

Swimmer and Parent Contract

It is the goal of the Fair Acres Family YMCA to guide children in becoming caring, honest, responsible and cooperative participants in our programs. It is important for participants to grow to respect themselves as well as the rights and feelings of others. Swim team members must follow all practice etiquette as follows:

- Be on the deck and ready to swim at scheduled practice times.
- Wait for your coach on deck before getting into the water.
- Always swim from wall to wall- No stopping or walking on the bottom of the pool.
- Walk on the pool deck.
- If you know how to do flip turns on backstroke and freestyle- you are expected to do them all the time
- We circle swim at practice. Circle swim rules are as follows:
 - Swim down the right side of the lane and back on the right side. (The right side would be the side to your right from which every end of the pool you are looking at.)
- We expect all swimmers to be caring, honest, respectful, and responsible at all times.
- When you are at the wall, keep your head above water and your eyes on the coach.
- While the coach is talking swimmers are not.
- Swimmers stay in the pool area during the entire practice. Trips to the restroom should take place before practice starts. No hanging out in the locker room during practice.
- Attend required number of practices and meets required for practice group.

We ask that parents use the following etiquette:

- Please stress to your swimmer that they are expected to conduct themselves properly on the grounds, in the building, and especially in the locker rooms. Any swimmers who do not act accordingly may be asked to leave the program. We follow the same rules that are in place at the YMCA. At the end of practice, after swimmers have cleared the deck, parents are responsible for seeing that a responsible adult pick up their swimmers.
- We are a competitive team and want parents to encourage the success of their swimmers. However, the swimmer's success should be measured against the stopwatch rather than against any other swimmer.
- Each family provides a minimum of one adult member to work as a volunteer during each home meet their swimmers participate.
- Each family helps provide workers at away meets.
- Parents must follow all posted rules from the host team.
- Parents are not allowed on the pool deck during a meet unless volunteering (except for designated areas at home meets). (Parents may greet young swimmer at the locker room doors after an event.)

I agree and understand all swim team policies.

Swimmer's Signature(s)

Date

Parent or guardian signature

Date