



CODE OF CONDUCT

CONTENTS

Section 1	Introduction	Pg. 2
Section 2	Mission – Vision – Values	Pg. 2
Section 3	Guidelines for Swimmers, Parents/Guardians and Coaches	Pg. 3
Section 4	Helpful Hints and Do's & Don'ts for Parents/Guardians	Pg. 4
Section 5	Parents on Deck	Pg. 6
Section 6	Unsportsmanlike Conduct, Harassment and Bullying	Pg. 6
Section 7	Skagit Valley YMCA Rules and Regulations for Skagit Valley Aquatics Members	Pg. 7
Section 8	Parents/Guardians and Swimmers Agreements	Pg. 12

SECTION 1 - INTRODUCTION

The Skagit Valley YMCA Aquatics Swim Team (SVYA) is committed to providing a safe, caring, and nurturing environment for all members. In that regard, we have prepared these guidelines to assist all concerned in understanding their expectations in their role as a swimmer, parent guardian, or a Skagit Valley YMCA Aquatics coach. This document and relevant attachments will be updated annually and reviewed with all Skagit Valley YMCA Aquatics members at the beginning of every season.

Program participants are expected to display good sportsmanship in support of the Skagit Valley YMCA Aquatics Vision, Mission, and Values and should be aware of the non-negotiable guidelines detailed in this document before choosing to join. Additionally, all participants in the Program are subject to prevailing Skagit Valley Family YMCA Rules and Regulations and the USA Swimming (USAS) Code of Conduct.

SECTION 2 – MISSION, VISION, VALUES

MISSION STATEMENT

Develop Champions in Life through Excellence in Swimming

VISION STATEMENT

The mission of SVY Aquatics is to provide an environment that ensures participants the opportunity to achieve their potential as athletes through swimming.

To fully realize the mission and vision, the level of participation of the swimmers, parents, and coaches must embody a commitment to the team, a commitment to teammates, and the acceptance of a personal role in the pursuit of excellence.

In keeping with our belief that we are building future leaders, we provide an opportunity for success through a commitment to excellence and inclusiveness by teaching the value of a strong work ethic, integrity, discipline, teamwork, and sportsmanship through swimming.

CORE VALUES

Skagit Valley YMCA Aquatics Swim Team subscribes to a philosophy of teaching and training that provides for maximum long-term performance for its swimmers both in and out of the pool. Swimmer's training groups are based on various factors, including age, ability, maturity, performance, and attitude. We provide youth the opportunity to participate in a year-round competitive sports program.

Leadership and accountability are two essential life skills we strive to develop in our athletes. As swimmers progress through the program, they will receive more responsibility for their swims and performances. Our athletes learn self-discipline, time management, sportsmanship, nutrition, and goal setting. Important lessons that will ultimately prepare them for life after swimming.

We are committed to providing a safe, healthy, and positive environment while teaching the life principles of the Y: Caring, Honesty, Respect, and Responsibility.

SECTION 3 - GUIDELINES

SPORTSMANSHIP

Program participants are required to exhibit a high level of sportsmanship at all Team- related events at all times. They should promote mutual respect, display positive behavior, engage in open and constructive communication, and support program coaches, officials, volunteers, and administrators. Additionally...

SWIMMERS SHOULD...

1. Understand that swimming is a privilege and not a right.
2. Always display positive behaviors as a representative for Skagit Valley Aquatics and their community.
3. Demonstrate respect for opponents and teammates before, during, and after meets (applaud for all teams and swimmers; staying in the water at the conclusion of a race; shake hands before and after when possible; support all swimmers when appropriate; etc.).
4. Respect the judgment of meet officials and volunteers, abide by the rules and avoid behavior that might incite conflict.
5. Cooperate with officials, coaches, and fellow participants to conduct productive practice sessions and fair meets.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.

COACHES SHOULD...

1. Set a good example by exemplifying the highest moral and ethical behavior. Treat opposing coaches, participants, and parents/guardians with respect.
2. Teach swimmers the responsibilities of good sportsmanship.
3. Demand good sportsmanship and team-oriented behaviors from all swimmers. Model the positive behaviors demanded of the swimmers.
4. Encourage swimmers to be the best they can be in swimming and in life.

PARENTS/GUARDIANS (AND OTHER SUPPORTERS) SHOULD...

1. Demonstrate respect for all swimmers, coaches, officials, other participants, and other parents/guardians.
2. Accept decisions made by meet officials, even when they favor the opposing teams. Recognize outstanding performance from all participants.
3. Avoid derogatory or inflammatory remarks about opponents or officials. Be exemplary role models by positively supporting all participants.
4. Cheer EXTRA loud for all Skagit Valley Aquatics swimmers!

ROLES

Swimmers swim. Coaches coach. Parents/Guardians support. It is hard for enthusiastic parents/guardians and supporters not to issue well-meaning instructions to their swimmers. However, it is best for parents/guardians to partner with the coach to provide skill-development-related feedback to their swimmers. Parents/Guardians should also support the coaches in addressing the sacrifices and challenges of being part of a team. Swimmers (age-appropriate) are encouraged to learn responsibility by speaking with their coach themselves when they cannot fulfill their Skagit Valley YMCA Aquatics obligations. Similarly, when swimmers conflict with their coach, a

fellow swimmer, etc., they should initiate the resolution process and adhere to the conflict resolution procedure outlined below.

CONFLICT RESOLUTION PROCEDURE

Skagit Valley YMCA Aquatics members are encouraged to address conflicts or concerns in the following manner:

1. Air concerns with the swimmer's coach.
2. If dissatisfied, air concerns with the Skagit Valley YMCA Aquatics Head Coach.
3. If dissatisfied, air concerns with the SVFY Aquatic's Director.

SECTION 4 – HELPFUL HINTS AND DO'S AND DON'TS FOR PARENTS/GUARDIANS

HELPFUL HINTS FOR PARENTS/GUARDIANS

As referenced above, parents/guardians contribute to the success experienced by the athlete and the entire Team. Adults serve as role models, and their children emulate their attitudes. We ask all SVY Aquatics parents/guardians to be aware of this important opportunity and strive to be positive role models for all the swimmers. Most importantly, we ask parents/guardians to always display good sportsmanship toward coaches, officials, opponents, and fellow parents/guardians. Remember that you are always teaching your swimmer/athlete and the other swimmer/athletes. We respectfully request that you:

- Do not impose your ambitions on your swimmer.
- Be supportive of your swimmer, no matter what.
- Allow the coach to do the coaching.
- Have positive things to say at a competition.
- Acknowledge your swimmer's fears.
- Do not criticize the officials.
- Honor your swimmer's coach.
- Be loyal and supportive of the Team.
- Ensure your swimmer has goals besides winning.
- Remember that very few swimmers become Olympians.

SOME ADDITIONAL DO'S AND DON'TS FOR PARENTS/GUARDIANS

(Authored by Michael A. Taylor, an instructor for the Stanford University-based positive coaching alliance, and amended by and for the Skagit Valley YMCA Aquatics Swim Team.)

DO'S

for Yourself:

- Do take vicarious pleasure from your swimmer's participation (but avoid becoming overly ego-involved).
- Do try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- Do look relaxed, calm, positive, and energized when watching your child compete. Your attitude influences how your child feels and performs.
- Do have a life of your own outside of your child's sports participation.

with Other Parents:

- Do engage other parents/guardians at events. Socializing can make it more fun!
- Do volunteer as much as you can. Youth sports depend upon the time and energy of involved parents.

- Do police your own ranks: Work with other parents to ensure that everyone behaves appropriately at practices and competitions (and involve SVY Aquatics Coaches when someone does not).

with Coaches:

- Do leave the coaching to the coaches.
- Do give them any support they need to help them do their jobs better.
- Do communicate with them about your child. You can learn about your child from each other.
- Do inform them of relevant issues at home that might affect your child at practice.
- Do inquire about the progress of your child. You have a right to know.
- Do make the coaches your allies.

for Your Swimmer/Athlete:

- Do provide guidance, but do not force or pressure them.
- Do assist them in setting realistic goals for participation.
- Do emphasize fun, skill development, and other benefits of sports participation— e.g., cooperation, competition, self-discipline, and commitment.
- Do show interest in their participation: help them get to practice, attend competitions and ask questions.
- Do provide a healthy perspective to help them understand success and failure.
- Do emphasize and reward effort rather than results.
- Do understand they may need a break from sports occasionally.
- Do give them some space when needed. Part of sports participation involves them figuring things out for themselves.
- Do keep a sense of humor. If you are having fun and laughing, so will they!
- Do provide regular encouragement.
- Do be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your own life.
- Do **GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY WIN OR LOSE!**

DON'TS

for Yourself:

- Don't base your self-esteem and ego on the success of your child's sports participation.
- Don't care too much about how your swimmer performs.
- Don't lose perspective about the importance of your child's sports participation.

with Other Parents:

- Don't make enemies of other parents/guardians.
- Don't talk about others in the sports community. Talk with them. It is more constructive.

with Coaches:

- Don't interfere with their coaching during practice or competitions.
- Don't work at cross-purposes with them. Make sure you agree philosophically and practically on why your child is playing sports and what he or she may get out of sports.

with Your Swimmer/Athletes:

- Don't expect your children to get more from their sports than fun, healthy physical activity, mastery and love of a lifetime sport, and transferable lifeskills.

- Don't ignore their bad behavior in practice or competitions; deal with the inappropriate behaviors swiftly and constructively to reduce the likelihood of it happening again.
- Don't expect your child to talk with you when they are upset. Give them some time.
- Don't make children feel guilty for the time, energy, and money you are spending and the sacrifices you are making.
- Don't think of your children's sports participation as an investment for which you expect a return.
- Don't live out your own dreams through your children's sports participation.
- Don't compare your children's progress with that of other children.
- Don't badger, harass, threaten or use sarcasm or fear to motivate children. It only demeans them and causes them to dislike you.
- Don't expect anything from children besides their best effort.
- Don't do anything that will cause your child to be embarrassed.
- Don't show negative emotions while you are watching your child at a competition.
- Don't **EVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU!**

SECTION 5 – PARENTS ON DECK

In keeping with Skagit Valley YMCA Aquatics goals of providing an optimum training environment for all swimmers, and the current COVID-19 restrictions, parents are not to spend time on deck during workouts. Parents are welcome to view workouts from the window wall along the north side of the building.

SECTION 6 – UNSPORTSMANLIKE CONDUCT, HARASSMENT AND BULLYING

Unsportsmanlike conduct, harassment, and bullying will not be tolerated at SVYA pool under any circumstances and may result in immediate suspension from the Team, pending further review by Skagit Valley YMCA Aquatics Head Coach and the SVFY Aquatic's Director.

UNSPORTSMANLIKE CONDUCT: Displaying behaviors inconsistent with the Vision, Mission, and Values of the Team such as disrespecting another individual or group, being discourteous to others, displaying bad temper, using inappropriate language, raising voices, being unfair or knowingly violating the rules, cheating, etc.

HARASSMENT: Harassing behaviors of any nature that have the purpose or effect of unreasonably interfering with an employee's or coach's work performance, with a swimmer's participation in the Program, or in any way creates an intimidating, hostile, or offensive environment, may result in immediate suspension from the Team, pending further review by the Skagit Valley YMCA Aquatics Head Coach and the SVFY Aquatic's Director.

BULLYING: Bullying is considered a form of harassment and is potentially devastating to the victim, counterproductive to Team spirit, and may result in immediate suspension from the Team, pending further review by the Skagit Valley YMCA Aquatics Head Coach and the SVFY Aquatic's Director.

Because bullying is increasingly prevalent in contemporary life, we will provide more detail on this important topic in separate handouts and team awareness and training sessions every season.

The USA Swimming Code of Conduct specifically prohibits bullying. Should anyone become aware of a bullying incident, he/she is expected to immediately report the matter to his/her coach, the Head Coach, or the Aquatic's Director. The SVY Aquatics considers the act of bullying as defined in this document to include and apply to all SVY Aquatics members, guests, and SVY Aquatics families.

SECTION 7 – SVYA RULES AND REGULATIONS

AGREEMENT FOR SKAGIT VALLEY YMCA AQUATICS MEMBERS (SWIMMERS/ATHLETES AND PARENTS/GUARDIANS)

DROP OFF/PICK UP & PARKING LOT PROTOCOLS

Arriving: Enter ONLY through the Main Entrance on the west side of the YMCA. All SVY Aquatics swimmers are required to present their card for access to the Y.

Drop off: Drive around the parking lot and drop swimmers off on the passenger side of the curb. Do not require your swimmer(s) to walk in front of or behind your car and across the lane of traffic when entering the Y.

No speeding in the parking lot. Drive slowly and cautiously and be aware of pedestrians coming and going to the Y.

Pick up: Swimmers should be picked up at the Main Entrance on the west side of the YMCA.

USE OF CLUB FACILITIES

Hot Tub Use: Swim team members should NOT be in the hot tub on the pool deck during their practice hours unless directed by their coach. Hot tubs are allowed by swim team members after practice is over.

LOCKER ROOM CONDUCT

SVY Aquatics members should only use the girls, or boys locker rooms.

Do not leave valuables in the locker room, use your own locks, and do not share combinations.

Pick up towels and clean up after yourself in the locker room. Leave the locker room in better condition than you found it.

Soap and conditioner dispensers should be used only as intended.

Day lockers are available for all swimmers. You may put your bag on the deck while you are in the water. No bags should be left on the floor in the locker rooms.

Disrespect, foul language, horseplay, and destructive behavior in the Locker Room will not be tolerated and will result in immediate disciplinary action.

SVFY ELECTRONIC COMMUNICATION GUIDELINES

In our continuing effort to respect the personal privacy of all members, and in response to recent and emerging advances in the capabilities of assorted portable/personal electronic devices, especially related to photographic technology, the Skagit Valley Family YMCA maintains the following member privacy guidelines. The Team also recognizes that these devices are integral to daily contemporary life and requests that all members cooperate to ensure the personal privacy of fellow members. These guidelines extend to all personal digital devices, including, but not limited to, cell phones, smartphones, mp3 players (including iPods), tablets (including iPads), gaming devices, laptops, etc.

The use of electronic communication devices in "type" mode for such tasks as emailing, texting, and internet use is permitted in all areas of the YMCA, with the exception of the locker rooms.

The use of electronic communication devices in "silenced" mode for such tasks as listening to personal music or audio with headphones is permitted in all areas of the YMCA, with the exception of the locker rooms.

The use of electronic communication in "voice" mode is permitted in the following locations;

- Lobbies & hallways
- Viewing areas
- Indoor pools
- Gymnasium
- Locker rooms for emergency calls only
- Privately booked meeting rooms and banquet rooms

Photographic recording devices (including the camera function on cell phones) are prohibited from any use in locker rooms and restrooms.

The intent of the above guidelines is to create an environment where members are free of unnecessary distractions while maintaining the flexibility to use technology to conduct their affairs in a manner that is respectful of other members.

Consequences for breach of these guidelines shall be in accordance with the provisions of the Club rules and regulations.

THE SKAGIT VALLEY YMCA AQUATICS SWIM TEAM SOCIAL MEDIA & COMMUNICATION POLICY

SVY Aquatics recognizes the prevalence of electronic communication and social media in today's world. Given that our athletes use social media as their primary source of communication, the Team has established a policy for acceptable use of social media and electronic communication by our athletes. This policy is essential for SVY Aquatics to provide a safe and positive environment for all its athletes, officials, parents, and coaches.

All SVY Aquatics participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club

or SVY Aquatics website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform fill out our Photography waiver form at the beginning of the season and inform Head Coach Carol Mochkatel.

ACCEPTABLE USE POLICY:

Each SVY Aquatics athlete must exhibit ethical and responsible conduct in all online communications and activities and respect the rights and privacy of all other SVY Aquatics, PNS, and USA Swimming athletes, coaches, officials, and parents. Skagit Valley YMCA Aquatics prohibits cyberbullying or cyberstalking of any athlete, coach, or official by any means or method, including Facebook, Instagram, Text Messaging, Instant Messaging, Twitter, etc E-Mail, and SnapChat. Cyberbullying and Cyberstalking are unacceptable and will not be tolerated.

CYBERBULLYING:

Cyberbullying is bullying that takes place using electronic technology of any kind. Cyberbullying involves using electronic information and communication technologies to support deliberate or repeated harassment, intimidation, and/or hostile behavior by an individual or group through personal attacks, threats, or other means that harm others, whether intentional or not.

Examples of cyberbullying includes mean text messages, emails, tweets, or posts including rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

CYBERSTALKING:

Cyberstalking involves the use of electronic information and communication technologies to communicate words, images, or language directed at or about a specific person, causing substantial emotional distress to that person. Harassing, intimidating, and hostile mean any electronic communication that is perceived as being motivated either by any actual or perceived characteristic including race, color, ethnicity, religion, gender, sexual orientation, physical attributes, socioeconomic status, physical or mental ability or disability or any other characteristic related to athletic performance that a reasonable person should know under the any of these circumstances:

1. Will have the effect of harming another athlete or has the effect of substantially interfering with another athlete's performance or opportunities.
2. Has the effect of hurting another athlete's emotional or psychological well-being.
3. Has the effect of insulting or demeaning another athlete to disrupt in or substantial interference with practice, any swim meet, or any other Skagit Valley YMCA Aquatics related activity.
4. Has the effect of creating a hostile environment for any athlete at any USA Swimming activity or swim meet.
5. Has the effect of substantially disrupting the training process or the orderly operation of any SVY Aquatics practice, workout, or other events or swim meets of any other club or high school.

REPORTING:

If cyberbullying or cyberstalking does occur, the incident will be dealt with promptly.

Any athlete who is being bullied or stalked or is aware of any such bullying or stalking occurring is asked to talk to his or her parents or talk to a Skagit Valley YMCA Aquatics coach. When an athlete talks to his or her parents or a coach, the athlete should also show to the parents or the coach the

electronic communication that constitutes the incident. Safeguarding the electronic communication as evidence of bullying or stalking will help the Team conduct its investigation of any incident. While there is no time limit for reporting bullying incidents, reporting quickly gives the Team an opportunity to address the situation immediately and stop the bullying.

Upon receiving a report of cyberbullying or cyberstalking, the Head Coach will commence an investigation of the incident. The results of the investigation may include but are not limited to immediate temporary suspension from the Team or immediate permanent expulsion from the Team.

Skagit Valley YMCA Aquatics takes cyberbullying and cyberstalking seriously, and all athletes and parents can be assured that Skagit Valley Aquatics will support them when an incident is reported. Any type of bullying and stalking is counterproductive to the team atmosphere and team spirit SVY Aquatics wants to maintain and foster on a daily basis. Again SVY Aquatics is committed to providing a caring and supportive environment for all of our athletes.

ACCEPTABLE COMMUNICATION POLICY:

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- drugs or alcohol use;
- sexually-oriented conversation; sexually explicit language; sexual activity
- the adult's personal life, social activities, relationship or family issues, or personal problems; and
- inappropriate or sexually explicit pictures
- Note: Any communication concerning an athlete's personal life, social activities, relationship or family issues, or personal problems must be transparent, accessible, and professional.

Whether one is an athlete, coach, or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?" or "Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, or other athletes?"

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should be not only clear and direct, but also free of hidden meanings, innuendo, and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the Team's records. Always include athlete's parent in the communication so that there is no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Team. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

FACEBOOK, INSTAGRAM, BLOGS, AND SIMILAR SITES

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Team join their personal page as a "friend." A coach should not accept any "friend" request from an athlete. In addition, the coach should remind the athlete that this is not permitted.

The Team has an official Facebook page that athletes and their parents can "friend" for information and updates on team-related matters.

Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

INSTAGRAM

The Team has an official Instagram page that coaches, athletes and parents can follow for information, photos, videos and general club promotion/team spirit. Athletes can friend/follow the official SVY Aquatics IG page but not individual coaches' personal pages.

Coaches cannot share an athlete message post. Coaches and athletes are not permitted to "direct message" each other through IG.

TEXTING AND EMAIL

Subject to the general guidelines mentioned above, texting and emailing is allowed between coaches and athletes. This communication shall be used for the purpose of communicating information directly related to team activities.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

USA SWIMMING MINOR ATHLETE ABUSE PREVENTION POLICY

Effective June 23, 2019

USA Swimming's Safe Sport committee has unveiled a new policy surrounding interactions with minors in the sport. The Minor Athlete Abuse Prevention Policy (MAAPP) went into effect on June 23rd, 2019, and can be viewed and downloaded [here](#). Additionally, here is a link to USA Swimming's page with more resources. <https://www.usaswimming.org/utility/landing-pages/minor-athlete-abuse-prevention-policy>.

USA Swimming now requires all adult athletes to complete the online Athlete Protection Training (APT) course. This includes 17 year old athletes who must complete the training before their 18th birthday or will risk ineligibility. Per USA Swimming, failing to complete the requirement on time "will result in an athlete's inability to swim in a meet or at practice." To summarize:

- All adult athletes (18 years or older) must complete the APT.
- Any 17-year-old athlete must complete the APT by their 18th birthday or risk ineligibility once they turn 18.
- Adult athletes must complete the APT every year – it expires 12 months after you complete all three courses.
- Athletes who do not fulfill this requirement will be ineligible to compete in meets or practice, and times swum while ineligible will not count for qualification to any meets.

Additional points of information:

- All electronic communication between a minor athlete and a coach must take place between 8AM & 8PM except in emergency circumstances.
- All electronic communication between a minor athlete and a coach must include a parent/guardian in the conversation/thread (as per the MAAPP).
- No coach may friend/follow a minor athlete or have a minor athlete as a friend/follower on any social media account. Coaches may not send any type of instant/direct message to a minor athlete through any social media platform.

SECTION 8 – SKAGIT VALLEY YMCA AQUATICS CODE OF CONDUCT AND SVY RULES AND REGULATIONS

AGREEMENT FOR SVY AQUATICS SWIMMERS AND FAMILIES

- I will strive to become the best person I can be and achieve the goals I have established for myself.
- I will conduct myself in accordance with the Skagit Valley YMCA Aquatics Mission, Vision, and Values, abide by the Skagit Valley YMCA Aquatics Code of Conduct and adhere to the SVYA Rules and Regulations.
- I will accept the challenges and responsibilities of family, education, and community.
- I will develop a positive attitude for myself and be supportive of my teammates.
- I will strive to be the best athlete I can be by training and performing at the highest level I can. I will encourage my teammates to do the same in practice and in competition.
- I will display proper respect and good sportsmanship toward coaches, teammates, fellow competitors, parents, officials, and others involved with SVYA activities.
- I will refrain from all illegal or inappropriate behavior that might detract from the positive image and outstanding reputation of the Skagit Valley YMCA Aquatics and USA Swimming, or that may be detrimental to performance objectives.
- I will not possess or use alcohol, tobacco or illegal or non-prescribed drugs.
- When on a Team Travel excursion, my parent(s)/guardian(s) and I will continue to protect and improve the excellent reputation the Skagit Valley YMCA Aquatics has throughout the state and country by adhering to the following guidelines:
 - I agree to the rule that at no time will I be in the same room with an athlete of the

opposite gender. I will not be out of my room after the assigned curfew.

- I agree to attend all team meetings scheduled while on team trips.
- All team members will be polite in restaurants and leave at least a 20 percent gratuity. Should there be a problem with service, the coach should be notified.
- I will become a model team traveler. I will use good manners and behavior. I will gracefully follow the directions of my coaches and chaperones, including respecting established curfews.