

# Armada

## Code of Conduct

### The 3 R's



**Respect** yourself &  
your teammates



**Respect** your coach &  
all Armada staff



**Respect** your facility

**In accordance with the previous statement, we expect our swimmers to adhere to these guidelines as a member of Albany Armada Aquatics:**

**Be on time for practice:** Arriving late for swim practice disrupts the group. Respect the workout and be early!

**Be prepared for practice:** Forgetting your swimsuit, cap, goggles, or equipment means that you are not prepared for workout. Each swimmer should have their suit, Armada team cap, goggles, and all required equipment for every practice.

**Wear appropriate swim attire:** All swimmers are required to use an appropriate swimsuit. This means that the swimsuit should be in good repair, and boys should use a brief or jammer style suit, not shorts or trunks. Girls must wear a one piece swimsuit without tiebacks.

**Be prepared to do your best at practice each day:** Because swimming is a sport that not only requires skill, but also hard work to improve, it is important that you give each practice 100% effort each day.

**Be courteous to your teammates, coaches and other members of the team:** irresponsible behavior will not be tolerated at anytime. Unacceptable behavior will be dealt with at the discretion of the coaching staff.

**Rules of the Albany Aquatic Center must be followed at all times.** All rules set by the aquatics facility must be followed at all times. This includes the use of cell phones in the locker room.

**I will follow all MAAP Policies as set forth by USA Swimming:** If I need to email or text a coach individually I will include or CC my parent on that message. I will only communicate with a coach between 8am-8pm.

**The possession, use, or sale/distribution of any illegal substance or any form of weapon is forbidden.** The sale or distribution of controlled substances to others is also forbidden.

Additional guidelines may be established as needed to assure the safety and well-being of all team members.

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Athlete's Name Printed

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Athlete Name Signed

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Date

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Parent's Signature

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Date