

Aqua Force Swim Team Character Contract

As a YMCA Aqua Force Swim Team member, I will:

1. Use appropriate conversation at all times.
 - a. I will not discuss inappropriate topics.
 - b. I will not contribute to demeaning conversations about others.
 - c. I will refrain from obscene language or gestures for any reason.
 - d. My locker room behavior will be respectful and not a disturbance to others.
2. Demonstrate appropriate behavior at all times.
 - a. I will pay attention to coaches and their instructions, and follow all pool rules.
 - b. I will not engage in horseplay with others or behave in such a way as to disrupt the practices or meets.
 - c. I will not hit, push or display any type of aggressive behavior.
 - d. If there is tension between myself and another, I will discuss it with my parents and a coach.
3. Be Caring.
 - a. I will care for the property and equipment of the YMCA Aqua Force Swim Team, and of the property of other swimmers and the YMCA community.
 - b. I will leave the locker rooms, pool deck, and team areas clean & tidy.
4. Be Honest.
 - a. I will be truthful to myself and to others.
 - b. I will not steal others' belongings.
5. Be Respectful.
 - a. When asked to do or not do something, I will follow directions the first time given.
 - b. I will listen and treat all coaches, officials, staff, and parents with respect.
 - c. I will show good sportsmanship to all swimmers, coaches and parents.
 - d. I will respect our pool and other facilities that we visit.
6. Be Responsible.
 - a. I will arrive on time and prepared to practice/swim meets (with cap, goggles, etc.) and remain in the designated areas. This applies to practices and meets, both home and away.
7. Represent the YMCA and the Swim Team in a positive manner.
 - a. When attending practice, meets, or other team-related activities, I will remember that I am representing both myself and the YMCA Aqua Force Swim Team. My behavior must positively reflect the values of our team.

The Character Contract is used to promote a positive and safe team culture. The registration packet must be signed by both the swimmer(s) and parent and turned into the front desk before the swimmer is allowed to attend any swim team practice, meet, or events.

Our priority during practice, meets, and other team events is to ensure the safety of all participants, and to provide a positive learning environment for all the swimmers at all times. Swimmers and parents are expected to display appropriate behavior at all times. Throughout the season we continue to develop the YMCA values of Caring, Honesty, Respect, and Responsibility among our team.