

Behavioral Expectations: Jackson County Aquatic Club

1. At all club functions, whether practice, meets, social gatherings, swimmers are expected to behave in such a way that is consistent with the club's mission, purpose, philosophy and code of conduct.
2. Please arrive on time for all functions; for practices, please arrive fifteen minutes before the designated starting time. Be ready to begin practice at the designated time.
3. Upon arrival, swimmers should dress and have their practice equipment ready; please sit quietly on deck.
4. Swimmers should bring their own training equipment to meets and to practice. Please make sure these items are properly adjusted and that spares are available if they may be needed (goggles, for example).
5. Please respect all school and pool facilities. Remember that we are guests:
 - a. In the school, swimmers should not be playing or loitering in the hallways.
 - b. On deck, all posted safety rules are to be observed.
 - c. After practices, swimmers should make a final sweep of the pool area and locker rooms to make sure all of their belongings have been picked up, including any disposable water bottles, wrappers, and any other refuse that a coach or custodian would otherwise have to pick up. Please return borrowed equipment.
 - d. In the locker rooms, swimmers should conduct themselves responsibly and quietly; please dress quickly.
 - e. Do not deface or damage the school, the pool, the park, or any of its equipment.
6. No horseplay involving food is ever appropriate in or around the pool.
7. During practice, respect your fellow swimmers. Approach practice with a sense of purpose but also have fun. Encourage each other and always show good sportsmanship. Inappropriate language directed at other swimmers, coaches, or yourself is not allowed. Never interfere with the progress of another swimmer.
8. Respect your coaches. Listen and look at them when they are talking.
9. During cold weather it is strongly recommended that you wear coats, hats, and socks when going outside.
10. At team meets, it is recommended that swimmers wear team suits and caps.