

UNAC

Code of Conduct

Swimmer Statement of Personal Responsibilities

I hereby commit myself to:

- Swim for fun
- Work hard to improve my skills
- Be a team player and get along with each of my teammates
- Learn teamwork, sportsmanship, and discipline
- Be on time for practices and meets
- Always be a good sport, and never speak negatively to or about a teammate.
- Respect my coach, teammates, parents, opponents, officials and all pools, locker rooms and staff.
- Never argue with a coach or an official's decision.
- I will wait outside the locker room after practice for my parent or guardian to pick me up.

Parent Statement of Personal Responsibilities

As a parent of a UNAC swimmer, I hereby commit myself (and my guests) to:

- Remember that children participate to have fun and that the meets are for children, not for Adults
- Serve as a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice or other UNAC related events.
- Not engage in any kind of unsportsmanlike conduct with any coach, official, swimmer, or parent.
- Discourage any behaviors or practices that would endanger the health and well being of participants
- Demand that my child treat other swimmers, coaches, officials and spectators with respect, regardless of race, creed, color, gender or ability.
- Teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of their performance.
- Praise my child for competing fairly and trying hard, and make my child feel like a winner every time
- Never ridicule or yell at my child or other participants for making a mistake, being DQ'd or perhaps not having their best swim.
- Promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- Promote UNAC team spirit by cheering on all UNAC swimmers.
- Respect the coach's and their authority during practice and meets and will never question, discuss, or confront coaches at a meet. Per UNAC policy, I will contact Donna Striley, the Executive Director to discuss any questions or concerns. If a meeting with a coach is necessary she will arrange for such.
- Refrain from coaching my child or other swimmers during meets and practices, unless I am one of the official coaches of the team
- Demand a sports environment for my child that is free from drugs, tobacco, and alcohol and will refrain from their use at UNAC events.
- Escort my swimmer to the locker room prior to practice and pick them up outside the locker room at the end of practice. The only exception is if your swimmer drives themselves to practice.
- Refrain from entering the pool deck at all practices and meets. This is strictly enforced due to insurance regulations and may result in fines at meets. No exceptions.
- Support UNAC by volunteering at a minimum of appx 4-6 hours at UNAC hosted meets. Usually twice a year. These are UNAC's only fundraising events and help offset all swimmers registration fees.

Discipline Steps

Violations of the UNAC - Code of Conduct WILL result in a verbal warning by the appropriate party. Additional warnings/violations may result in a parental meeting. Further violations will be addressed by the board of directors and may result in probation or dismissal from UNAC.

Please detach the “Parent/Swimmer Acknowledgement” section below and return to Donna Striley within two weeks of the date of registration.

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(cut here)

Parent/Swimmer Acknowledgement

I have received, read, and I understand my “**Parental Responsibilities**” described in the UNAC Code of Conduct and will ensure that my child reads and/or understands the “**Swimmer Responsibilities**”.

Parent Name (print clearly)

Parent Signature

_____ Date _____

Swimmer Name (print clearly)

Swimmer Signature

_____ Date _____