



NDAC CODE OF CONDUCT

NDAC strives to create a supportive team-family environment that encourages ALL of our swimmers to reach their full potential as athletes. NDAC also prepares swimmers to meet their individual goals in and out of the pool.

NDAC has created the Code of Conduct below to help guide our program.

It takes a 3-member-team effort to help our swimmers meet and exceed their goals: swimmer, coach and parents. Each has their role.

When in doubt: Swimmers swim. Coaches coach. Parents parent.

NDAC PARENTS

NDAC has experienced, professional coaches working hard to develop our children into better swimmers while at the same time teaching and instilling important life skills. These skills include: time management, self discipline, perseverance, sportsmanship and team pride. Your swimmer will reap the benefits of swimming and the skills they learned as part of our team long after their participation with NDAC ends.

As the parent of an NDAC swimmer, you agree to follow ALL of NDAC's rules for behavior and sportsmanship. Always set a good example. Show respect and be polite to EVERYONE.

Know your role

- Swimmers swim. Coaches coach. Officials officiate. Parents parent (and volunteer).
- Love your kids with positive reinforcement and encouragement.
- Do not coach your child at practice or during meets.
- Do not distract the swimmers or coaches by interfering in practices or meets.
- If you have a concern about your swimmer, please make arrangements to talk with the coach privately.
- Have your swimmer arrive **on time** for practices and meets.
- Help your swimmer to organize their time so that they will be successful in school and in the pool. Attending the recommended number of weekly practices at each age level is essential to experiencing success in the pool.
- Demonstrate good sportsmanship. Win gracefully. Lose graciously. Congratulate opponent(s). Lead by example.
- Always assume the best of coaches, board members, volunteers and officials. The people who help make NDAC run smoothly behind the scenes are unpaid volunteers with busy lives. We ALL want to see NDAC's swimmers succeed and meet their individual goals.
- While at NDAC functions, facilities and meets always represent the team in a positive and respectful manner.

Meet Etiquette

- Respond in a timely manner for meet entries. NDAC coaches manage swimmer's meet entries.
- If you cannot attend a meet that your swimmer is entered in, you **MUST** contact your coach to scratch. If you are running late to a meet, you **MUST** contact your coach to let him/her know.
- Show up to the meet early (15min before warm ups) to ensure your swimmer has time to check in, warm up and relax before their swims.
- Question about a disqualification? Direct your questions to a coach. Do not approach meet officials.
- Do not step onto the pool deck, unless registered with USA swimming and you are officiating or timing.
- Always present a positive image for our team. Proudly wear NDAC gear and show off our logo!
- Pay your meet entry and other fees on time.

Get Involved!

- NDAC cannot run without the help of MANY parent volunteers.
- Become an NDAC Parent Board Member or ask what you can do to help the team.
- Become a USA Swimming Official.
- Volunteer at meets! Every meet requires a large number of parent volunteers to run smoothly.



NDAC PARENT CODE OF CONDUCT

At all times:

- I will help maintain a positive environment.
- I will not approach a coach on deck, during practice or at a meet, to resolve an issue.
- I will privately and discreetly discuss any issues with my child's coach. If this is not possible, said issues cannot be resolved to my satisfaction, I will contact either the Head Coach or an appropriate Board Member of NDAC.
- I will not coach or give instructions to my child or other swimmers at practice or at meets. That is the coach's role.
- I will always make my child feel like a winner, by offering praise for doing his/her best.
- I will not criticize my child or any other swimmer.
- I will not compare the times of my child with the times of another swimmer.
- I will not compare my child's achievements with that of another swimmer.
- I will never question an official's judgement or honesty on deck.
- I will support ALL swimmers on our team.
- I will show respect and appreciation for the coaches, officials and parent volunteers.
- I will not cause physical or emotional harm to any swimmer or NDAC family.
- I will not create a hostile environment for any other member at any NDAC activity.
- I promise to resolve conflicts without resorting to hostility, intimidation or violence.
- I will remember that children learn best by example.
- I will adhere to the USA Swimming Code of Conduct.

Violation of any provision in the NDAC Parent Code of Conduct, as set forth above, may lead to Disciplinary action, including but not limited to, suspension and/or termination of my family's NDAC membership.

I have read and understand the NDAC Parent Code of Conduct as set forth above, and I agree to abide to its terms and conditions as a requirement of membership to the Northern Dutchess Aquatic Club.

Swimmer's Name _____

Parent/Legal Guardian
Name _____

Parent/Legal Guardian
Signature _____ Date _____



NDAC SWIMMER CODE OF CONDUCT

As an NDAC swimmer, you agree to follow the rules for behavior and sportsmanship wherever and whenever NDAC is represented.

- Show respect and be polite to EVERYONE.
- Respect the property of NDAC and of others. Do not use others' property without their permission.
- Do not steal or vandalize anything that doesn't belong to you.
- Do not use profanity. Do not make ugly comments to others. Do not gossip or lie.
- Do not behave in a manner that makes coaches or other swimmers uncomfortable (public displays of affection, sexual harassment, bullying).
- While at NDAC functions, facilities and meets always represent the team in a positive and respectful manner.

Swim Practice Etiquette

- Arrive on time to practices.
- Listen to coaches and follow their direction.
- Do not disrupt your coach or bother others in your lane.
- Practice good sportsmanship and encourage teammates.
- Work hard.
- Promote team spirit.

Meet Etiquette

- Wear your NDAC swim cap and team uniform. Show team pride.
- Show up to the meets on time (early) for check in.
- Demonstrate good sportsmanship. Win gracefully. Lose graciously. Congratulate and encourage opponent(s).
- See your coach immediately after your races.
- Questions about a disqualification? Talk to your coach. Do not approach officials at a meet.
- Remember to be a positive representative of NDAC at all times. Cheer for and support your teammates.

Prohibited Behavior

- Use or possession of drugs, firearms, alcohol, tobacco, or any other hazardous substances.
- Theft.
- Conviction for any unlawful act.
- Demonstration of disrespect to property or individuals (vandalism, bullying, harassment).
- Anything that is against USA Swimming rules.

If you violate these codes or behave in a manner that brings discredit or discord to NDAC or USA Swimming, you may be subject to disciplinary action. NDAC maintains the right to suspend or terminate any membership with or without cause.

I have read and understand the NDAC Swimmer Code of Conduct as set forth above, and I agree to abide to its terms and conditions as a requirement of membership to the Northern Dutchess Aquatic Club.

Swimmer's Name _____

Swimmer's
Signature _____ Date _____