

Cougar Aquatic Team

Code of Conduct and Sportsmanship Policy

The ultimate goal of the Cougar Aquatic Team (CAT) is to provide a fun and competitive experience for all involved. CAT strives to maintain high standards and a high level of sportsmanship, ethics, and integrity. It is up to the coaches and parents to provide the direction and constant vigilance under which good sportsmanship can prosper and have a positive impact on the swimmers. The values of lessons learned by exhibiting good sportsmanship will last a lifetime.

Code of Conduct for all Swimmers:

- Swimmers are expected to follow directions at all times from any coach of the Cougar Aquatic Team. Coaches will be treated with respect.
- Swimmers will use appropriate language before, during, and after practice, in the RSD17 Pool, Patsy Kamercia Field House, and all swim meets. We are role models and will respect other teams as well as our teammates of the Cougar Aquatic Team.
- Swimmers will respect each other; fighting, bullying, hitting, spitting and any other inappropriate behavior * is not acceptable and will not be tolerated.
- Swimmers will be respectful of teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic or otherwise inappropriate behavior will be faced with consequences.
- Swimmers will respect personal property as well as the property of RSD17 and any other building we may travel to.
- We are guests RSD17 and we need to treat the other patrons with respect, as well as the property of RSD17..
- Any disruptions such as: rude behavior, or horseplay around practice or at a swim meet will result in the swimmer being asked to leave.
- Social Media will be used to celebrate, promote, and encourage. Any negative use of social media will NOT be tolerated.

Expectations:

- All swimmers will be on time to practice or meet warm-up; ready to begin swimming at the designated practice and meet time.
- All swimmers will be picked up on time.
- All swimmers are expected to do the work that is asked of them in order to achieve their goals.
- All swimmers will wear TEAM CAPS and SUITS. If team suit is not available an all black suit can be worn for competition.
- Swimmers must notify coaches ahead of time if they need to leave practice early or will be late to practice by emailing or calling their coach with exact times and dates.
- All swimmers are expected to participate in 2 meets and Regional Championships. If unable to participate in a meet, athletes will need to decline participation on the CAT registration portal.

Code of Conduct for the Parents/Guardian:

- Please remember to stay off the deck during practices and swim meets.
- Set an example by showing respect to the coaches, team members, training facility, competition facilities, meet staff, officials, and other parents.
- Show good sportsmanship.
- Be supportive of your child and their teammates.
- Be active with the team by volunteering, fundraising and working at swim meets.
- The coaches on deck are trained professionals; please allow them to coach without distractions during practice and meets.
- No food or beverages allowed in the pool area besides water.
- Social Media will be used to celebrate, promote, and encourage. Any negative use of social media will NOT be tolerated.

Responsibilities:

- Participate in fundraisers.
- Pay bills on time.
- Encourage teamwork with parents, swimmers, and coaching staff through discipline and hard work.
- Make sure your swimmer is on time to practice and meets.
- Maintain self control at all times.
- Please do not coach your child during practice or at meets; this is the coach's job.
- Trust and support your swimmers and coaches' decisions around goal setting.
- Help out at meet, we can't run one without your help.
- Encourage your child to be committed and dedicated to the sport.

Course of action:

In the event that a swimmer or family feels the program is not meeting expectations, please contact the following individuals in this order to address the concerns:

1. Practice/assigned coach
2. Steve Cusano, Head Coach

Violation of the Policy:

There will be disciplinary actions taken if any of the above are not followed. The athlete's behavior, based on the infraction, will determine the progressive nature of discipline. Possible consequences include but are not limited to the following:

- Verbal or Written Warning
- Parent Conference
- Behavior Modification Plan
- Suspension
- Expulsion

**Behavior that is inappropriate shall include but is not limited to the following: vandalism of any kind, horseplay, fighting, pushing someone into the water, throwing equipment (kickboards, pool buoys, etc.), entering the water before practice begins, smoking, consumption of alcohol, chewing tobacco, taking drugs, disrupting practice, unsportsmanlike conduct at swim meets, inappropriate language, any behavior that may cause or threaten harm to someone else and stealing of any kind. Taking photos and/or videotaping in the locker rooms is strictly prohibited.*

**** All behavior deemed inappropriate will be evaluated on a case-by-case basis. CAT has the right to supersede the disciplinary course of action if the inappropriate behavior is deemed severe, including but not limited to suspension or removal from the team. ****

Conduct of Swimmers and Parents at Meets:

At all swim meets, swimmers are expected to wear the team suit and (if a cap is worn) the team cap. Only under conditions in which the team suit may be considered inappropriate, or a coach has instructed you to wear a tech suit, may an alternate suit be used. An acceptable alternative to the team suit is a plain black suit. No swimmer shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parent or guardian. In prelim/final meets, all swimmers who qualify to compete in finals are expected to participate in finals. Parents are expected to remain off the competitive deck unless acting in an official capacity such as a timer or official. Parents will be expected to serve as timers (or a corresponding meet worker position) as assigned by the pool representative

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Swimmers Name (Printed): _____ Date: _____

Swimmers Signature: _____

Parent/ Guardian Name (s) (Printed): _____

Date: _____

Parent/ Guardian Signature(s): _____

Coach Code of Conduct

The purpose of this code of conduct for coaches is to establish common expectations for all members of the CAT Coaching Staff. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to USA Swimming's rules and code of conduct.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's board of directors.