



Athlete Code of Conduct
Sooner Swim Club
Updated: 12/12/25

Purpose

The purpose of this code of conduct is to be consistent with the Sooner Swim Club (SSC) and USA Swimming mission, and will act to promote the pursuit of excellence in all aspects of the sport of swimming.

Swimmer Expectations

I, _____, as a member of Sooner Swim Club, understand that I am a part of an organization that believes teamwork, integrity, respect and good sportsmanship. I promise to demonstrate these core values to team members, coaches, competitors, officials, and parents while I am at team practices, meets, or other team activities. I understand that pool time is valuable and promise to be punctual to all practices and meets. I will display team pride by wearing SSC team suits and caps at meets as required of me by my coaches and team. I will be an active participant in practice by displaying focus on every drill and every set, and will commit to putting forth my best effort every day. I will follow the coaches' instructions and directions exactly and completely. I understand that by giving my full cooperation to what my coaches ask of me, I help to contribute to making practices and competitions productive for all.

Responsibility Pledge

By signing this code of conduct, I agree to the following statements:

- 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) 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 all of USA Swimming's rules and codes of conduct.

Travel Conduct

- 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.
- 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.
- 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.
- Any damage or theft 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.
- 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.
- The coaching staff may establish any other rules deemed necessary. The instructions and decisions of coaches and chaperones are considered final.

Violations of the Code of Conduct

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