA Championship Meets, Qualifying Meets and National Meets.

We offer a Masters Program geared towards adults looking to better their swimming skills and fitness levels for Triathlons, Masters Swimming, or anyone just looking to be a part of a swimming team and train for their own health and well-being.

We offer an introductory competitive program each summer called Tiger Sharks. This program is geared towards swimmers of any age who are new to competitive swimming.

COACHES

Coaches are tasked with developing and implementing training programs for our swimmers and handling all meet entries. All Coaches are required to be USA Swimming certified and up-to-date on all required training, certifications and background checks. For questions relating to swim performance, practice concerns, or meet entries, parents may email the coach. Coaches are not available for questions during practice or meet times, however they are happy to schedule a time to speak with you. Please email your swimmer's coach to coordinate a time to discuss any concerns.

Head Coach: Vacant

Kayla Mumpower (Cat 3, Cat 5, Seniors) coach_kayla@swimhurricanes.com

Melissa Johnson (Masters, Cat 2, Cat 4) coach_melissa@swimhurricanes.com

Aimee Bradbury-Johnson (Cat 1) coach_aimee@swimhurricanes.com

BOARD OF DIRECTORS

The Columbus Aquatic Club is run by an elected Board of Directors who are responsible for handling all administrative functions for the club to further our club's mission. Board members are required to be registered through USA Swimming and complete the required background checks and Athlete Protection Training. Board Members are responsible for hiring staff, managing the team finances, and member/community relationships. They also handle all inquiries regarding membership, dues, billing, registrations, and all general team or practice questions.

The Board hosts one General Member meeting annually in the fall and quarterly Board Meetings. All parents are encouraged to attend and participate. Parents of team members are voting members of the club and receive one vote per family.

For our current Board of Directors, please see the website.

VOLUNTEERING

Parent volunteers are critical to an efficient, well-run swim team and particularly for our meets. We need the assistance of every swim family! **Families are expected to volunteer at 8 meet sessions during the year.** We will be hosting 9 meets this year and most meets will have between 3 and 5 sessions for you to choose from. Volunteer sign-ups are completed and hours are tracked through the TeamUnify website. All opportunities are first-come, first-served basis, so please commit early.

FUNDRAISING

Fundraising events are offered periodically to help keep membership and dues down for our swimmers and to enable the team to expand the reach and impact of our program. Your support for these events is strongly encouraged.

COMMUNICATION

Website: <https://www.teamunify.com/team/gacac/page/home>

Please check our Team Unify website frequently! This is the best source for accurate and updated information regarding meets, account balances, invoices, payments, meet results, record breakers, newsletters, etc.

E-mail and SMS*: Emails will be sent out through our Team Unify software. This is our primary means of communication. Text updates will also be used to convey time-sensitive information, such as last minute changes. It is imperative that you receive these communications. Please ensure your email and SMS info is accurate on your account.

Facebook*: Columbus Aquatic Club <https://www.facebook.com/swimHURR/>

Instagram*: Swim Hurricanes <https://www.instagram.com/swimhurricanes/?hl=en>

OnDeck App: <https://www.teamunify.com/swim-team-management-software/swim-app/>
Many of the TeamUnify website functions are available through the ON DECK app, such as quick account updates and meet entries. Billing and Registration related tasks are only available via the website.

Parent Meetings: Will be held periodically throughout the year. These meetings provide an opportunity to get face-to-face time with the coaches, get the latest info on team activities and ask questions.

Newsletters: Weekly and monthly newsletters are sent via email with updates on meet entries, registration deadlines, team activities and other items that require attention. Families should review these regularly to ensure they have the best info available.

**Coaches are not allowed to accept "friend" or "follow" requests from minor athletes on social media. Coaches and Swimmers should include a Parent on any texts or chats. Group chats between a coach and swimmers should include at least one other adult. Parents are encouraged to review our social media policy and USA Safe Sport for more details.*

TRAVEL

There will be meets scheduled throughout the course of the year at location within a few hours' drive of Columbus. Occasionally, in an effort to keep these meets as "team" oriented as possible, we will offer a team travel opportunity with a block of rooms and/or a bus for swimmers attending the travel meet. These travel meets are chaperoned by coaches and parent volunteers, and can be great fun for our older swimmers, as well as a good value due to the shared cost of rooms and transportation. We will communicate these opportunities well in advance and host parent meetings to share relevant details as the specific travel meets approach.

MEMBERSHIP AND FEES

Swimmers may join the Columbus Aquatic Club at any time of the year. Registration can only be done after your child has been evaluated by the coach. Evaluations are done by appointment only. (See "Join" Tab on our website for evaluation information.) A breakdown of the program fees is below:

Annual Registration Fee: \$85 which includes one (1) silicone team cap, one (1) team t-shirt, one (1) team bag tag, annual banquet fee and an administration fee. Masters Team registration fee is \$20.

USA Swimming & US Masters Swimming Memberships (required):

- **USA Swimming Membership: \$89** (Required for Tigersharks, Pre-Comp, Cat 1-5, Seniors, HS Cond) All USA Swimming memberships will be automatically processed by our team and billed on September 1.
- **US Masters Swimming Membership: \$70** (Required for Masters Athletes 18+) Paid directly to US Masters Swimming via their website. For help completing this step, please see the JOIN tab on our website.

Monthly Dues: Dues are paid in advance on the 1st of the month via a monthly auto-pay. Dues are calculated for the entire year (August - July) for all practices and meets. Families are given two payment options: Full Payment (October 1st) or monthly payments (September-May). Members that pay in full by October 1st will receive a 5% discount. Members that register by August 30th and are active for the entire Sept-May school year will not be charged dues during the summer months. Late Registrations (After Aug 30th) will be billed monthly for the year and their first bill will include dues for their first and next month.

2024-2025 Member Dues

- HS Conditioning: \$99/month or \$846/year prepaid
- Cat 1: \$99/month or \$846/year prepaid
- Cat 2: \$115/month or \$983/year prepaid
- Cat 3: \$134/month or \$1,145/year prepaid
- Cat 4: \$160/month or \$1,368/year prepaid
- Cat 5: \$180/month or \$1,539/year prepaid
- Seniors \$225/month or \$1,923/year prepaid

Meet Fees: Swimmers are responsible for meet fees for all meets they attend and should read the meet invitation for details. Meet fees are applied to each member account immediately after the commitment deadline and billed on the 1st of the month via AutoPay. Please note that a meet fees are not refundable after the commitment deadline. Meet fees typically consist of an entry surcharge (\$3-\$6 usually, though championship level events may be higher) and a per event fee (sometimes called a "splash fee," and can range from \$4-\$20 per event.) These fees are billed to swimmer accounts immediately after the entry deadline. Away meets (at locations other than the Columbus Aquatic Club) will include a \$25 Coaching Fee to assist in covering the cost of coach travel. State level meets and higher will incur a \$35 Coaching Fee.

Travel Meet: Occasionally, the team will offer the opportunity to travel as a club to a meet. Swimmers 11 years and older are eligible to travel on the team bus and stay in the hotel, chaperoned by the team coaches. The annual travel meet, traditionally planned over the holiday weekend in January, is a season highlight for the athletes and a great opportunity for team bonding. Costs for this trip are based on the number of attendees, but are typically between \$350-\$450 per athlete, which includes transportation, hotels, and meals. Details for the travel meet are distributed to families several months in advance to allow for planning and budgeting. This year families will be given an opportunity to make an initial deposit on this meet during registration and make payments towards it through the fall.

Family Discounts: We believe that swimming is a great family sport! Families with multiple swimmers will receive a 20% discount on monthly dues for the second swimmer, a 50% discount on the third swimmer, and the 4th swimmer is free. The highest billing group is always the first swimmer followed by the next in line when determining billing. Masters Swimmers are eligible for this discount. This only applies to your monthly billing, NOT the initial registration fee.

***In cases of financial hardship, please contact the Head Coach, Treasurer, Business Manager or President to discuss solutions.*

BILLING POLICIES

BILLING AND PAYMENTS: All invoicing and billing is handled through the Team's website via AutoPay on the 1st of the month. All members are required to have at least one payment method saved to their account for the monthly AutoPay. New for 2024: Credit cards are subject to a 3% transaction fee. ACH methods have no transaction fee. Families may process an OnDemand payment as needed throughout the month through their Account Payment function. Families are encouraged to review their billing activity each month by logging into their team account to see their invoice. Additional info on each charge is available on the billing summary screen by clicking on each line item.

LATE PAYMENTS: A Late Payment Fee of \$30 will be applied to accounts that have not been paid in full before the 15th of each month. Members are expected to pay attention to system generated emails notifying them of expired cards and failed payments.

BILLING/MEMBERSHIP CHANGES: Changes or updates to your membership or billing must be emailed to Admin@swimhurricanes.com before the 20th of each month for implementation by the 1st. Requests received after the 20th will go into effect the following month. Swimmers that are moved to a new practice group will have their billing group adjusted before the next billing date.

MEMBERSHIP PAUSE/CANCELLATION: If you decide to discontinue swimming or need to pause your membership during the year, a \$75 early cancellation fee will be charged and you will lose the benefit of the full year membership discounts and/or family discounts. Cancellation requests must be emailed to Admin@swimhurricanes.com before the 20th of each month for implementation by the 1st. Requests received after the 20th will go into effect on the 20th of the following month and dues will be charged on the 1st as scheduled.

Your swimmer may return to the team any time during the current year (Aug-July) by emailing admin@swimhurricanes.com. Swimmers may be asked to complete an evaluation for practice group placement when returning to ensure their conditioning and skills are appropriate to the practice group. Swimmers who return to the team will be invoiced for the current month's dues. Participation in any meet, practice, or team event constitutes team participation for dues purposes.

REFUNDS: Memberships, Dues and Meet Fees are non-refundable and are not prorated. Our annual schedule includes breaks for various holidays and training breaks. We do not adjust dues based on these breaks or on routine cancellations due to occasional pool maintenance, weather cancellations or facility closures. Dues are not prorated or refunded due to lack of attendance or failure to provide timely notice. Meet fees are non-refundable after the commitment deadline. Exceptions to the stated billing policies will be reviewed by the Board of Directors when extraordinary circumstances are present.

BILLING INQUIRES: Members are encouraged to review their online team account first. Billing inquiries should be sent to admin@swimhurricanes.com.

FINANCIAL HARDSHIP: We are committed to the success of our dedicated swimmers and want to see them continue to do what they love. Families facing financial hardships should contact the Head Coach, Treasurer, Business Manager, or President to discuss solutions.

PRACTICE INFORMATION

USA SWIMMING SAFE SPORT PROGRAM

USA Swimming is committed to fostering a fun, healthy, and safe environment for all of its members. For that reason, we have in place a detailed *Code of Conduct*. Safe Sport also provides policies, education, a reporting structure, and tools that are intended to serve our members as we work together to maintain this environment. For information on USA Swimming Safe Sport policies, please see: <https://www.usaswimming.org/safe-sport>

All Adult USA Swimming Members, including coaches, board volunteers, officials and athletes over the age of 18 must complete Athlete Protection Training annually. Safe Sport training courses are also available to parents and athletes at <https://university.usaswimming.org/landing>.

PRACTICE GROUPS:

Coaches perform initial assessments to place swimmers in the practice group most appropriate to their swim development and conduct periodic assessments to review practice group assignments. The practice group explanations below are general guidance for parents to consider but are not an exhaustive list of all factors considered when placing swimmers. For more information on placements, please see our Evaluation page and Swimmer Progression model posted to the team website. We encourage athletes to attend as many practices as possible each week to ensure their best swim experience!

Pre-Competition

Designed for swimmers who have completed beginning swim instruction but need additional support before moving on to the team with the Cat 1 Practice Group. Our Pre-Competition swimmers should be enthusiastic about swimming and be able to swim 15 yards unassisted. Pre-Competition swimmers are not eligible to participate in meets.

Category 1

The focus of this group is on learning rhythmic breathing for freestyle, kick and streamline development, basic freestyle and backstroke drills, and the introduction of dives/starts in a fun environment that fosters teamwork and acquiring new skills. The Category 1 group meets three times a week for 1 hour including drylands.

Category 2

The focus of this group is consistent kicking, introduction to breaststroke and butterfly, body balance and awareness in the water, refine starts and turns, learning to read a pace clock and introduction to race strategy. The Category 2 group meets 4 days per week for 1-1.25 hours including dryland.

Category 3

The focus of this group is refining technique for all 4 competitive strokes, consistent kicking to include development of underwater kicks, refining starts and turns, and learning proper lane etiquette. The Category 3 group meets 4 days per week for 1.5 to 1.75 hours including dryland.

Category 4

The focus of this is strong kicking with an emphasis on underwater kicks, learning more advanced drills for each stroke, ability to read pace clock for longer training sets, and strong emphasis on race strategy. This group meets 5 days per week for 1.5-2.15 hours including dryland.

Category 5

Category 5 swimmers continue to hone their technical skills while also increasing their endurance with more intense training. This group focuses on the details, especially turns and underwater; specific race strategies and intentional goal setting. This group meets 6 days per week for approximately 2.25 hours, including dryland and 1 morning practice.

Seniors

Designed for high school-aged athletes with a strong commitment to the sport, this group focuses on excellent kicking, especially turns & underwaters; consistent training to specific race strategies; goal setting; self-commitment to becoming a better athlete; and bringing an attitude of eagerness to excel to new levels in training and racing. This group meets 6 days per week for a total of 15.5 hours that include dryland and 1 morning practice.

Masters

Affiliated with US Masters Swimming, our Masters group is designed for anyone 18+ that loves swimming and wants to stay active and improve in technique. All levels are welcome and competition opportunities are available for those interested.

INCLEMENT WEATHER:

In case of inclement weather, you will be notified via email and/or text through our TeamUnify account of closings and/or changes to the schedule. We will always take every opportunity to practice or devote time to dryland training, so weather calls may result in last minute changes that are beyond our control. If the weather is questionable, swimmers should be ready for dryland training. If the facility is open, we will plan to hold practice, but parents are encouraged to make the decision that is best for their family.

PRACTICE RULES:

- Swimmers should be on deck and ready to swim 5-10 minutes before practice time. *This means: bathroom breaks done, suits, caps, and goggles ON, training gear by the side of the pool and other personal gear tucked away on the bleachers. For dryland practices, this means their personal gear has been stashed, and dryland gear has been set up.*
- **Swimmer Pick-up/Drop Off:**
 - **Swimmers 10 and under (Usually Cat 1-3) should be WALKED IN to their COACH no more than 15 minutes early.** Parents should pick them up inside the facility no more than 15 minutes after practice. They should not be dropped at the curb to walk in alone or wait alone before or after practice. If they have older siblings, the siblings may walk them to their coach.
 - **Swimmers 11-14 in Cat 1-3 may walk in alone but should not be at the facility more than 15 minutes before or after practice.** This is plenty of time

for them to get their gear ready before practice and put gear away/dry off/shower after practice. Parents should ensure their swimmer has a way to contact them if you are dropping off at the curb.

- **High school swimmers and Cat 4, 5, and Senior Group may arrive earlier, if carpool and school release times require this.** Coaches expect they will be on deck 10-15 minutes early to prepare gear. We believe that these experienced swimmers can be trusted to arrive earlier when needed, behave respectfully in the facility, and use their time to chat with teammates, do schoolwork or prep for practice. After practice, we expect them to depart within a reasonable amount of time.
- Swimmers should come prepared with all the necessary gear, including an additional pair of goggles, in their equipment bags.
- Only jammers, speedos or one piece training suits that are well-fitted and not overly worn (see-through suits) may be worn. Failure to have an appropriate training suit will result in being asked to leave practice.
- Swimmers are responsible for keeping their area clean, cleaning up their gear, snacks, trash, etc.
- Parents and other spectators **must** sit in the spectator areas or in the lobby. Parents may meet their swimmer near the family restrooms after practice, but should not enter the pool deck.
- Code of conduct will be enforced at all practices and meets (see page 12.)

PRACTICE EQUIPMENT: *Full descriptions and details of each item are located in the New Swimmer Guide on our website.*

Pre-Comp	Goggles Swim Fins (long)	Mesh Equipment Bag* Water Bottle * Extra Goggles*
Cat 1	Goggles Swim Cap Swim Fins (long) Junior Size Kickboard	Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap * Extra Goggles*
Cat 2	Goggles Swim Cap Swim Fins (long) Junior Size Kickboard Junior Pull Buoy Junior Snorkel	Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap* Extra Goggles*
Cat 3	Goggles Swim Cap Swim Fins (long) Full Size Kickboard	Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle*

	Full Size Pull Buoy Snorkel Paddles (Check Brand Sizing- XS/S/M)	Extra Cap* Extra Goggles*
Cat 4 & Cat 5	Goggles Swim Cap Swim Fins (long) Full Size Kickboard Full Size Pull Buoy Snorkel Paddles (Check Brand Sizing- S/M) Parachute	Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap* Extra Goggles*
Seniors	Goggles Swim Cap Swim Fins (short) Full Size Kickboard Full Size Pull Buoy Snorkel Paddles (Check Brand Sizing- S/M/L) Parachute	Sneakers (Drylands) Yoga Mat (Drylands) Mesh Equipment Bag* Water Bottle* Extra Cap* Extra Goggles*

Please label equipment to avoid loss and confusion with other swimmers!

** Optional gear items, however, Coaches strongly recommend purchasing these for your swimmer as you are able.*

TEAM GEAR:

Uniforms: Team suits are not required, but are encouraged. Team caps are required at all meets. Swimmers may also wear a navy or navy/white suit for competitions. Team caps will be given to them at their first meet. Additional caps may be ordered through the team and via Spirit Wear orders. Please note: We suggest using the team branded gear only during meets to extend the useful life of the gear.

Spirit Wear: A selection of Team spirit wear and other accessories will be available for purchase via the team website. Details will be provided at the beginning of the season.

MEET INFORMATION

The coaches carefully select the meets that the team will attend as the opportunity arises. They will provide as much notice as invitations and opportunities allow. Parents can review the meet schedule and all relevant details on our TeamUnify site. Coaches will provide notes there on which age groups are eligible to attend the meets. (Pre-Competition Group does not attend meets.) Unless specifically noted, swimmers do not need to have a minimum qualifying time to participate in the meets. Some meets require short distance travel to attend. Swimmers are encouraged to attend as many meets as they are able – they are FUN team events and offer the swimmers a chance to celebrate their accomplishments. **Parents or swimmers are responsible for reviewing meet information on the website and indicating whether or not their swimmer will be committing to that event by the deadline.**

During all meets, coaches are on deck with the swimmers. Coaches will send out arrival times for each session's required warm-ups approximately 24 hours before the meet begins. Swimmers should remain on deck from the start of warm-ups until the end of the session, or until the end of their last race. Parents are not permitted on deck or in the locker rooms during meets per USA Swim Safe Sport policies.

Heat sheets, which contain each swimmer's specific event information, are generally available by the evening before each meet. This information can also be found on the Event page for Team Unify and in the OnDeck App.

POST-SEASON MEETS:

- **LSC States, Sectionals and Zones:** In order to participate in these higher level USA Swimming Championship meets, swimmers will need to achieve a qualifying standard that is specific to their age and/or age group. The time standards for Georgia Swimming can be found at <https://www.gomotionapp.com/team/lscszqs/page/times/time-standards>. Sectionals and National time standards can be found here: <https://www.usaswimming.org/times/time-standards>
- **National Championships:** Participation in these meets is by qualification only. Swimmers will need to achieve a time standard specific to their age and/or age group. National championship meets typically require significant travel.

The Board is committed to fostering the growth and success of its post-season qualifying swimmers. "Post Season" refers to all Georgia Swimming, USA Championship and USA National competitions and/or any other "championship" outlined and scheduled by the coaching staff and this policy concerns all swimmers who qualify. In order to qualify for these competitions, swimmers must meet the minimum qualifying time standard. These meets require significant travel and expense to both the team and the swimmer. The CAC Board is committed to supporting its athletes and will send a coach with the swimmers who qualify for post-season meets. The Board will also consider fundraising options or grants on a case-by-case basis for national-level competitions to assist with some of the swimmer's expenses.

CODE OF CONDUCT – ATHLETE & PARENTS

USA Swimming has implemented a Code Of Conduct Policy. The Columbus Aquatic Club swim team will abide by this Code of Conduct Policy, specifically the following articles: 304.6, 304.7(Bullying), 304.8 (Inappropriate sexual conduct, 304.9(sale of illegal drugs), 304.10 (use of illegal drugs), 304.11 (providing alcohol to a minor), 304.12 (abuse of alcohol) 304.13 (Physical Abuse). Details regarding these policies can be found at www.usaswimming.org under the “Safe Sport” section.

The Columbus Aquatic Club further details our internal Code of Conduct:

ATHLETE:

As a Columbus Aquatic Club swim team member, I agree to the following Code of Conduct while taking part in any club function:

I WILL:

- Always teach and practice good sportsmanship.
- Offer congratulations to my opponents, win or lose, and cheer for my teammates.
- Be humble in victory and courageous in defeat.
- Act and conduct myself with dignity, and show respect for others and the property of others.
- Be respectful to all coaches, officials, volunteers and swimmers on deck.
- Dress in a manner suitable to my position as a representative of the Columbus Aquatic Club.
- Be a positive role model to my teammates.
- Be a responsible goodwill ambassador between the sport of swimming and the public.
- Promote positive high team spirit and morale.
- Strive to do my best and encourage all team members to do the same.
- Follow the USA Swimming Safe Sport policies on cell phone use and social media.

I WILL NOT:

- Behave in a manner that reflects negatively on my teammates, the CAC swim team or myself.
- Wear inappropriate attire.
- Use angry, derogatory, or vulgar language including swearing, name-calling or shouting.
- I will not engage in behavior that may be considered bullying or harassment.
- Have physical contact with another person in any angry or threatening way.
- Use or possess illegal chemicals or alcohol.
- Smoke while underage.
- Use my personal device or social media accounts in a way that harms my teammates, the team, or myself.

I understand that violating the Athlete Code of Conduct may result in disciplinary actions including verbal warnings, dismissal from practice, meet or event, ineligibility for the next meet, or dismissal from the team. This Code of Conduct remains in effect as long as I am a member of the Columbus Aquatic Club Swim Team.

PARENT:

As a parent of a swimmer and member of Columbus Aquatic Club, I will abide by the following:

- I will be a part of the team and work together with team parents, coaches and swimmers to uphold our culture of EXCELLENCE and our values of Self-Discipline, Work Ethic, Respect, Responsibility and Commitment to a Goal.
- I will not interfere with coaches on the pool deck or attempt to coach or instruct swimmers from the stands or any other area.
- I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at meets and practices.
- I understand that criticizing, name-calling, or use of abusive language or gestures directed toward the coaches, board members, other parents, officials or any participating swimmer will not be permitted or tolerated.
- I will uphold deck access policies by remaining in the spectator areas during practices and meets, unless working on deck as a volunteer.
- I will enjoy involvement with Columbus Aquatic Club by supporting the swimmers, coaches, and other parents through positive communication and volunteering with the team.
- I will direct questions or concerns regarding decisions made by meet officials during competitions to a member of our coaching staff.
- I will support the coaches' decisions and I will contact the coaches or Head Coach directly with any questions and concerns.

I understand that violating the Parent Code of Conduct may result in disciplinary actions including verbal warnings, removal from practice, meet or event, or termination of membership. This Code of Conduct remains in effect as long as I am a member of the Columbus Aquatic Club Swim Team.

I hereby certify that I have read and agree to abide by the Athlete and Parent Codes of Conduct as outlined above.

Swimmer's Signature _____ Date _____

Swimmer's Signature _____ Date _____

Parent's Signature _____ Date _____