

Standard of Conduct

Swimmers

1. Success is dependent on a consistent approach to practice and meets. Swimmers should be on deck ready to go five minutes prior to the scheduled start of their practice. Parents are asked to support this important rule. Tardiness results in the disruption of the group and the loss of warm up needed to properly prepare for practice and prevent injury.
2. Swimmers shall not leave the pool deck or dry land area during practice without the permission of the coach.
3. Inappropriate behavior is unacceptable. Respect for teammates, coaches, and pool staff is paramount. Coaches will immediately remove any swimmer from practice who displays inappropriate behavior. The swimmer's parents will be notified of the action. If the behavior continues, the coach will take the matter to the head coach and if necessary the board of directors. Inappropriate behavior during a meet will result in the coach removing the swimmer from competition.
4. In the case of team travel, both parents and swimmers must read and sign the code of conduct for team travel.
5. Hopewell Community Center rules must be adhered to at all times. This includes appropriate behavior and clothing in the lobby area, as well as no horseplay in the locker rooms. Swimmers are prohibited from having food at all times in the locker rooms and on the pool deck. Failure to follow these rules can be causal for suspension from the Community Center.
6. Continued violation of this standard of conduct will result in disciplinary action up to and including dismissal from the team.

Parents

1. Parents should refrain from talking to coaches during practice time and while swimmers are racing at meets. The coach's attention needs to be directed toward the swimmers during these times. If a conference is required it needs to be set up outside of practice hours.
2. If there is a concern about your child, discuss it with your child's primary coach first, then the head coach, then the board of directors.
3. Parents should refrain from coaching their children. Proper skill development takes time and conflicting messages from parents and coaches delay this development.

I have read and understand the above and agree to follow the set forth standard of conduct.

Swimmer Name _____ Signature _____ Date _____

Parent Name _____ Signature _____ Date _____

VACS FUNDRAISING INFORMATION

Successful fundraising is essential for VACS to continue to offer a quality experience to our swimmers while at the same time keeping our team fees the lowest in the area. In addition to participation in various fundraisers (i.e. swim a thon, golf tournament, etc.), each family is responsible for a fundraising commitment of \$1200. This can be satisfied by working Bingo.

If you choose to work Bingo to satisfy your fundraising commitment your family will be responsible to work a shift as assigned by the Bingo Manager once a month. Four times each season there will be a 5th Saturday in a month. Each team will work one of the 5th Saturdays.

If your family member cannot attend your scheduled shift, you are responsible for arranging a substitute. This can be accomplished by switching with another family on the team or with someone off the approved bingo worker list. This list will be generated by the Bingo Manager. Each family is responsible for arranging their own substitute and notifying the Bingo Manager of the change.

At the beginning of the year your account will show a charge of \$1200. A credit of \$100 will be applied to your account each month that you work or your substitute works your assigned bingo. A failure to show up for your assigned shift or a failure for your assigned substitute to show up for an assigned shift will result in a charge of \$100 on your team account.

I have read and agree to the terms of my fundraising commitment. My fundraising commitment is for one full year beginning September 2009 until August 2010.

Name

Signature

Date

I prefer to work the _____ week of Bingo.

My second preference is the _____ week.

*shifts will be assigned by the Bingo Manager, teams must be balanced so preference is not guaranteed.