

## EST TRAVEL RULES & EXPECTATIONS

The following code is in effect throughout the year. 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 an immediate return trip home (**at the expense of the parent and/or swimmer**) and other punishments including but not limited to: suspension from future travel meets or other competitions or dismissal from the team.

The Eagle Swim Team will seek out of town swimming competitions for the following reasons:

- A. To race against different individual competitors;
- B. To compete against higher levels of competition;
- C. To experience trials and finals competition;
- D. To compete in facilities that is conducive to exceptional performances.

1. EST will travel as a team to these meets and everyone is expected to behave in an exemplary manner. The reputation of EST, as well as the other athletes with you is dependent on your appearance and behavior.
2. While your parents may be at the meet and the same hotel, the coaching staff holds the final word on any rules, regulations, or disciplinary action. You may not visit in your parent's room without permission.
3. The consumption or purchase of alcohol, tobacco, or use of any other illegal drugs or substances of any kind will not be allowed. In addition, any team member found or suspected 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 EST.
4. At no time will male and female athletes be allowed in the same room together. This applies to EST members or members of any other team. EST members are not allowed to enter any room that is not part of the team's block of rooms.
5. No team meetings may be missed. Be punctual to all meetings and van departures.
6. No team member is allowed to leave the team's hotel property without permission from a coach or chaperon. Once dismissed to their rooms no athlete is allowed to leave his/her room without permission.
7. Any damages or theft incurred at a hotel will be at the expense of the swimmers 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. All personal cell phones must be turned off at the assigned "lights out" time. Make any long distance calls on your cell phone or make a collect call.
8. All team members will be polite in restaurants. Leave a 15-20% tip. If there has been a problem with the service, see a coach or chaperon.

I recognize my responsibility to abide by the team travel rules and expectations for the Eagle Swim Team. I understand I am representing not only myself but also my teammates and coaches and I agree to follow the above expectations.

Swimmer \_\_\_\_\_

Dated \_\_\_\_\_

Parent \_\_\_\_\_

Dated \_\_\_\_\_

