

# Ambush Swimming – TEAM TRAVEL RULES

## Part A: Hotel & Travel Etiquette

1. Swimmers are expected to be respectful to coaches and parents at all times. They must treat drivers, hotel employees and premises, restaurants and race sites visited with equal respect. Do not damage the property of others. Swimmers shall clean up after themselves and behave in an appropriate manner while in vehicles, hotels, restaurants, etc.
2. Athletes must stay in groups of two or more during rest stops and free time – this includes going to dinner, walking around a mall or city (should we go to one) or stopping for meal while traveling to and from races. Any swimmer who wants to leave the hotel (i.e. for dinner) must get approval from the coach or head chaperone and let the coach/chaperone know when they leave and when they return. **ATHLETES WHO ARE 18 YEARS & UNDER ARE ONLY ALLOWED TO LEAVE THE GROUP WITH A FAMILY MEMBER. ANY NON-PARENTAL FAMILY MEMBER MUST BE APPROVED PRIOR TO THE TRIP BY THAT SWIMMER'S PARENT(S).** Non-Ambush friends may join the group for outings such as dinner.
3. Under no circumstance may athletes go anywhere alone.
4. The coaches will designate and chaperone a 'common room,' which will be a location for meetings and socializing by the team; except for the common room, swimmers are not to visit others' hotel rooms. The door of this common room must remain propped open. Boys and girls, 18 years & Under, are not to be alone in a room with a member of the opposite sex at any time.
5. Room assignments will be set in advance. You must stay in the room you are assigned to. If you have a personal reason for not wanting to room with someone, please communicate your concerns with the coach and head chaperone prior to departing on trip. There is no switching of rooms unless authorized by the coach or head chaperone.
6. All swimmers must attend the team meeting held the evening before the race – the time and location of this meeting will be announced when we arrive at the hotel.
7. At the team meeting, curfew time will be announced – all swimmers must be in their assigned rooms at curfew.
8. After curfew, all athlete rooms are expected to be quiet and athletes to sleep in a timely fashion. Remember, we are traveling for an athletic competition, so any swimmers who create unnecessary noise or keep their roommates awake will bear the consequences as determined by the coaches.
9. "Lights Out" means phones should be off as well. No calling from room-to-room and no cell phones use after curfew.
10. Minor swimmers are not allowed to drive themselves or others to and from the facility.
11. Never swim alone. Always swim with a buddy under coaches/chaperones supervision/rules.
12. Be considerate of others, no excessive noise, roaming the halls, horseplay, etc. in the hotel or elevators.
13. Chaperones and coaches have the right to enter and inspect a room at any time.
14. No strangers are allowed in any room at any time

Initials \_\_\_\_\_

**Infraction of the following rules (Part A Rules 15-18) by a swimmer is a major infraction, resulting in a swimmer being sent home at his/her parent's expense.**

15. During free time at the hotel, swimmers may ONLY be in the following places:
  - a. Assigned hotel rooms (see rule 3 above)
  - b. Hotel pool
  - c. Hotel Lobby
  - d. Local site/mall/restaurant for touring/dinner (see rule 2 above)
16. No swimmer may leave his/her room after curfew. Rooms and hallways will be monitored after lights out. Swimmers must remain in rooms until leaving to meet the team in the morning.
17. At no time are Ambush swimmers to be in possession of alcohol, drugs or tobacco products. Failure to follow this rule will result in removal from the team.
18. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.

**Part B: Swim Meet Etiquette**

1. At the team meeting the night before the meet, swimmers will be assigned departure times for the pool and all event and heat/lane assignments will be reviewed – it is expected that all swimmers will know when they swim.
2. Swimmers are expected to show sportsmanlike behavior on and off the water.
3. Swimmers should be dressed in Ambush Swim Team apparel and suits and Ambush team caps for competition. In inclement weather swimmers should be prepared with multiple layers and rain gear. At no time is apparel that has inappropriate sayings or foul language allowed during travel or competition.
4. Swimmers should never leave the pool without first clearing it with their coach and the head chaperone. The only way we will allow a swimmer to leave the race site is with their family (See Rule 2 above).

*REMEMBER – We are traveling to compete on behalf of Ambush Swim Team and the Boys and Girls Club. To be the best you can be, your preparation the night before and on race day is just as important as your dry land and pool training.*

**Part C: Penalties for Infractions**

Failure to comply with the Ambush Swim Team Travel Rules as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

1. Dismissal from the trip and immediate return home at the athlete's family's expense
2. Disqualification from one or more events, or all events of competition
3. Disqualification from future team travel meets
4. Financial penalties
5. Dismissal from the team
6. Proceedings for a LSC or USA Swimming Board of Review

## **Ambush Swim Team Behavior/Rules Waiver**

I \_\_\_\_\_ (print parent's name) have read the above rules and have reviewed them with my child \_\_\_\_\_ (print swimmer's name). I am aware that if my child breaks one of the major rules (Part A: #15-18), he/she will be immediately sent home. I will be responsible for paying Ambush Swimming/Boys and Girls Club the cost of transportation – including airline tickets – necessary to return my child and a chaperone immediately to Nacogdoches/Lufkin.

I have read the Ambush Swim Team Travel Rules and understand the rules and the implications for infraction.

Signed by Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

Signed by Parent: \_\_\_\_\_ Date: \_\_\_\_\_