

FAMILY AGREEMENT

(As revised by the Board of Directors on September 21, 2020)



This Family Agreement, including the Codes of Conduct, shall apply to all members, athletes, and parents/guardians of Bismarck Aquatics and Fitness, Inc. ("BAF").

Fees, Volunteer Expectations, Swimwear, Etc.

- **Registration Fees:** Each swimmer must be registered each year, typically at the beginning of the Short Course season in October. This registration is for both the Team and USA Swimming. The fee (listed in the table below) covers the cost of USA Swimming annual registration as well as some of the fixed costs of operating the Team.
- **Monthly Fees:** An athlete is assigned to a group based on his or her age and athletic ability during the season ([see Aquastorm website for criteria/under 'swim groups' tab](#)); each athlete's fee corresponds to his or her group (listed in the table below). **Payment is due no later than the fifth day of the month. If an athlete participates any time during the month, he or she will be charged a full month's fee. If there are any months in which a registered swimmer will not be swimming, it is the responsibility of the swimmer's parent/guardian to notify the Program Director by the 20th of the month prior to the absence to avoid being charged for that month.**
- **Meet Fees:** There are several meets throughout a season in which an athlete can choose to participate; each meet carries a fee. Once the team is registered, if the athlete finds he cannot attend the meet to which he has committed, the fee will not be refunded. Meet fees will be posted to the swimmer's account and are to be paid with the next monthly payment. Transportation, hotels and meals are the responsibility of the athlete/parents.

Fees for Aquastorm (revised September 2022)	
Registration/membership fee	\$160/swimmer/year (includes \$66 for USA swimming registration)
Developmental	\$60/month
Age group 1	\$80/month
Age group 2	\$90/month
Senior	\$115/month
National	\$115/month
1-day meet fee*	\$40
2-day meet fee*	\$45

*Meet fees are subject to change, depending on the host/sponsor club's entrance fee, but characteristically, fees remain constant; if the charge is different, you will be notified. Also if a swimmer chooses to swim in a meet that Aquastorm is not attending, those meet fees will be paid by the swimmer attending and may vary.

- **Volunteer expectations:** The success of Aquastorm is due, in part, to the parents' willingness to volunteer. There are many opportunities to volunteer during the year. **If you have a child swimming in a Team-hosted swim meet, you are expected to volunteer during at least one session of the meet.** The swim meets the Team hosts contribute to a significant portion of the Team's income each year; it is vital that we have volunteers and are ready to host a smoothly-run meet.
- **Swimwear:** Practice suits and goggles are the responsibility of each athlete. Each athlete is encouraged to purchase a Team suit and cap (vendor is found on Aquastorm website). Suits must be paid for prior to the team order being placed.
- **Other clothing:** There are times during the season an athlete has the option to order Team t-shirts or other items, such as state shirts. These items must be paid for in advance.
- **Other expenses:** If any other expense not listed comes up, it will be communicated to every parent/guardian.
- **Practice Schedules:** The practice schedules are discussed prior to each season. Revisions are necessary at times due to school holidays, inclement weather, etc. The coaches will give notice of any schedule changes as soon as possible via the Team email list prior to practice.
- **Parents and their athletes acknowledge that they have reviewed the MAPP 2.0 Policy on our website under the Safe Sport tab and read through it all or at this link https://www.teamunify.com/ndaqst/doc/2021_lao_maapp_2-0_customizable-6-9-21.pdf . (Sign the bottom of this page.)**

TEAM MISSION

“Seeking to provide an opportunity for all swimmers and divers, regardless of age and ability, to reach their highest personal potential, through self-discipline, teamwork, learning, and sportsmanship.”

Parent/Guardian Code of Conduct

BAF highly encourages the following behavior:

- Open communication between parents/guardians, athletes and coaches, emphasizing goal-setting and focusing on the performance expectations of both the athlete and the parents/guardians;
- Meeting with the coaches/athletes/parents/guardians during normal operating hours to discuss issues, without disrupting practice;
- Positive reinforcement of all athletes in all situations—team spirit, team loyalty; and
- Parental/guardian involvement on the Board of Directors and/or in organizing, volunteering, and running of meets and other Team events.

The following codes of conduct were developed as a standard to emphasize BAF's commitment to making everyone's involvement with the Team a positive experience.

Parent/Guardian Code of Conduct:

All parents/guardians of athletes and members of the Team shall abide by the following guidelines:

1. Parents/guardians shall practice teamwork with all athletes and coaches by supporting the values of *Discipline, Loyalty, Commitment* and *Hard Work*.
2. Parents/guardians shall not coach or instruct the Team or any athlete at a practice or meet (from the stands or any other area) or interfere with coaches on the pool deck.
3. Parents/guardians shall demonstrate good sportsmanship by conducting themselves in a manner that earns the respect of their child, other athletes, parents/guardians, officials, and the coaches at meets and practices.
4. Parents/guardians shall maintain self-control at all times, and know their role:

Swimmers - Swim

Coaches - Coach

Officials - Officiate

Parents/Guardians - Parent

5. Criticizing, name-calling, and use of abusive language or gestures directed toward the coaches, officials, participating athletes, and/or parents/guardians will not be permitted or tolerated.
6. Parents/guardians shall enjoy involvement with the Team by supporting the athlete, coaches and other parents/guardians with positive communication and actions.
7. All questions parents/guardians may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff only. The coaches, in turn, will pursue the matter through appropriate channels.
8. In accordance with USA Swimming rules, parents/guardians must remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.
9. If an on-deck issue concerning practice or a meet arises, parents/guardians must not approach another athlete to resolve the issue. All issues/problems must be presented to a coach first. If no resolution is reached, the issues can be brought to the attention of a board member. At no time will a parent/guardian approach another athlete on the pool deck, in the locker rooms or anywhere on or off the facility premises to discuss such issues.

Athlete Code of Conduct

1. All athletes are reminded when competing in meets or attending other meet-related functions, you are representing both yourself and the Team. As such, your behavior must positively reflect the high standards of the Team.
2. Athletes must refrain from illegal or inappropriate behavior that would distract from a positive impact of the Team, BAF, NDLS, or USA Swimming, or be detrimental to any of their objectives.
3. Athletes are expected to know all meet-related schedules and strictly adhere to them. Coaches will establish warm-up times and other trip timetables as needed. Being prompt and on time is essential.
4. In general, it is preferred Team members check with the coaches prior to leaving the pool or any other place at which the Team has gathered without the permission of a coach. Should it become necessary for an athlete to leave a meet early, his/her coach must be notified.
5. Athletes are expected to meet with their coach before and after each of their events.
6. In preliminary and final meets, all athletes who qualify to compete in the finals are expected to participate in the finals. All Team members are strongly encouraged to return to the finals sessions to support the Team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
7. All Team members are encouraged to wear Team apparel. Be proud to wear your Team colors and represent a positive image for your Team at all times.
8. Athletes are encouraged to attend all Team functions including meetings, competitions, meals, fundraisers, etc.
9. Athletes are expected to attend all warm-ups and practices, unless otherwise excused or instructed by the coach.
10. Team members must display proper respect and sportsmanship toward coaches, officials, meet administrators, participating athletes, volunteers and spectators.
11. As a matter of Team pride and courtesy to the meet host, athletes are expected to leave the Team area in a neat and clean condition at the conclusion at each session of the meet.
12. Athletes are to refrain from inappropriate physical contact.
13. Athletes are not allowed to possess or use drugs, alcohol or tobacco products.
14. All athletes are encouraged to adhere to any curfew established by the Coaching staff.
15. All questions athletes may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff only. Our coaches, in turn, will pursue the matter through appropriate channels.
16. Athletes are to refrain from conduct that endangers themselves, teammates, coaches, officials, and/or any participating athletes and spectators.
17. Athletes are to refrain from using verbal or physical aggression with the intent to hurt another athlete emotionally or physically.
18. Athletes must refrain from using cell phones/other mobile devices in the locker room or changing areas.
19. Violation of these rules will result in disciplinary action.

Sanctions: BAF maintains the right to terminate any membership or impose discipline in accordance with the Behavior Policy, with or without cause, for any violation of the Family Agreement or any code of conduct, or otherwise in the interest of its vision, mission, and objectives.

“I understand and agree that the FINA Anti-Doping Rules and U.S. Anti-Doping Agency Protocol for Olympic and Paralympic Movement Testing (USADA Protocol) and all other policies and rules adopted by FINA, USADA, and the USOPC apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of FINA and/or USA Swimming, if applicable or referred by USADA.”

(Athlete signature) Athlete Code of Conduct