



Athlete Code of Conduct

As a swimmer, I understand that I must follow these rules to stay in good standing:

R - RESPECT – Respect the coaches, the sport, teammates and yourself. I will respect the coaches’ direction and authority. I will respect the rules and regulations of the sport. I will respect my teammates. I will show self-respect and not use abusive language.

A – ATTITUDE- I will try to keep a positive attitude. I will think positively and approach even the most difficult tasks with a good and forward thinking attitude.

C – CONDUCT – I will demonstrate good sportsmanship before, during and after practice and swim meets. I will be courteous to any official, coach or swimmer from another team. I will be modest when successful and be gracious in defeat. I will refrain from the use of drugs, tobacco, alcohol and abusive language.

E – ENCOURAGING – I will encourage my teammates and promote good sportsmanship. By displaying encouraging actions, I will be helping myself and my teammates achieve our goal of excellence.

D – DISCIPLINE – I will be responsible for my behavior. In ensuring a positive learning environment at practice and at swim meets, I understand the levels of discipline.

Warning #1: Verbal statement from the coach about discipline.

Warning #2: A time out period from practice (5-10 minutes) where I can reflect upon my behavior and adjust it as required.

Warning #3: Removal from swim practice. If I am asked to leave swim practice I will not leave the premises unless directed by a coach or approved by a parent.

If discipline continues to be an issue, a coach/parent/swimmer conference may occur.