



SPARE TIME AQUATICS SACRAMENTO

This Agreement runs from \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

**WORKOUTS AND MEETS**

1. I will, at all times, act in a sportsmanlike manner respecting the rights and property of fellow participants, coaches, administrators and the public.
2. Absences will be cleared in advance with my age group coach.
3. I will keep a current log of my personal goals, best times, and attendance at practices and meets.
4. I will obey the policies, rules and regulations of Rio del Oro Racquet Club.
5. I understand the alcohol or drugs use is not tolerated any time.
6. For the Senior Group only:
  - a) I will attend \_\_\_\_\_% of the required workouts each week/month as determined by the head coach.
  - b) I will compete in all meets and events designated by the head coach; and
  - c) I will achieve \_\_\_\_\_ in the T30 Test.

**TRAVEL**

1. I will not leave either the hotel or the pool without permission from the head coach or chaperone.
2. I will be in my assigned room with lights out at the time specified by the head coach or chaperone.
3. I will not make any unauthorized charges to my hotel room. Unauthorized charges include but not limited to long distance calls, meals, and/or movies.
4. I will treat all hotel property with respect and behave appropriately.
5. I will be responsible for my own wake-up calls and assemble with the team at the time specified by the head coach.
6. When visiting the hotel room of the opposite gender, the door will remain wide open.
7. No dates will be acceptable.

**Forfeiture of Privilege**

I realize that actions on my part with are not in accordance with these standards may result in my loss of my membership on the team.

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

Printed Name

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

I have read, understand, and discussed the STAS Swimmer's Code of Conduct with my child.

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

Parent Signature