

Pool and Deck Etiquette

Pool Rules

- Swimmers may not enter the water unsupervised. Wait for your Coach to give you permission to enter the water.
- No running or rough play on the deck or in the water.
- Absolutely no swimming under the swim covers.
- No food on the pool deck - Food is only allowed in the team room. Parents and swimmers are responsible for clean up.
- Do not sit on the pool cover reels as you can easily become injured.
- Permission and supervision is mandatory for the use of the diving boards.
- The use of any inappropriate language or behavior is not permitted and will lead to disciplinary action, i.e., expulsion from the team, etc.
- All swimmers must use the dressing rooms to change, even the littlest ones. Deck changing is not permitted.

NCA Team Expectations

- Schedule to arrive 10 – 15 minutes prior to the start of practice or Dry Land training so that you can stretch and get ready with your teammates for practice. Parents, make sure that there is a supervisor or coach on deck before leaving your kids at the pool.
- Bring all necessary swimming attire: Swim suits, fins/flippers, towel, at least 2 pairs of goggles, water/Gatorade, and a great attitude.
- Bring a positive behavior towards all swim team members, coaches, parents, competitors and officials. Negative behavior will lead to the following disciplinary actions:
 - The coach will talk with the swimmer about the situation and suggest a positive change.
 - A second incident will result in the coach meeting with both the swimmer and parent. A two week non-refundable suspension may be issued at this time. If any incident damages the Team or threatens the safety of others, the swimmer will immediately be removed from the Team.
 - Any additional incidents will result in removal from the Team.
- All swimmers help with the clean-up after practice (kick boards, flippers, team room, etc.) Parents help put on the pool covers.
- We encourage parents, family and friends to watch their swimmers practice, but please watch from the bleachers or designated sitting area.
- Parents must account for their non-swimmers at ALL times. Please do not allow your kids to wander onto the pool deck alone.
- Coaches will address parent concerns and questions before or after practice. Let the Coaches coach.
- NCA expects parents to treat all team members, coaches, swimmers, parents, competitors and officials with the utmost respect. NCA will not tolerate negative or damaging behavior. Failure to comply with the above will lead to disciplinary actions, (i.e., suspension, etc.)
- Arrive 15 minutes prior to the end of the scheduled practice time to pick up your swimmers. Swimmers, please wait for your rides within the pool area, not in the parking lot.

Swimmer Code of Conduct

It is the responsibility of NCA to ensure a healthy, safe environment for all its members. As such, all swimmers must abide by the following:

- Swimmers are attentive and respectful to the coaching staff, meet staff, and parents.
- Swimmers listen to and follow all of the coaches' instructions.
- Swimmers don't make the coach play cop: "don't do this, or that."
- Swimmers never interfere with the progress of another swimmer.
- Swimmers treat other swimmers in the same manner that they want to be treated.
- Swimmers known to use alcohol, drugs, or tobacco illegally are subject to suspension from the team.
- Swimmers encourage their teammates and show good sportsmanship toward their competitors.
- Swimmers' actions reflect positively on the team at all club functions, be it practice, meets, or social gatherings.
- Parents and swimmers strive to protect and improve NCA's excellent state and national reputation.

Parental Code of Conduct

North County Aquatic is fortunate to have highly experienced, professional coaches working to develop our children into better swimmers and more importantly, discipline people. It is absolutely essential that parents give our staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose.

NCA as an organization highly encourages the following parental behavior:

- § Open communication between parents, swimmers and coaches emphasizing goal-setting and focusing on the performance expectations of both the swimmer and the parents
- § Meeting with the coaches/swimmers/parents during normal times to discuss issues
- § Positive reinforcement of all swimmers in all situations – team spirit and team loyalty
- § Parental involvement on the Board of Directors and in organizing and running of meets and other team events

NCA as an organization will not tolerate the following behavior from parents:

- § Coaching your children at practice or during meets - that's the coach's job
- § Interrupting or confronting the coaching staff on the pool deck during practice or meets
- § Abusive language towards coaches, swimmers, parents, officials and your own children
- § Any behavior that discredits or disrupts our swimmers and our organization

The Golden Sea Dragons

