

# BLUEFISH SWIMMER'S TEAM CONTRACT

## WALDO COUNTY YMCA



As a swimmer, representing the Waldo County YMCA, I promise to:

1. Be a role model and model positive and respectful behavior to not just younger swimmers, but to my peers as well.
2. Treat all adults with respect by following directions and speaking to them in an appropriate tone.
3. Treat other swimmers with respect by speaking to them kindly and support and encourage them as my teammates.
4. Use appropriate language and tone of voice at all times.
5. Remain on deck during swim meets leaving only when necessary and with permission.
6. Support my teammates by helping them in any way I can, by cheering them on and congratulating them after their swims.
7. Walk on pool deck since running is dangerous to others and me.
8. Not push or engage in any activity, which might result in someone getting hurt.
9. **Caring** – I will consider the needs and feelings of others, and be courteous to those around me both on and off the deck.
10. **Honesty** – be trustworthy and truthful, and leave with what I came with.
11. **Respect** – treat myself and others with dignity, and respect. I will show respect to my fellow team members through my actions and attitude.
12. **Responsibility** – I will put things back where I found them, and follow the instructions of the YMCA staff.
13. **And lastly, as a Bluefish swimmer, I promise to never participate in bullying and I promise to tell a Coach, a Lifeguard, or an adult immediately if I see a teammate, a friend, or another person get bullied.**

I understand that if I choose not to follow any of the above rules that the Waldo County YMCA Disciplinary Policy may be applied at the discretion of the coaches.

As a Waldo County YMCA Bluefish swimmer, I agree to try my best to follow the above standards and represent my team with pride and respect.

Swimmer Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### WALDO COUNTY YMCA

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The Waldo County YMCA is a 501(c)(3) Charitable Organization