

Travel Trip Code of Conduct *Parents & Swimmers should initial each item.*

_____ I understand that we are attending the 2018 NCSA Junior Nationals in Orlando, FL - March 12-18, 2018.

_____ I understand that we are participating in this meet to better our personal level of achievement in swimming and that the team focus is to perform at the highest level possible. I understand that my behavior and demeanor can affect other members of my team and I will try to be a positive influence on my teammates both in and out of the pool.

_____ While on this trip with my team, I will not use alcohol or illegal drugs of any kind or participate in any activity including illegal drugs or alcohol.

_____ While on this trip with my team, I will not partake in any inappropriate physical activities with members of my team. This includes (but is not limited to) unnecessary roughhousing, physical contact of a personal nature and any activity that may be prohibited by law in any state.

_____ While on this trip with my team, I will not allow myself to be in a room with the opposite gender unless supervised by a coach, in a setting such as watching a movie, eating meals or a team meeting.

_____ While on this trip with my team, I understand that I am representing my team, my coaches and the New Trier Aquatics. I will guide my behavior in a manner befitting this responsibility. **No College/High School/Summer League Apparel.** We are a team above all and above all a team.

_____ As this is a TEAM travel trip, I understand my responsibility is to the team to cheer, encourage and generally be an awesome teammate. I understand we are one family when we travel and that I will respect that above all else. **I also understand that I am to help make sure our TEAM image is kept in a good eye and I understand I should help my teammates make good choices.**

_____ While on this trip with my team, I understand that I am representing my parents and the upbringing and trust they have in me. I will guide my behavior in a manner befitting this responsibility.

_____ While on this trip with my team, I understand that I am representing myself and my image in the public eye to other teams, coaches and general spectators. I will guide my behavior in a manner so as not to embarrass myself. **This includes my image presented on social media forums, talking in the locker rooms and warm down areas and when out at meals wearing team apparel.**

_____ While on this trip, I understand that respect is paramount. Respect of teammates, of coaches, of chaperones, of opposing teams and of meet officials is the judge of my character and of the team as a whole. I will govern my emotions, my behavior and my language as expected of a member of New Trier Aquatics.

_____ **I understand that I must respect the facility while at the meet. As a member of New Trier Aquatics, we will always clean up our trash after the meet as well as surrounding areas. I also understand that I must treat the facility as if it is my own and strive to not partake in any activity that may harm the facility - including but not limited to, putting foreign substances or animals into the pool, trashing the locker room, punching or desecrating the objects around the pool area.**

_____ I understand that I will not sunbathe, suntan, socialize by the pool at the hotel or make poor choices that affect myself or my teammates. This is a business trip. It's time to swim fast, and that is my priority. Once business is complete, I may relax and frolic poolside.

_____ While on this trip, I will not use performance enhancing drugs or supplements of any type – this includes but not limited to – 5 hour energy, Creatine, C4, lots of Mountain Dew, Monster etc...as this may jeopardize both my health and eligibility with USA Swimming/NCAA Swimming.

_____ I understand that this trip is a privilege and that while I have earned the right to participate in this meet but that does not guarantee the ability to stay at the meet.

Should I violate any of the above codes or if the coaches/chaperones deem my behavior to be unworthy of a member of the New Trier Aquatics, I understand that I will be sent home on my parents' dime and my membership in this program will be on hiatus until further notice.

Athlete Signature

Date

Parent Signature

Date