

Aqua Force Swim Team Character Contract

As a YMCA Aqua Force Swim Team member, I will:

1. Use appropriate conversation at all times.
 - a. I will not discuss inappropriate topics.
 - b. I will not contribute to demeaning conversations about others.
 - c. I will refrain from obscene language or gestures for any reason.
 - d. My locker room behavior will be respectful and not a disturbance to others.
2. Demonstrate appropriate behavior at all times.
 - a. I will pay attention to coaches and their instructions, and follow all pool rules.
 - b. I will not engage in horseplay with others or behave in such a way as to disrupt the practices or meets.
 - c. I will not hit, push or display any type of aggressive behavior.
 - d. If there is tension between myself and another, I will discuss it with my parents and a coach.
3. Be Caring.
 - a. I will care for the property and equipment of the YMCA Aqua Force Swim Team, and of the property of other swimmers and the YMCA community.
 - b. I will leave the locker rooms, pool deck, and team areas clean & tidy.
4. Be Honest.
 - a. I will be truthful to myself and to others.
 - b. I will not steal others' belongings.
5. Be Respectful.
 - a. When asked to do or not do something, I will follow directions the first time given.
 - b. I will listen and treat all coaches, officials, staff, and parents with respect.
 - c. I will show good sportsmanship to all swimmers, coaches and parents.
 - d. I will respect our pool and other facilities that we visit.
6. Be Responsible.
 - a. I will arrive on time and prepared to practice/swim meets (with cap, goggles, etc.) and remain in the designated areas. This applies to practices and meets, both home and away.
7. Represent the YMCA and the Swim Team in a positive manner.
 - a. When attending practice, meets, or other team-related activities, I will remember that I am representing both myself and the YMCA Aqua Force Swim Team. My behavior must positively reflect the values of our team.

The Character Contract is used to promote a positive and safe team culture. The registration packet must be signed by both the swimmer(s) and parent and turned into the front desk before the swimmer is allowed to attend any swim team practice, meet, or events.

Our priority during practice, meets, and other team events is to ensure the safety of all participants, and to provide a positive learning environment for all the swimmers at all times. Swimmers and parents are expected to display appropriate behavior at all times. Throughout the season we continue to develop the YMCA values of Caring, Honesty, Respect, and Responsibility among our team.

USA Swimming Code of Conduct for Athletes:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the FVFY.

USA Swimming Code of Conduct for Parents:

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns to first to the head coach then, if not satisfied, to the appropriate supervisor.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.