

Parent and Athlete Code of Conduct

The following Code of conduct must be read and agreed to each time an athlete is registered to participate with Upper Valley Aquatic Club. Parents please read through and discuss this Code of Conduct with your swimmers.

Practice Expectations:

1. Athletes are expected to at all times to follow any verbal or written directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any UVAC athlete.
2. Athletes are expected to treat teammates with respect at all times.
3. At no time will an athlete hinder another athlete's workout.
4. Athletes are expected to know when practices are scheduled and to be present on time, prepared for workout.
5. Parents will not interrupt practice to talk with their athlete or a coach unless it is an emergency and with consent of the coach.
6. If a meeting with a member of the coaching staff is necessary, parents will need to schedule a meeting with the coach before or after practice. We request that parents try to schedule meetings with coaches at least 24hrs in advance.
7. Lane Rules for Practice
 - a. Do not sit on lanelines.
 - b. Do not pull on lanelines while swimming.
 - c. Feet first entry unless coach specifies to dive in.
 - d. When more than two swimmers are in a lane you must circle swim in counter-clockwise.
 - e. When passing a swimmer, tap the swimmers toes and pass at the turn.
 - f. When a person taps your toes, pull to the right corner at the next turn and let him/her pass!
 - g. If you need to rest do so at the end wall pulling off to the right
 - h. Do not cross lanes while swimming.
 - i. When finishing a swim move out of the middle of the lanes so the person behind you can swim to the wall.

Athlete and Parent Expectations at all UVAC Activities:

Athletes and Parents Will:

1. Act and conduct oneself with dignity and respect for others including the property of others.
2. Always practice, promote, and teach good sportsmanship.
3. Promote team spirit in a positive manner.
4. Offer congratulations to opponents, win or lose, and to cheer on teammates.
5. Be a responsible goodwill ambassador between the sport and the public.

Prohibited Behavior at all UVAC Team Activities including practice:

Athletes and Parents will refrain from the following at all team activities:

1. Use of alcoholic beverages.
2. Use of illegal drugs, which includes and not limited to performance enhancing drugs or steroids.
3. Use of any tobacco related products.
4. Destructive Behavior.
5. Inappropriate behavior, including failure to adhere to team standards, which includes use of abusive language.

Meet Expectations:

1. Athletes must wear the designated team uniform for meets.
2. At all times, Athletes must show respect towards the Coaches, teammates, parents, and fellow competitors, especially in regards to safety and discipline matters.

Possible Consequences for Violations of the Code of Conduct:

1. Removal and/or Suspension of Practice Privileges.
 - a. Any athlete who is removed from a practice will prior to returning to practice:
 - i. Have a meeting with the Head Coach and Assistant Coach involved.

Or

2. Have meeting with the Head Coach, Assistant Coach, and Parent/Guardian. Removal and or Suspension from the remainder of a competition. (Entry fees and travel expenses are non-refundable)
3. The athlete will not be allowed to attend future travel competitions.
4. Temporary or permanent dismissal from the team.
5. The Head Coach may dismiss an athlete for no more than 3 consecutive practice days. At which time the Head Coach, Athlete, and Parent/Guardians will meet to discuss the length of the suspension and the circumstances involved in the suspension. The Head Coach and Board will have the sole discretion to permanently remove an athlete, parent/guardian, and or family from membership with the Upper Valley Aquatic Club.

6. The Head Coach or Coach in Charge of a UVAC Team Activity reserves the right to ask any parent/guardian, who may be interfering with public safety, athlete instruction, or in violation of any of the guidelines listed above in the Code of Conduct, to leave any practice, meet or team function.

Leaving the Team:

Any athlete/family that leaves the UVAC to train and or compete with another USA Swimming affiliated team located in the New England LSC will be required to complete a 90 day probationary membership period before being considered a full member. If an Athlete and or Parent/Guardian fails to comply with any portion of the Code of Conduct while under the 90 days probationary period the athlete will be removed from the program and denied any future consideration for membership.