



LAC College Summer Swimmer Program

Lakeside Aquatic Club welcomes collegiate swimmers interested in continuing their training during the summer.

Athletes need to be USA Swimming registered before they can participate in practices at LAC. The athletes need to contact their college coaches to determine how this will be done, either by the college team or by LAC. If athletes have a current USA Swimming card they can come back and swim with LAC immediately.

By participating in the program, athletes are agreeing to represent LAC (at least as their secondary team) at all meets during the summer. If an athlete qualifies for World Championship Trials and Olympic Trials then the athlete is expected to represent LAC and their college team. USA Swimming allows college athletes to represent both their college and their club team at Nationals, World Championship Trials, Olympic Trials and US Open.

LAC coaches will contact your college coach to let them know how your summer training is going. Prior to training with the team the swimmer will have to sign a Code of Conduct document so we can make sure the college swimmers are here to train and be good examples to our younger swimmers.

COST – the cost of our summer collegiate program is \$400 per athlete, non-refundable. This covers administrative fees, practices for any portions of the months of May – July and meet entry fees. Participation in Team Travel trips will be billed separately.

_____	_____	Y / N	
Athlete full name	USAS ID# and expiration	Prior LAC member?	
Expected date of first practice _____	LAC location (circle one) Keller Flower Mound The Colony		
_____	_____	_____	
Guardian full name	Phone #	Email address	

Street Address	City	St	zip

Instructions:

- Complete this document in its entirety including LAC Code of Conduct (Swimmer) & LAC Code of Conduct (Parent)
- Make a copy of your current USA Swimming card
~OR~ complete USAS Registration Form
- Mail all docs with fees (\$400 if already USAS, \$467 if new USAS Registration) to Lakeside Aquatic Club, PO Box 270189 Flower Mound, TX 75027
- You will be notified via email when your account is active



Swimmer Code of Conduct

THIS CODE OF CONDUCT CONTRACT FOR LAKESIDE AQUATIC CLUB SWIMMERS GOVERNS ELIGIBILITY FOR PARTICIPATION IN THE PROGRAM

Purpose

The purpose of this code of conduct is to be consistent with the Lakeside Aquatic Club and USA Swimming mission, and will act to promote the pursuit of excellence in all aspects of the sport of swimming.

Swimmer Promise

I, _____, as a member of Lakeside Aquatic Club, I understand that I am a part of an organization that believes in teamwork, integrity, respect and good sportsmanship. I promise to show respect, demonstrate common courtesies, and exemplify good sportsmanship to team members, coaches, fellow competitors, officials, and parents while I am at practices, meets, or other team activities. I promise to follow the direction of the coaching staff. By signing this Code of Conduct, I agree to follow behavioral rules set forth while a member of Lakeside Aquatic Club. In addition, I understand that any standards set forth by USA Swimming take precedence and must be followed.

Swimmer Responsibility Pledge

- I will strive to be an active participant in team practices, competitions, fundraising events, and other team activities.
- I will attend all team sponsored events in appropriate attire.
- I will strive to arrive on time to practices, meets, and other team events.
- I will make every effort to avoid guilt by association with swimmers who violate the code of conduct rules.
- I will report concerns to my parent and/or coach.

Part I: General Code of Conduct Rules

All swimmers must abide by the code of conduct set forth. Unacceptable behavior will not be tolerated, including but not limited to the following:

1. Any act considered to be an offense under federal, state, or local laws.
2. Possession or use of firearms, weapons, alcohol, tobacco, or non-prescribed medications including performance enhancing substances.
3. Vandalism, theft, or destruction of facilities, properties, or the possessions of others. Further, swimmer and family and will be responsible for any damage expenses incurred.
4. Sexual misconduct, inappropriate physical contact, and/or possession of pornography.
5. "Deck changes." All athletes are expected to use facility dressing areas or locker rooms to change.
6. Disrespectful, vulgar, or abusive spoken language, and/or written language (text, email, social media), directed toward fellow athletes, coaches, officials, or parent members.
7. Gross misconduct including but not limited to bullying, fighting, inappropriate horseplay, etc.

Part II: Violation of the Code of Conduct Rules

Failure to comply with the Code of Conduct set forth in this document may result in disciplinary action. Such actions may include but are not limited to the following:

1. Swimmer may be expelled and scratched from the meet or team function.
2. Swimmer may be sent home immediately from meet, practice, or team function at the expense of his/her family.
3. Swimmer may be suspended from the team until the swimmer and his/her parents have had a conference with the Head Coach and disciplinary actions have been implemented.
4. Swimmer may be suspended from future team travel trips.

Upon notification of any violation of the Code of Conduct, a review committee comprised of coaching staff and the Board of Directors, shall promptly investigate the circumstance of the violation and request a conduct review conference with the swimmer and his/her parents. The review committee will determine what disciplinary action, if any, shall be taken. The Head Coach and Board of Directors may terminate any LAC member in the interest of LAC's mission and objectives.

I am stating that have read and understand the LAC Code of Conduct. I understand that if I violate any of the rules, I risk suspension and expulsion from the team.

Swimmer Signature & Date



Parent Code of Conduct

CODE OF CONDUCT CONTRACT FOR LAKESIDE AQUATIC CLUB PARENT MEMBERS

Purpose

The purpose of this code of conduct is to be consistent with the Lakeside Aquatic Club and USA Swimming mission, and will act to promote the pursuit of excellence in all aspects of the sport of swimming.

Parent Promise

I, _____, as a parent member of Lakeside Aquatic Club, I understand that I am a part of an organization that believes in teamwork, integrity, respect and good sportsmanship. I promise to show respect, demonstrate common courtesies, and exemplify good sportsmanship to swimmers, coaches, parent members, and officials while I am at practices, meets, or other team activities. I support the values of honesty, discipline, commitment, and hard work. By signing this Code of Conduct, I agree to follow behavioral rules set forth while a my son or daughter is an active member of Lakeside Aquatic Club. In addition, I understand that any standards set forth by USA Swimming take precedence and must be followed.

Parent Responsibility Pledge

- I/We will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and coaches.
- I/We will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- I/We will abide by facility rules when at practices and meets.
- I/We understand that I am not to step onto the pool deck unless I am registered with USA Swimming per USA Swimming guidelines.
- I/We will permit my child to be an active participant in team practices, competitions, fundraising events, and other team activities, doing my best to assure that they arrive on time to practices and meets.
- I/We will send my child to all team sponsored events in appropriate attire.
- I/We understand that disrespectful, vulgar, or abusive spoken language, and/or written language (text, email, social media), or inappropriate gestures directed toward swimmers, coaches, officials, or parent members will not be tolerated.
- I/We understand that during competitions, questions or concerns regarding decisions made by meet officials shall be directed to LAC coaching staff personnel, not to the meet officials.
- I/we will insist at all times that my child abstain from alcohol, tobacco, drugs, or other prohibited substances.
- I/we expect our child to treat fellow swimmers, coaches, officials, parents, and spectators with respect regardless of race, age, sex, religion, or ability.
- I/we will not make inappropriate physical contact with any swimmer.
- I/We have read the Swimmer Code of Conduct and understand that if our child should violate any code of conduct rules, he/she risks disciplinary action, including but not limited to team expulsion.
- I/We will report concerns to appropriate staff.

Should any member conduct themselves in such a way that brings discredit or discord to LAC, or USA Swimming, they voluntarily subject themselves to disciplinary action as seen fit by the LAC Board of Directors and/or Coaching Staff. Upon notification of any violation of the Code of Conduct, a review committee comprised of coaching staff and the Board of Directors, shall promptly investigate the circumstance of the violation and request an informal hearing. The review committee will determine what disciplinary action, if any, shall be taken. The Head Coach and Board of Directors maintain the right to terminate any LAC member in the interest of LAC's mission and objectives.

I agree to abide by the rules set forth by the LAC Parent Code of Conduct. I understand that if I violate any of the rules, I risk disciplinary action including but not limited to suspension and expulsion from the team events, meets, practices, or facilities.

Parent Signature & Date

To be completed ONLY if returning college swimmer does NOT have a current USAS card



USA SWIMMING

2015 ATHLETE REGISTRATION APPLICATION
LSC:

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME LEGAL FIRST NAME MIDDLE NAME

PREFERRED NAME DATE OF BIRTH (MO/DAY/YR) SEX (M/F) AGE CLUB CODE NAME OF CLUB YOU REPRESENT

(Bill, Beth, Scooter, Liz, Bobby) FATHER/GUARDIAN LAST NAME FATHER/GUARDIAN FIRST NAME MOTHER/GUARDIAN LAST NAME MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. FAMILY/HOUSEHOLD E-MAIL ADDRESS

- DISABILITY:
A. Legally Blind or Visually Impaired
B. Deaf or Hard of Hearing
C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
D. Cognitive Disability such as severe learning disorder, autism

- RACE AND ETHNICITY (You may check up to two choices):
Q. Black or African American
R. Asian
S. White
T. Hispanic or Latino
U. American Indian & Alaska Native
V. Some Other Race
W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

LAC

MAIL APPLICATION & PAYMENT TO:

LAC

P.O. Box 270189

Flower Mound, TX 75027

U.S. CITIZEN: YES NO

ARE YOU A MEMBER OF ANOTHER

FEDERATION? YES NO

IF YES, WHICH FEDERATION:

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? YES NO

2015 REGISTRATION FEE
Sept. 1, 2014 through Dec. 31, 2015

HIGH SCHOOL STUDENTS - Year of high school graduation:

YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2014, ENTER THAT

SIGN HERE x SIGNATURE OF ATHLETE, PARENT OR GUARDIAN DATE

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

REG. DATE/LSC USE ONLY