



Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★

SWIMMER'S CONTRACT

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

1. Treat all adults with respect by following directions and speaking to them in an appropriate tone.
2. Treat other swimmers with respect by speaking to them in an appropriate tone, answering appropriately, and not making fun of them or calling them names.
3. Use appropriate language and tone of voice at all times.
4. Remain on deck during swim meets leaving only when necessary and with permission.
5. Support my teammates by helping them anyway I can, by cheering them on and congratulating them after their swim.
6. Walk on pool deck since running is dangerous to others and me.
7. Not push or engage in any activity, which might result in a dangerous situation or where someone might get hurt.
8. **Caring** – consider the needs and feelings of others, and be courteous to those around me.
9. **Honesty** – be trustworthy and truthful, and leave with what I came with.
10. **Respect** – treat myself and others with dignity, and respect fellow members through actions and attitude.
11. **Responsibility** – put things back where I found them, and follow the instructions of the YMCA staff.

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 coach(es).

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: _____

Parent/Guardian: _____

Date: ____/____/____