

SAY Code of Conduct – Nationals 2020

I agree to follow the rules listed below during the entire trip to YMCA Nationals March 29-April 4, 2020.

- Coaches and parents will know where swimmers are at all times.
- Swimmers will be allowed to have a shaving “party.” HOWEVER!! Any and all messes made will be the responsibility of everyone to clean up immediately after you are done.
- Swimmers may only go inside their own hotel room unless accompanied by a parent.
- No swimmer from another team is allowed in anyone’s room.
- During down time swimmers may either be in the lobby, in their own rooms, or, with supervision, in the pool room of the hotel. The key is they are supposed to be resting for the following days events.
- Swimmers are expected to rest every day for the next day’s session. Doing homework or socializing in the lobby is acceptable.
- After dinner swimmers may hang out in the lobby or go back to their own rooms.
- No swimmer may leave his/her room after curfew (10:00pm). If an athlete is found outside of their room after curfew, they will be scratched from the following

day's events. Any "sneaking" out will result in the swimmer being removed from the meet.

- Swimmers are expected to stay on the hotel grounds at all times unless they are with a coach or parent.
- Anyone caught stealing or in possession of alcohol or non-prescription drugs will be immediately sent home on the first flight. Families will be required to pay for any such flight and swimmers will be expelled from the team. All fundraising monies will be forfeit and the swimmer will pay all meet fees incurred.

I promise to represent myself, my parents, my coaches, my team and my YMCA with maturity, honesty, respect, responsibility, and caring. I understand the aforementioned rules and promise to abide by them.

Parent Signature

Swimmer Signature