



Swimmer/Parent Code of Conduct

Section 1: Expectations of Sooner Swim Club (SSC) Swimmers

- 1) Swim for the fun of it, not just to please your parents or coach.
- 2) Encourage and support your teammates during practice and meets.
- 3) Treat all coaches, parents, and teammates with respect.
- 4) Be punctual for all practices and meets. Practice start time is the time we are in the water. Pool time is very valuable.
- 5) Plan on attending as many meets as possible unless you have made special arrangements with your coach. Remember most home meets are required!
- 6) Wear SSC approved swimsuits and team caps at meets. This displays team pride and makes it easier to identify you on the blocks and in the water.
- 7) Be an active participant at all team practices, competitions, fundraising events, and other team activities.
- 8) Focus on every drill and every set. Be committed to putting forth your best effort every day.
- 9) An honest effort does not include cutting laps, pulling on lane lines, missing send offs and sets, or walking along the bottom of the pool.
- 10) Pay attention to and follow all the coach's instructions completely and exactly. The coach is there to help you; if any clarification is needed, ask politely.
- 11) The coaches must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice and competitive environment for all.

I understand the expectations of a Sooner Swim Club Swimmer listed above and will do my best to abide by them.

Swimmer's Signature

Date

Parent's Signature

Date

Section 2: USA Swimming Code of Conduct for Athletes

I will respect and show courtesy to my teammates and coaches at all times. I will demonstrate good sportsmanship at all practices and meets.

I will set a good example of behavior and work ethic for my younger teammates.

I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.

I will attend all team meetings and training sessions unless I am excused by my coach.

I will show respect for all facilities and other property, including locker rooms when used, during practices, competitions, and team activities.

I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.

If I disagree with an official's call, I will talk with my coach and not approach the official directly. I will obey USA Swimming's rules and codes of conduct.

I understand that if I violate this USA Swimming Code of Conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer's Signature

Date

Parent's Signature

Date

Section 3: Sooner Swim Club's (SSC) Code of Conduct for Athletes at Home and Away

- 1) Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors, and the public always, including during practice, competitions, team activities, and training trips.
- 2) Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and SSC. Athlete behavior must positively reflect the high standards of the club. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of SSC or be detrimental to its performance objectives.
- 3) The possession or use of alcohol or tobacco products by any athlete is prohibited. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- 4) Any damage or thievery at the dormitory/hotel will be the responsibility of the offending swimmer. No loud or obnoxious behavior will be tolerated in hallways or public areas during any team-related activities.
- 5) SSC Athletes are always expected to behave in an exemplary manner, during practice, at competitions, team activities, and during training trips. When visiting public places, swimmers should be polite and courteous to employees and other visitors.
- 6) The coaching staff may establish any other rules deemed necessary. The instructions and decisions of coaches and chaperones are final.

I will obey the Sooner Swim Club Code of Conduct for Athletes Home and Away. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer's Signature

Date

Parent's Signature

Date

Section 4: Consequences for Athlete's Violations of USA Swimming or Sooner Swim Clubs Code of Conduct

Failure to comply with MAAPP or SSC's Code of Conduct for Home and Away as stated in this document may result in disciplinary action. The coaches have the power to impose the following penalties for any action or inaction they determine to be a violation. The penalties include, but are not limited to the following:

- 1) The swimmer may be given a verbal warning.
- 2) The swimmer may be sent home with a verbal warning and request for a coach-parent conference.
- 3) The swimmer may be disqualified or dismissed from events, travel meets, team activities, or team trips or a combination thereof at the parent's expense.
- 4) The swimmer may incur financial penalties.
- 5) For repeated or severe violations, the swimmer may be suspended for one week. There will be no prorated fee for monthly dues. Repeated or severe violations may result in the swimmer and parent being required to meet with the coach and the board to determine appropriate disciplinary action.
- 6) Swimmer may be suspended from the team for a period of time or indefinitely.
- 7) Possible proceedings before an LSC Board or USA Swimming National Board of Review.

Section 5: Expectations of a Sooner Swim Club Parent

1. Assist the coaches in conducting effective practices by ensuring that swimmers arrive and leave on time with the proper swimming equipment.
2. Do not address the coaches on deck during practices unless it is an emergency. Allow coaches to have full attention on all swimmers. Do not be a distraction to the coaches or swimmers during practice. Do not text or call coaches during practice unless there is an emergency.
3. Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules. Do Not impose your ambitions on your child.
4. Know your role as a parent. **Swimmers will swim; coaches will coach; officials will officiate; parents will parent.**
5. Arrive at meets on time for volunteer or swimmer check in, stretching, and warm-ups.
6. Do not interrupt or confront the coaching staff on the pool deck during meets, and do not be present on deck during competition unless you are working at the meet. Coaches are available before and after training away from the pool deck, before and after meets and competitions for feedback or to discuss issues.
7. Any questions about disqualifications, judging, etc., should be directed to your swimmer's coach.
8. Do not speak harshly or directly to a child who is not your own. Please contact a coach or board member if you have an issue with another parent's child. The SSC board member or coach will approach the child's parent, if necessary.
9. Always maintain self-control. Refrain from inappropriate behavior that detracts from a positive image of SSC or is detrimental to our performance.
10. Be an active participant in fundraising events and other team activities and encourage and support your child by ensuring your child is timely for all SSC events.
11. Get involved...be an official, volunteer at meets, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy!
12. Know and uphold SSC rules, regulations, management, coach directives, and swimmer and parent code of conduct, all of which are designated to maximize the experience for all swimmers and parents.

I understand the expectations of a Sooner Swim Club Parent listed above and will do my best to abide by them.

Parent's Signature

Date

Section 6: Sooner Swim Club's (SSC) Code of Conduct for Parents

As a member of the Sooner Swim Club, I am a part of a swimming organization that believes **TEAMWORK, INTEGRITY, RESPECT, AND GOOD SPORTSMANSHIP ARE MORE IMPORTANT THAN WINNING**. By signing this SSC Code of Conduct for Parents, I agree to follow the rules and good sportsmanship while I am a member of SSC. The following guidelines state the principles that SSC expects all members to demonstrate and uphold.

SSC is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and, more importantly, teaching and instilling important life skills. These skills include time management, self-discipline, and good sportsmanship. Your child will reap the benefits of swimming long after his/her participation at SSC comes to an end. As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach/Head Age Group Coach work together to oversee the direction of the staff.

- 1) Set the right example for our children by showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice and competition.
- 2) Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- 3) Understand that opposing teams, (including their swimmers, coaches, and fans) want the same positive experiences for their swimmers that we do. Help SSC achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams with which we compete and work.
- 4) Demonstrate good sportsmanship during all practices, competitions, and team activities. **SSC WINS GRACEFULLY, LOSES GRACIOUSLY, AND CONGRATULATES OPPONENTS.**
- 5) Support your professional coaches as they strive to do what is best for each SSC swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association, and other recognized authorities. Realize that swimmers become easily confused when coached by parents at the same time as their coaches; swimmers benefit most from positive reinforcement through professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help your kids best.
- 6) Represent SSC with excellence, respect, team spirit, sportsmanship, and politeness.
- 7) If you have any coaching concerns, address it with the appropriate SSC coach **in private**. If you have club concerns, address those with the SSC Board **in private**. *Please follow the appropriate chain of command.*
- 8) Maintain an open and honest line of communication with all SSC family members. We reach our common goals more easily by working together.

9) Ensure that responses on any of SSC's communication channels (texts, voicemails, emails, Instagram, Facebook, Zoom, etc. remain professional.

10) Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, bullying, or any other behavior deemed dishonest, discourteous, offensive, or disrespectful to others.

I will obey the SSC Code of Conduct for Parents. I understand that if I violate this code of conduct, I will be subject to consequences deemed by the SSC Board.

Parent's Signature

Date

Section 7: Consequences for Violations of Parents' Code of Conduct

1. The Sooner Swim Club Board will give the parent a written warning.
2. The Sooner Swim Club Board will request an in-person conference with the parent(s) and coach(es).
3. The Sooner Swim Club Board will request an in-person conference with a board member, the parent(s), and the coach(es) to determine the best course of action for the parent(s) and family going forward.

Parent's Signature

Date

