



Green Mountain Aquatics – GMSP, LLC **Team Contract**

PARENTS: Terms and Conditions for Team Participation

1. Please make every effort to have your swimmer(s) attend practice regularly and arrive on time. Realize that your child is working hard and give all the support that you can. Swimmers must achieve 90% of their goal practice average during the season in order to be eligible for team awards at the end-of-season awards banquet and/ or to attend their championship meet(s). Please encourage a good diet, consistent hydration, good sleeping habits and the use of sun block at all times to avoid sun exposure.
2. The greatest contribution you can make to your swimmer's progress is to be a loving and supportive parent. On page 27 of the Green Mountain Aquatics handbook is a reprint of an article entitled, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your child about his or her athletics.
3. One of the commitments made when you join the Green Mountain Aquatics Swim Team is to help work at all of the swim meets. Every family is expected to provide at least one worker per session of a meet in which your child is swimming; including home meets, away meets and championship meets. In addition, each family will be assigned to bring items for the food concession at all home meets. The income generated from the food concession is needed to pay for the awards at the end of season banquet. You may sign-up for meet jobs and choose the area in which you will work.
4. Please make an effort to stay off the pool deck during swim practices. Practices may be observed from the spectator seating area or from outside of the pool area. Your attention to this team policy will greatly improve the quality of the coaching and the quality of the swimmers' attention to this coaching. If you need to speak directly to the coach, please do so before or immediately after practice. Be aware that our coaches are part-time employees who must work several jobs. If they cannot speak to you before or after practice due to other employment commitments, you can address your concerns to Laura Matuszak or Laurie Albert, the team directors.
5. Please stay updated with the team communications via e-mail and the team website. Utilize the online sign-up process, observe sign-up due dates, check your e-mail and the team website regularly, thoroughly read all team documents and ask questions when you need clarification.
6. Swimmers will be entered to swim meets based solely on the meet sign-ups. Sign-ups will be due between three months and three days before the meets. Please sign-up your swimmer for the meets which you plan to attend using the online sign-up process. Swimmers may choose up to 5 individual events. Swimmers are encouraged to choose events which reflect their personal goals for the season and which emphasize their effort toward achieving personal best times. The coaches will choose the additional events based on the needs and philosophies of the team. All

swimmers who are members of the Green Mountain Aquatics Swim Team are required to participate at their highest level of achievement in championships meets, including relays.

7. Please support the team and all of the swimmers by speaking positively about them. If you have a problem with anyone on the coaching staff or with any team member, please address your specific concerns to Laura Matuszak or Laurie Albert, the team directors. Together, we can adopt and implement strategies to address your concerns and remedy the situation.

8. Please recognize that some of the valuable lessons that can be learned on the Green Mountain Aquatics Swim Team are the values of team sportsmanship, personal responsibility and leadership. Building and creating a community of outstanding and dedicated swimmers is the primary goal for the Green Mountain Aquatics Swim Team.

9. Each parent and swimmer is responsible for reading and understanding the contents of the Green Mountain Aquatics Swim Team Handbook.

10. All GMA families are expected to read, understand and abide by all of the GMA Financial, Registration and Payment Policies.

11. **All GMA swimmers are expected to follow the GMA Team Uniform Policies.** We have an online team store available with K & B Sportswear. Please visit and set up your account online. We have two selected team ordering deadlines each year (one in October and one in June). If your order is placed within these deadlines, you will not be responsible for the shipping charges. You will be responsible for shipping charges should you decide to place an order at any other time. Please call Beth Yohai (1-888-892-0520) at K & B Sportswear with any questions you might have.

- **GMA TEAM UNIFORM POLICIES:**

- GMA Team suits, caps and T-shirts are required at an additional cost. The approximate cost for these team items for females is about \$80.00 and for males is about \$55.00.
- Training suit, GMA team cap, GMA team shirt, goggles, towel, running shoes & socks, shorts and a water bottle are required at every practice.
- Senior, Sectional and National team members are required to have an equipment bag with pull buoy, kick board, paddles, fins and a snorkel at every practice. The approximate cost for these team items is about \$150.00.
- GMA is a TYR sponsored team. As such, all GMA swimmers are required to purchase and wear TYR products. All team gear is available through K & B Sportswear. To register for access to your team page:

1. Go to www.kbswimandsports.com
2. Click on "Team Log In"
3. Fill in your e-mail address and click on "I am a New Customer", if you have not yet registered.
4. Fill in the necessary fields. Please make sure you specify GMA as your Team Name.
5. If the team name is accepted, you will have immediate access to your team page and can begin ordering.

Note: Your Team Name must be spelled correctly in order to receive immediate access to your Team Page. If your Team Name is misspelled, this will delay your access to your Team Page and you

will receive an e-mail notification from K&B Sportswear, Inc., when your account is active.

12. Our ability to run successful swimming programs is 100% reliant on good relations with our facilities. Several facilities that we use have specific instructions for utilizing the facility. Any infractions of these policies could result in swimmers and/or families banned from the facility or removal from the team. The following policies are in effect for any facility that we utilize and should be abided by at all times:

- GMA parents or swimmers should communicate respectfully with facility personnel.
- Parents are NOT permitted on the pool deck. The coaches at the practice sites will determine and communicate the rules for watching practices.
- All water bottles, trash and debris are the responsibility of the swimmers and shall be picked up and disposed of by swimmers at the end of practice.
- Locker rooms are to be clean of trash and debris at all times.
- Swim bags and equipment bags are NOT to be left on the pool deck overnight. Equipment bags left on the pool deck are considered public property for use by anyone using the pool facility. Neither GMA nor the pool facility is responsible for any lost items.
- Every swimmer is expected to conduct themselves in a responsible manner, and refrain from loud outbursts, horseplay, etc.
- Family members are required to supervise and control the behavior of their non-swimming children.
- If we are responsible for putting in and/or taking out lane lines, ALL swimmers will stay to help with this procedure.
- Please respect the speed limit on campus – there are a large number of students walking around campus and crossing the roads.
- Please be mindful of other cars and foot traffic – swimmers should be cautious when crossing the road in front of the pool. Swimmers should enter through the front doors unless otherwise instructed.
- At Saint Michael's College swimmers and parents must limit their use of the athletic facilities to the pool, spectator seating, and pool locker room areas. A swimmer found in any other part of the building will damage the team's relationship with the college and may be asked to leave the program.
- At Saint Michael's College swimmers, parents and coaches are NEVER allowed to prop ANY doors at ANY time for ANY reason.

13. New England Swimming and GMA Anti-Recruiting Policy: No GMA team member shall **INITIATE** contact with another **USA Swimming athlete** with the intent to recruit members to GMA. GMA parents and swimmers are expected to be kind and gracious hosts to all visiting athletes and teams and are welcome to share team information with anyone who inquires.

14. Each swimmer is asked to read and agree to abide by the GMA Athlete Code of Conduct. Failure to comply with this code may result in the swimmer being asked to leave the team.

In electronically signing this agreement, the family understands and agrees to the above terms and conditions of the Green Mountain Aquatics Swim Team in exchange for the privilege of the child(ren) to participate in the activities and swimming programs of Green Mountain Aquatics.



Green Mountain Aquatics – GMSP, LLC **Picture Consent and Release**

For value received, receipt of which is hereby acknowledged, I hereby irrevocably consent to and authorize the use by Green Mountain Aquatics and GMSP, LLC and their assignees, customers, licensees, and those in contractual relationships with either of them, (collectively, the "Company") of any and all photographs or digital pictorial representations ("Pictures") taken of myself, and of any minors for whom I am responsible by Company, its agents and contractors, and any reproduction, modification, display, publication and distribution of them and any derivative works in any form and any media whatsoever throughout the world, in connection with the business of the Company, and to publicize, promote and advertise the business of the Company.

I hereby irrevocably waive any and all rights of privacy or publicity, or other rights of a similar nature in connection with the commercial exploitation of the Pictures, or any portion thereof, consistent with the terms of the foregoing consent or any advertising or publicity relating thereto. I also consent to the use of my own name and any such minor's name and any fictitious name which may be chosen in connection with the Pictures. I also consent to the use of my signature and any such minor's signature in connection with the above Pictures. I also waive any right to inspect and/or approve any such use of the Pictures. I expressly release and hold harmless the Company, its agents, employees, officers, directors and shareholders and those of its affiliates, customers, licensees, and those in contract with it of and from any and all claims, demands and liabilities by reason of their exercise of Company's rights. I agree that the Company may alter, modify or combine the Pictures with other works, and I hereby waive any claim that any version of the Pictures portrayed consistent with the terms of the foregoing consent constitutes a distortion, mutilation or disparagement or contains unauthorized variations of the Pictures. I shall not have the right to approve or enjoin the use of the Pictures or to rescind any right granted to the Company hereunder.

The Company will have no obligation to use the Pictures. I understand that Company will use the Pictures in reliance on the above consent and release.

This document is governed by the laws of the State of Vermont. There are no other agreements between Company and me oral or written relating to the subject matter of this document. Any modification of the terms hereof must be in writing and signed by Company and me. If the Pictures depict a minor, I represent that I am authorized to sign on behalf of the minor who is identified below.

In electronically signing this agreement, the family understands and agrees to the above GMA Picture Consent and Release. Failure to sign this agreement will result in the following:



Green Mountain Aquatics – GMSP, LLC **FAILURE TO SIGN PICTURE CONSENT AND RELEASE**

We the undersigned hereby acknowledge that we received and where offered adequate time to consider and review, and to ask questions of the Coaches pertaining to, the attached Picture Consent and Release and that we have determined not to sign it.

We the undersigned also hereby acknowledge that as a result of our failure to sign the attached Picture Consent and Release our swimmer(s) will NOT:

1. Have any photograph or digital pictorial representations ("Pictures") of any one or more of them appear in any press release issued by Green Mountain Aquatics (a/k/a GMA) or GMSP, LLC (collectively, "GMA").
2. Will not be eligible to participate in any team or other group Pictures.
3. Be able to have any Picture appear in any team scrapbook.
4. Be included in any swim meet program featuring Pictures of swimmers or teams published by or behalf of GMA.
5. Be included in any website featuring Pictures of swimmers or teams established by or on behalf of GMA.
6. Be included in any marketing materials such as informational Brochures or Team Handbooks.

In failing to electronically sign the GMA Picture Consent and Release, GMA families acknowledge that they understand the above GMA Failure to Sign Picture Consent and Release.



Green Mountain Aquatics – GMSP, LLC **ATHLETE CODE OF CONDUCT**

It is a privilege to be a part of the Green Mountain Aquatics Swim Team. As such, I agree to the following team Code of Conduct at all times:

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the best greatest amount of success.
2. Swimmers must stay for the entire practice. Often, the last part of practice is the most important or the most FUN. A note from the parent is required in order to arrive late or be dismissed early from practice.
3. Swimmers must maintain practice consistency over school breaks and holiday periods. Practices will be held throughout these times and practice attendance will be recorded as usual. Often, for older swimmers, school breaks and holidays afford additional practice opportunities during which swimmers can increase training and make athletic breakthroughs.
4. Swimmers and parents must limit their use of the athletic facilities to the pool, spectator seating, and pool locker room areas. A swimmer found in any other part of the building will damage the team's relationship with the college and may be asked to leave the program. Swimmers, parents and coaches are NEVER allowed to prop ANY doors at ANY time for ANY reason.
5. While on the pool facility grounds, the swimmers are the responsibility of the coaching staff.
 - a. During practice sessions, swimmers are never to leave the pool area without the coach's permission.
 - b. If any swimmer needs to complete homework before practice or leave practice early to do homework, he or she must do their homework on the pool deck or in the spectator seating area so that the coaches will know where he or she is located.
 - c. In the event that a swimmer is too ill or too seriously injured to complete the practice, the swimmer's parents will be contacted and must pick up their swimmer immediately.
6. The team has an obligation to act as guests at all training sites (both swimmers and parents). Every member of the team needs to do everything possible to respect this privilege. Any damages to the training site properties may result in financial liability of the swimmer's parents. Any damage may also result in the swimmer being asked to leave the team permanently.
7. As a swimmer's level of swimming ability increases so does his or her responsibility. The program is designed to encourage all swimmers to be National Team bound. As swimmers improve, they are asked to make a deep commitment to their team and their sport that requires great efforts on all parts. A swimmer has responsibilities to the team, the coach, his or her parents, and most importantly to himself or herself. Swimmers need to prepare themselves to give 100% effort each time they come to practice.

8. Swimmers are required to bring their TYR suits, GMA caps, goggles, water bottles, GMA T-shirts, dryland clothing and running shoes to all workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as an excuse to miss part of a training session.

9. Never interfere with the progress of another swimmer, during practice or otherwise.

10. At all club functions including practice, meets and social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team. A positive attitude and excellent effort are expected from all swimmers at all times.

11. All members of the team must continue to protect and improve the excellent reputation that the team has throughout the state and the country.

12. All swimmers are expected to embrace the team values of courage and perseverance. Courage is the willingness to accept risks and endure failures. Courage does not exist without a situation that presents the opportunity for success. Athletes are encouraged to embrace these opportunities and not fear the outcome. Perseverance is the backbone of success in any endeavor in life. One cannot succeed at the highest levels without enduring some setbacks. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows that individual to find the true strength of his or her character.

13. All team members are encouraged to compete with oneself. Improvement by every individual is our goal. Behaving like a winner is valued on GMA. Every swimmer, no matter where they place, has the opportunity to emulate the characteristics of a winner. Some of these winning characteristics include: concentration, positive attitude, listening skills, great sportsmanship and genuine effort toward one's goals. Swimming is not an end in itself, but a vehicle to use to teach people life skills and how to reach one's potential. We use swimming as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not the desired outcome for GMA athletes. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

14. The honor of competing in a Championship Meet is earned through consistent practice habits and competitive experience at USA Swimming swim meets. There's a big difference between "wanting" to go to the championship and "deserving" to be at the championships. To ensure that all of our swimmers are properly prepared for their championships: 1) Meet attendance and participation throughout the entire season is important. USA Swimming meets offer the experience necessary for championships; 2) Practice habits and practice attendance must be within the recommendations for the training group with whom the swimmer trains. "Consistency" is the key word.

15. All team members must wear the required GMA team apparel at team practices, team meets, team activities, championship meets and when receiving awards or honors. All athletes are expected to follow the team uniform policy and must adhere to GMA apparel sponsor specifications.

16. The illegal possession, purchase or consumption of alcohol, smoking tobacco, chewing tobacco, or any other illegal drug or substance of any kind by any Green Mountain Aquatics team member is not permitted. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments. Consequences: Any violation of these rules, depending on the severity, will result in a disciplinary meeting between the athlete, parents and coach. Consequences can range from a one week suspension from practice to the swimmers' expulsion from the team and will ultimately be decided by the Head Coach.

17. In the electronic age in which we live, every member of GMA needs to be aware of the far reaching effects of data posted to web sites, email, and other electronic mediums. This includes photos posted to web sites, text messages that contain inappropriate language or information that is private or confidential, blog sites, and messages posted to sites like Twitter, Facebook, etc.

We, as your coaches, do not want to have any team member's future or career jeopardized due to a careless or thoughtless impulsive action. We all recognize that the words and photos that we post on-line are there for everyone to read and view. We have seen the high price that people pay for careless mistakes and poor choices.

Before posting anything to the internet or texting to someone, we would like each GMA team member to ask themselves the following questions:

- 1) Would I send this message or photo to my parents?
- 2) Would I send it to my coach or teachers?
- 3) Would I send it to my pastor, priest, rabbi or other religious leader or mentor?

If you cannot answer "yes" to all of the above questions, perhaps you should hit the "delete" button. Your future is too important to be affected by an action that is impulsive and rash. In an effort to help each member attain a performance standard above reproach or criticism, the following is a list of rules in the use of electronic equipment:

USE OF CAMERAS: Under no circumstances will cameras be allowed in locker rooms. If your cell phone has a camera device, it may never be used in a locker room. Taking photos in a locker room is strictly prohibited. Photos will be confiscated or deleted. No photos containing nudity or inappropriate expressions or hand signals of any GMA members will be sent, forwarded or posted.

USE OF CELL PHONES

At Practice: No cell phones will be allowed out of swim bags during practice without coach's permission to make or accept a call.

At Meets: Out of courtesy to fellow swimmers and teammates, all cell phones should either have volume on low or on vibrate. All devices containing music should be used only with headphones or ear buds/head phones before or after practice. They are not allowed to be worn during practice/dryland at anytime.

TEXT MESSAGES: The texting of inappropriate language, use of swear words and foul language, divulging of personal or private information of another member without their consent is inappropriate behavior.

Consequences: Any violation of these rules, depending on the severity, will result in at a minimum of a verbal warning to a disciplinary meeting between the violator, parents and the coach. Consequences can range from a one week suspension from practice to the member being excluded from the next meet and/or travel trip, but ultimately will be decided by the Head Coach.

In electronically signing this agreement, athletes and parents understand and agree to abide by the above GMA Athlete Code of Conduct.