



## 2025-2026 SENIOR NATIONAL TEAM - ATHLETE HANDBOOK

### Rules and General Policies

The following General Rules and Policies apply anytime the Senior National Training Squad is together, at home training, travelling to a camp or competitions or for an event.

While these policies may not cover every conceivable situation, we have compiled general guidelines that each athlete should follow. In addition, there is one guiding principle that must always be observed: athletes are expected to conduct themselves in a manner that will reflect positively upon them, their teammates, USAAS and the United States of America.

Athletes failing to follow USAAS's Rules and General Policies may be disciplined by the High-Performance Director, the Head Coach and/or Team Manager. Violations could result in a suspension or dismissal from the program or event. Athletes may have additional rights defined by the Ted Stevens Amateur Sports Act and the USOPC Bylaws.

#### **A. Travel**

1. You must bring your valid passport with you on all trips, unless recommended otherwise. At all international games, your passport must be presented as proof of citizenship and age. Athletes will not be permitted to compete without it.

2. Please return a photocopy of the picture page of your passport along with other requested information. It is vital that this information is on file with USAAS at all times. (If you do not currently hold a valid passport, please begin the application process immediately by contacting either your local passport agency or post office). Certain countries require that we obtain a Visa which will be stamped in your passport. The cost of obtaining a passport is the responsibility of each athlete.

3. Upon request, be prepared to send or give us your passport. This will allow USAAS to obtain Visas for the entire delegation at one time. If you are already in possession of a passport, be sure to check the expiration date. Please note that some countries do not allow entry if your passport expires within six (6) months of a trip. It is imperative that you keep your passport updated!

Note: You may obtain a passport application at your nearest major post office or nearest government agency. For the location nearest you, please refer to their website at <http://travel.state.gov/passportservices.html>

4. Realize ample administrative time is needed to arrange all airline reservations, visa applications and hotel accommodations. Procrastination may result in unneeded schedule delays and **possible roster changes**.



5. After the arrangements have been made, your ticket along with pertinent trip information will be emailed to you. It is your responsibility to make sure you understand your travel arrangements.
6. You are expected to be on time for your flight. If you miss the plane, experience a delay or are re-routed, you must notify your Team Leader and you will be expected to make the next scheduled flight. If you miss the flight for personal reasons, you will be responsible for the difference in airfare cost if applicable.
7. You must be on the chartered transportation to and from the airports, hotels, training fields and competition venues. No one is excused from the team transportation unless permission is given by the Head Coach or Team Leader in writing.
8. At competitions, especially in the US, athletes are not allowed to travel on their own or with friends without prior authorization of the Head Coach and Team Leader.
9. If you should desire to make arrangements to have your city of departure different than your city of return, we can arrange for that. **You will be charged the difference over and above the normal roundtrip fare.**

#### **B. Training Camp/Hotel & Dormitory Rules**

1. Prior to your departure, you will be supplied with the address(es) and telephone number(s) for the team's accommodations. You will also receive a memo prior to departure providing detailed information regarding your travel, flight, accommodation, ground transportation and other important information.
2. USAAS has a policy that athletes' families and friends do not travel with and **are suggested not to stay in the same hotel as the official delegation**. Past experience has shown that this policy, while appearing somewhat restrictive, is vital to the trip's efficiency - both on and off the field - and will contribute to the success of the National Squad.
3. You are a guest of the hotel or other organization providing accommodations. You must always maintain a cooperative relationship and conduct yourself in an exemplary manner.
4. You are also responsible for the conduct and care of your room. If your teammates are in your room being loud, it is your responsibility to quiet them. **If an item is broken, missing or stolen from your room, you are responsible. You must communicate with your Team Leader about the incident as soon as possible.**
5. Squad members will eat all meals together and at the prescribed time unless directed otherwise by the Coaches and Team Leader.



6. All incidental room expenses (phone, room service, movies, etc.) **will be paid by the athlete prior to checking out from the hotel or facility.** Athlete should clear incidental expenses the night prior to departure whenever possible.
7. Curfew for all athletes will be determined and set by the Coaches. At the assigned curfew you must be in your own room and in bed. Ample rest is crucial for your best performance.
8. Make all telephone calls before curfew.
9. Show respect for your roommate and other guests of the hotel - no loud radios, TV's or musical instruments will be permitted. If you want to have a private time or phone conversation, do it outside your room and prior to curfew.
10. **No guests are permitted in your room,** unless permission is granted by the Coaches and/or Team Leader.
11. If you are going to be out of your room make sure the Coaches and/or Team Leader knows where you will be and for how long.
12. USAAS will provide for your transportation, meals and lodging during competitions. If you would like to participate to excursions or buy souvenirs, you must bring spending money.

### **C. Dress, Appearance and Behavior**

1. Use good judgment when appearing in public. Always be neat and presentable. You are accountable for what you say and do in public.
3. It is your responsibility to be on time for all practices, meetings, and other appointments.
4. Athletes must wear Team Outfitting as instructed by the Coaches and/or Team Leader.
5. Special outfits may be required to be worn for selected appearances/events.

### **D. Equipment Rules**

1. You are responsible for ensuring that you have the proper equipment for your training.
2. Any equipment problems must be reported immediately to the Team Leader.



- Athletes will be given their competition suits by the Team Leader. **All Athletes must rinse all suits and head pieces after use. Pins must be removed from the Head Pieces. Suits and Head Pieces must be returned dry, in the same state as when it was given to the athletes – in a plastic bag with name or on a hanger.**
- If a suit and/or head piece is lost or damaged, **the athlete will have to pay for the replacement or repair of the suit.** Cost will depend on each suit and head piece.
- All suits, head pieces and other competition equipment are recommended to not be checked in. **It must be carried on the plane during travel, including domestic travel.**

#### **E. Training Room/Injuries**

- All athletes must complete a Medical Questionnaire Form and a check-up annually with the Team Physician if they are training at the National Training Center. This information is confidential and is kept on file for the season with each athlete's personal records.
- You must keep the Team PT and Coaches informed and updated regarding injury, illness, hospitalization, medical condition.** For the National Training Center athletes, the Team PT must know all medication that you are taking at all times. You can communicate these by emails or phone. Any athlete who does not report an injury, disregards the physician/trainer's advice or does not keep a doctor's appointment is subject to disciplinary action.
- While training at the National Training Center, athletes may continue to see their family doctors but will be responsible to keep the Team PT informed of all injury, illness, hospitalization, medical condition. The Team PT is the lead person for athlete's rehabilitation treatment following an injury, illness, hospitalization, medical condition.
- Whenever possible, an athletic trainer (and/or a doctor) will travel with the team.
- We require that you use your own insurance as the primary coverage in the event of an injury or illness. USAAS's insurance is used only as primary insurance in the case of an accident or injury which happened at practice, at a competition or during an official event.
- All athletes are expected to arrive at camp or resume the season healthy and fully fit.
- If you are already suffering from an injury or you are not 100% fit when called into camp, you must immediately notify the Coaches and Team Leader.
- Injured athletes who cannot participate in practice must wear the uniform of the day unless otherwise excused by the Coaches and must attend all practices and meetings unless instructed otherwise by the Coaches.



9. All members of the National Training Center work in an integrated manner. The Performance Support Team, Medical Support Team and Artistic Swimming Coaches share information on a regular basis and work in collaboration to ensure fully integrated performance and training. Member of the National Training Center will be asked to fill out a consent form to allow the Medical staff to share medical information related to their performance with the Performance Support Team and the Artistic Swimming Coaches.

#### **F. Drugs and Banned Substances**

1. Alcohol will not be consumed by any athlete during a National Team event (training, training camps, events, competitions).
2. No athlete is permitted to possess or use any illegal drugs.
3. USAAS will not tolerate any of its athletes using banned substances. Banned substances are defined by AQUA, World Anti-Doping Agency (WADA) and the U.S. Anti-Doping Agency (USADA). Athletes must adhere to all WADA, AQUA, USADA and USOPC anti-doping protocols, policies and procedures. This includes participation in out of competition testing as required by the WADA, AQUA USADA, USOPC Rules. Athletes will be provided with information on banned substances and may be subject to random drug testing. Athletes must understand the consequences of using substances that are banned. Any athlete associated with the buying, selling or use of illegal or banned substances will be subject to penalties determined by USADA and/or AQUA.
4. Any questions that you may have concerning drug education, banned substances and drug testing procedures can be answered by calling the USADA Drug Reference Line @ 1-800-233-0393 or 1-719-785-2020 (outside the U.S.) or on line at [www.usantidoping.org](http://www.usantidoping.org).

#### **G. Practice and Field Rules**

1. When you report for a training session you must be fit and ready to train.
2. When requested, you must wear the assigned practice uniform - no exceptions.
3. Practice officially begins with warm up. Video, land drill and other meetings are part of practice.
4. You must not leave the practice unless permission is given by the Head Coach.
5. The Coaches or Team Leader will communicate the schedule. There may be changes to the schedule depending on the quality of practice and unforeseen circumstances (change in music schedule, weather...).
6. At competition, athletes must ensure they always carry their accreditation.



7. Strength training, Gymnastics, Ballet, Pilates, Weekly Nutrition, Weekly Sport Psychology Sessions are fully part of the training requirements of the Senior National Training Squad.

### **H. Publicity and Public Relations**

1. You should go out of your way to act as a role model.
2. Publicity and promotion of this sport play an important part in the continued growth of Artistic swimming, so you may often be asked to participate in events and promotional activities.
3. All interviews with the media must be cleared with the Chief of Sport, Coaches, the Team Leader and/or the Media Officer.
4. In media interviews, be courteous, on time and cooperative.
6. USAAS promotes good sportsmanship and respect of the competitors, do not criticize the performance of other athletes or countries but rather reflect on your personal performance.
7. USAAS may organize media training. You must attend all Media Sessions as directed by USAAS.

AFTER READING THIS ATHLETE HANDBOOK SECTION, PLEASE SIGN THE AGREEMENT FORM BELOW AND RETURN IT TO THE CHIEF OF SPORT OR TEAM MANAGER.

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I, \_\_\_\_\_, have read the USAAS Senior National Training Squad Athlete Handbook. I accept its provisions and agree to abide by the guidelines set forth within.

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_  
(If Under 18 Years of Age)

Date: \_\_\_\_\_