

## **Athlete's Code of Conduct**

*You represent your team. Put forth your best efforts and it will reflect well on everyone.*

1. I will report to practice and meets on time and prepared to swim.
2. I will not talk or cause distraction while the Coach is talking.
3. I will respect all property of the Swim Team, Pool and other athletes.
4. I will treat fellow swimmers, coaches and adults (Blasters and Competing Teams) with respect. This includes:
  - No Swearing
  - No Put Downs or Trash Talk
  - No Inappropriate Touching or Hitting
5. I will conduct myself with true Sportsmanship behavior:
  - Cheering for fellow swimmers
  - Being Congratulatory to other swimmers in my race (staying in the water until all swimmers are finished and shaking hands)
  - Help to Build Team Spirit

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Swimmer's Signature

The Coach, along with the Board of Directors, will determine consequences of Infractions of the Athlete's Code of Behavior.

## **Parent's Code of Conduct**

***Conduct yourself in a manner that your child and others will want to emulate. You are a reflection of our Team.***

1. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and demonstrating positive support for athletes, coaches, officials and spectators at every meet, practice or team event.
2. I will not engage in any unsportsman-like conduct with any coach, official, athlete or parent to include:
  - Cheering against another swimmer
  - Using profanity
  - Using illegal drugs, tobacco or alcohol at any team event.
3. I will not yell at or ridicule my or any other child for his performance.
4. I will remember to emphasize effort over winning and praise my child and others for competing fairly and trying hard.
5. I will respect the Coaches and Officials and refrain from confronting or questioning them during meets or practice and will use the proper channels for dispute resolution.
6. I will not interfere with or become involved with coaching my child during practice or meets.

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Parent Signature

The Board of Directors will determine consequences of Infractions of the Parent's Code of Behavior.