

Upper Valley Aquatic Center Swim Team Code of Conduct

The Upper Valley Aquatic Swim Team is an educational competitive swimming program with a professional coaching staff striving to build the strongest swimmers possible while focusing on the development of the whole person. This positive atmosphere produces dedicated and passionate people who will apply their competitive swimming experiences to every area of their lives, for a bright and powerful future.

Our goal is to provide a safe environment that supports the needs of our swimmers from entry-level through college and beyond. We introduce individuals to the Swim Team by emphasizing fun, love of swimming, and impeccable skill achievement. We strive for commitment in the pool, classroom, and all aspects of life as age appropriate, in order to become great citizens and students.

We work for our swimmers to become successful student athletes and to master essential life skills, such as, time management, work ethic, commitment, goal-setting, and especially emotional intelligence including: self-awareness, self-regulation, and empathy for others. We will facilitate the growth of each individual member with our commitment to these life skills.

To have the most success we ask for every swimmers commitment to these principals:

Fairness – Operating within the spirit of the rules, never taking an unfair advantage, and making informed and honorable decisions at all times.

Respect – Recognizing the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

Responsibility – Taking responsibility for one's actions and being a positive role model at all times.

Safety – Encouraging healthy and safe procedures, preventing and reporting dangerous behavior, and demonstrating concerns for others.

Excellence – Working hard to achieve the highest level of athleticism you can reach each and every day.

UVAC Parent Codes of Conduct

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim teams. Our coaches are hired for that purpose and the head coach oversees the direction of the staff. We expect our parents to demonstrate good sportsmanship during all practices, competitions, and team activities.

We expect our parents to promote good sportsmanship by setting an example and by helping others to do likewise.

Set a good example. Show respect and be polite to everyone.

- Follow USA Swimming Safe Sport Policies located [here](#).
- Parents are asked to respect the rights, dignity, and worth of all participants, *both adults and swimmers*, regardless of their gender, *sexual orientation*, ability, ethnicity, cultural background, or religion.
- Have your swimmer arrive on time for practices and meets.
- Help your swimmer to organize their time so that they will be successful in school and in the pool.
- Demonstrate good sportsmanship. Win gracefully. Lose graciously. Congratulate our opponent(s).
- Assume the best from coaches and officials. We all want to see our swimmers succeed and meet their individual goals.

Know your role.

- Swimmers swim. Coaches coach. Officials officiate. Parents parent – Do not coach your child at practice or during meets.
- Love your kids with positive reinforcement and encouragement.
- Do not distract the swimmers or coaches by interfering in practices or meets.
- If you have a concern about how your swimmer *is coached*, please make arrangements to meet with the coach privately during normal business hours.

Meet Etiquette

- Respond in a timely manner to meet entries. The coaching staff has final approval on each swimmer's meet entries.
- Show up to the meet early to ensure your swimmer has time to check in and relax before their swims.
- *Please direct any and all questions about a disqualification to the coach.* Do not approach officials at a meet.
- Do not step onto the pool deck, unless registered with USA Swimming, and you are officiating or timing.
- **Do not bring glass of *any kind* into UVAC, at any time.**
- Hold a positive image for our team. Wear our logo! Keep setting that good example.

Get Involved!

- Become a USA Swimming Official.
- Help plan a group social.
- Volunteer at meets. Every meet requires a number of volunteers from each team to operate smoothly. Typically they will call for timer volunteers before the start of the meet. This is an easy job and allows you to watch the meet from right at the water's edge.

UVAC Swimmer Codes of Conduct

As a UVAC swimmer, you agree to follow the rules for behavior and sportsmanship wherever and whenever UVAC is represented. – Show respect and be polite to EVERYONE —

- Follow USA Swimming Safe Sport and Code of Conduct Policies located [here](#).
- Respect the rights, dignity, and worth of all participants regardless of their gender, *sexual orientation*, ability, ethnicity, cultural background, or religion.
- Make every team practice, meet participation, and activity *as* an opportunity to learn.
- Respect the property of UVAC and others. Do not use others' property without their permission.
- Do not steal or vandalize anything that doesn't belong to you.

- Do not use profanity.
- Do not make ugly comments to others. *All bodies are bodies. Inside or outside the locker rooms.*
- Do not lie.
- Do not behave in a manner that makes coaches or other swimmers uncomfortable (public displays of affection, sexual harassment, bullying).
- While at UVAC functions, facilities, and meets always represent the team in a positive and respectful manner.
- **Do not bring glass of *any kind* into UVAC, at any time.**

Locker Room Etiquette

- Please refrain from engaging in loud conversations or using your phone in any capacity in the locker room. The locker room is a shared space meant for quickly changing, and preparing activities.
- Cell phones should not be used to record or share any personal, sensitive, or private information, including conversations or images of others in the locker room.
- To protect the privacy and dignity of all individuals, the use of cell phones in any capacity in the locker room is *strictly* prohibited, unless for emergency purposes only.

-There is a zero tolerance policy for poor behavior in the locker rooms-

Swim Practice Etiquette

- Listen to coaches and follow their *instructions*.
- Do not disrupt the coach or bother others in your lane.
- Practice good sportsmanship and encourage *all team members*.
- Promote team spirit.

Meet Etiquette

- Wear your UVAC swim cap and team uniform.
- Show up to practices and meets on time for check in. *Arriving early is better.*
- *Please direct any and all questions about a disqualification to your coach.* Do not approach officials at a meet.

- Demonstrate good sportsmanship. Win gracefully. Lose graciously. Congratulate and encourage our opponent(s).
- See your coach before and after your races.
- Remember to be a positive representative of UVAC.

Prohibited Behavior

- Use of drugs, firearms, alcohols, tobacco, or any other hazardous substances.
- Theft.
- Conviction of any unlawful act.
- Extreme demonstrations of disrespect to property or individuals (vandalism, bullying, harassment, etc).
- Anything that is against our governing body's rules: [USA Swimming](#) and [FINA](#).

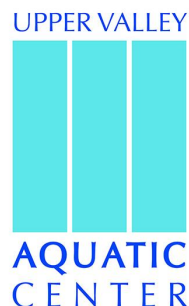
VIOLATIONS

Failure to comply with the Codes of Conduct will result in penalties which include, but are not limited to, the following:

- Swimmer will be given a verbal warning.
- Swimmer will need to be accompanied by a parent at practice for a time determined by the coach.
- Swimmer will be suspended from practice for a time determined by the coach. *(Fees will not be refunded).*
- Swimmer will be permanently removed from the UVAC Swim Team.

The UVAC Swim Team is a zero tolerance organization. The coaches and leadership staff have the authority to impose penalties for violation of the UVAC Swim Team Code of Conduct.

If you violate any of these codes or behavior in a manner that brings discredit or discord to UVAC or USA Swimming, you may be subject to disciplinary action. UVAC maintains the right to suspend or terminate any membership with or without case.



By signing below, both parents and athletes acknowledge that they have fully read and understood the UVAC Swim Team Code of Conduct policies. We understand that if we have any questions or concerns about these policies, it is our responsibility to discuss this with the coach.

Signed by: _____ (Parent/Guardian)

Printed Name: _____

Date: _____

Signed by: _____ (Swimmer/Athlete)

Printed Name: _____

Date: _____

Signed by: _____ (Additional Swimmer/Athlete)

Printed Name: _____

Date: _____

Signed by: _____ (Additional Swimmer/Athlete)

Printed Name: _____

Date: _____