

UNION AQUATIC CLUB
CODE OF CONDUCT



Swimmer Statement of Personal Responsibilities

I hereby commit myself to:

- Swim for fun.
- Do my best at meets, but not be discouraged if I don't win or achieve certain times.
- Treat all swimmers, family members, coaches, officials and spectators with courtesy and respect, regardless of race, creed, color, gender or ability.
- Be a team player by:
 - Never criticizing or speaking negatively to (or about) a teammate.
 - Helping, and not hindering, my teammates at practice.
 - Supporting, encouraging, cheering for, and congratulating my teammates at meets.
- Demonstrate good sportsmanship by:
 - Never criticizing or speaking negatively to (or about) an opponent.
 - Being humble when I win, and congratulatory when I lose.
 - Respecting the officials' decisions, even if I think they're wrong.
- Get the most out of practice by:
 - Being at the pool on time, ready to swim.
 - Working hard.
 - Listening to the coaches' instructions.
 - Always seeking to improve my ability and skills.
- Never argue with an official or coach.
- Never interfere with, disrupt, or discourage other swimmers at practice or meets.
- Refrain from actions which may damage the pool and locker facilities, keep these areas clean, and stay out of other school grounds that are not related to practice or meets.
- Refrain from the use of drugs, tobacco and alcohol.
- After practice, wait outside the locker room for my parent or guardian to escort me to the parking lot (unless I have driven myself to practice).
- Never use cameras or other audio or visual recording devices, including cell phones, in changing areas, rest rooms or locker rooms.
- Change into or out of swimsuits only in locker rooms or other dedicated changing areas.

Parent Statement of Personal Responsibilities

As a parent or guardian of a UNAC swimmer, I hereby commit myself (and my guests) to:

- Remember that my child is swimming for fun, and that the meets are for the swimmers, not the adults.
- Treat other swimmers, family members, coaches, officials and spectators with courtesy and respect, regardless of race, creed, color, gender or ability, and demand that my child does the same.
- Provide a positive swim environment for my child by:
 - Teaching my child that doing one's best is as important as winning, so that he will never feel defeated by the outcome of his performance.
 - Praising my child for competing fairly and trying hard, and making him feel like a winner every time.
 - Never ridiculing or yelling at my child (or other swimmers) for making a mistake, being disqualified, not having his best swim, losing a race, or not achieving certain times.
 - Promoting the emotional and physical well-being my child ahead of any personal desire for him to win or achieve certain times.
 - Discouraging any behavior or practice that would endanger the health and well-being of my child (or other swimmers).

- Maintaining a sports environment for my child that is free of drugs, alcohol and tobacco, and personally refraining from the use of these at UNAC events.
- Enable my child to get the most out of swimming by:
 - Getting my child to practice and meets on time.
 - Instilling in my child the virtues of discipline and hard work.
 - Refraining from coaching my child (or other swimmers) during practice or at meets, unless I am a designated UNAC coach.
 - Respecting the coaches' authority and not questioning their decisions, or otherwise confronting them, during practice or at meets. (Per UNAC's policy, coaching questions or concerns should be discussed with UNAC's Executive Director, Donna Striley. If a meeting with a coach is necessary, she will arrange for the same.)
- Serve as a positive role model for my child by not engaging in any unsportsmanlike conduct with any swimmer, coach, official or spectator.
- Never argue with an official or coach.
- Never interfere with, disrupt or discourage swimmers at practice or meets.
- Refrain from actions which may damage the pool and locker facilities, keep these areas clean, and stay out of other school grounds that are not related to practice or meets.
- Refrain from being on the pool deck during practices and at meets, unless I am a designated UNAC coach or I am serving as a lane timer or lap counter at a meet. (Due to USA Swimming insurance regulations, this is strictly enforced, and violations may result in fines.)
- Escort my child between parking lot and pool locker rooms, before and after practice, so that he does not wander through the school unattended. (The only exception is for swimmers who drive themselves to practice.)
- Support the Union Aquatic Club by volunteering a minimum of 4 to 6 hours at UNAC fundraising events, such as hosted meets that are usually held twice a year. (Revenue earned at fundraisers is used to offset some of the costs of UNAC's swim program, which helps reduce the swimmers' fees.)
- Promoting team spirit by cheering for other UNAC swimmers at meets.

Discipline Steps

Minor violations of the Union Aquatic Club Code of Conduct will result in a verbal warning to stop the inappropriate behavior. Further violations will lead to a meeting with the swimmer's parents to correct the problem. Serious or ongoing violations will be addressed by the Board of Directors and may result in probation or dismissal from UNAC.

Please detach the "Parent/Swimmer Acknowledgement" section below and return to Donna Striley within two weeks of the date of registration.



Parent/Swimmer Acknowledgement

I have received, read and understand the Union Aquatic Club Code of Conduct, and will abide by the Parent Statement of Personal Responsibilities. I will also ensure that my child understands and abides by the Swimmer Statement of Personal Responsibilities.

Parent or Guardian Name: _____ (print clearly)

Signature: _____ Date: _____

UNAC Swimmer Name: _____ (print clearly)

Signature: _____ Date: _____