



UPAC Team Rules

- 1. Once you have arrived at the pool get changed promptly and ready to start your warm up.**
- 2. When instructions are being given heads must remain above the surface of the water and no talking is allowed.**
- 3. All instructions must be followed the first time they are given.**
- 4. This is a swim club, not a walking club, so the bottom of the pool is not to be used during a set unless it is an emergency.**
- 5. If you have any, goggles are to be worn the entirety of practice, including all swims and throughout swim sets.**
- 6. If you must use the bathroom, do it before or after practice, if it is an emergency, just ask.**
- 7. Questions are to be asked at the end of directions with a raised hand.**
- 8. If you have any problems during practice such as a hurt muscle, being sick, trouble breathing, etc. let me know as soon as possible so I can make adjustments.**
- 9. Attitudes and personal problems with other athletes are to be left at the door. If a problem persists, feel free to approach me about the problem at any time.**
- 10. Most important of all, try to have fun!**