



UPPER DUBLIN AQUATIC CLUB

Upper Dublin Aquatic Club Athlete Code of Conduct

The following honor code is in effect throughout the year. Note: some of the items refer specifically to team travel. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future travel meets or other competition, suspension from practice, or dismissal from the team.

1. UDAC team members should be respectful of their peers, all coaches and parents. Any UDAC team member not acting in such a manner will be asked to change or stop that behavior. If that team member fails to comply, they will be asked to leave and disciplinary procedures will follow.
2. UDAC athletes will treat all training and competition venues with the utmost respect. They will put all training equipment in its storage location after each work out. They will assist in the cleanup of the team area after each day's competition.
3. UDAC will travel as a team and as individual families in order to compete with the best and further strive to better competition. Everyone is expected to behave in an exemplary manner. The reputation of UDAC, as well as the other athletes with you, is dependent on your behavior. The coaching staff holds the final word on any rules, regulations, or disciplinary action.
4. Be punctual to all warm-up times and meetings. Team meetings are mandatory.
5. The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or USOC banned substance of any kind will not be allowed. In addition, any team member found to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from UDAC. Any swimmer suspected of such activity will appear before a review committee composed of the director, the head coach, the club president, and at least one other UDAC board member.
6. At no time will male and female athletes be in the same room together unless a coach or chaperone is in the room or has approved situation. This applies to UDAC members or members of any other team.
7. No team member may be out of their room after the assigned bed time. Permission must be obtained from the coach to leave the room past this time. Cell phone use is discontinued at the lights out time.
8. Any damages or thievery incurred at a motel will be at the expense of the athletes assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms.
9. All team members will be polite in restaurants. Leave a minimum 15% tip. If there has been a problem with the service, see the coach.
10. All team members must agree to follow the rules about practice and meet behavior.

I recognize my responsibility to abide by the rules and requirements of the Upper Dublin Aquatic Club, which I am representing, and I acknowledge that I have received and read such.

UDAC Swimming & Diving athletes must sign below:

UDAC Athlete: _____

Date: _____