

RETRIEVER AQUATIC CLUB

CODE OF CONDUCT

As a member of the Retriever Aquatic Club, you have made the decision to make swimming an important aspect in your life outside of family, religion and school. Listed below are the requirements of the Retriever Aquatic Club. Additionally, the consequences for not maintaining and/or breaking the rules are listed. This will ensure that the parents, athlete(s) and coach are all in agreement with the expectations listed hereafter. These guidelines will also be used if and when a meeting with parents is necessary, group change or Team dismissal is warranted. Please read the following carefully and completely.

As a swimmer for the Retriever Aquatic Club, I understand and accept the following conditions and requirements:

Procedure at workouts

- Swimmers will be prepared for workout with all required equipment and attire

Conduct at workouts

- A positive/can-do attitude will be maintained at all times; negative attitudes will not be tolerated
- Other members of the group and the Coach will be treated with respect. Any substitute Coach will be shown the same respect
- Any disagreements with an athlete or Coach will be dealt with prior to, or immediately following workout
- In accordance with group goals, maximum effort will be given at all times, in and out of the water
- Respect for the UMBC Campus/Facility will be maintained at all times
- Purchase, distribution and/or consumption of alcohol is deemed ILLEGAL by the Federal Government for persons under 21 years of age and will be enforced
- Purchase, distribution and/or use of illegal drugs is deemed ILLEGAL by the Federal Government for all persons and will be enforced

Attendance and Conduct at Meets/Travel Meets

- Attendance at all sessions of all meets set forth by the Coach is required, unless the Coach determines otherwise
- Retriever Aquatic Club attire is required for all meets
- Respect for the facility at which the competition is taking place will be maintained for the duration of the competition
- Personal conduct will be maintained at the highest level. A "Good Citizen" persona shall be followed
- Purchase, distribution and/or consumption of alcohol is deemed ILLEGAL by the Federal Government for persons under 21 years of age and will be enforced
- Purchase, distribution and/or use of illegal drugs is deemed ILLEGAL by the Federal Government for all persons and will be enforced

Sickness and Injury

- Missed workout due to illness must be communicated to the Coach prior to the workout
- At the first sign of injury, the swimmer will seek medical advice from a physical therapist or related doctor
- The swimmer will maintain the physician-assigned rehabilitation regiment for recovery
- Extended illness or injury may require a temporary group switch to aid in easing the swimmer into training
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General Requirements

- Any meeting with the coach must be scheduled ahead of time

- The group goal is to attain the highest level of swimming possible
- Group cohesion is essential at the Retriever Aquatic Club and will be maintained at all costs

Consequences

- Misconduct at workout will be dealt with as follows: 1st-Dismissal from workout, 2nd-Meeting with Parent, 3rd-Dismissal from team
- Misconduct at meets will result in the following: 1st-Dismissal from competition, 2nd-Loss of Travel privileges, 3rd-Dismissal from team
- Failure to seek and/or follow medical rehab will be reassigned to a different group
- Destruction of property at training or competition facilities will be handled by the institution and additional penalties remanded by the Coach
- Purchase, distribution and/or consumption or use of alcohol and/or illegal drugs will be dealt with on a case by case basis depending on severity

These rules and consequences are in place to protect all parties involved. In addition, they are there to maintain group cohesion(ie – sportsmanship, attitude) and provide an environment that is dedicated to achieving every ones goals.

By signing below, I state that I have read, understand and accept the rules, expectations and consequence of the Retriever Aquatic Club.

PARENT SIGNATURE _____

ATHLETE SIGNATURE _____

DATE _____