



Sharks Swim & Dive Team - Code of Conduct & Rules

Athlete Code of Conduct & Rules

- Conform to all rules, regulations and procedures announced by the coaches and team rep.
- Offer congratulations to my opponents, win or lose, and cheer on my teammates.
- Act and conduct myself with dignity and with respect for others and the property of others.
- Dress in team uniforms during competition.
- Be humble in victory and courageous in defeat.
- Always teach and practice good sportsmanship.
- Promote positive high team spirit and morals.
- Compete/participate in ALL of my events to the best of my ability.
- Put forth maximum effort at practices and set a positive example for my fellow teammates.
- Honor the rules set by the coaching staff at meets and practices.
- Be on time for practices, meet warm-ups and other designated team functions.
- Stay with the team during meets

I further acknowledge that the following conduct is unacceptable and will not be tolerated:

- Possession or use of alcoholic beverages, chemical or illegal drugs.
- Causing or threatening to cause physical harm to anyone.
- Inappropriate or unsupervised activities between group members.

I understand that violating any of these rules may result in immediate disciplinary action, including but not limited to, the following:

- Removal from practice
- Removal from competition
- Suspension from the team
- Dismissal from the team

I understand that it is an honor and a privilege to represent my swim team. Therefore, I agree at all times to conduct myself appropriately and honorably and to conform to the following Code of Conduct, while representing the team.

PARENT Code of Conduct & Rules

- I will remember that children participate to have fun and that the sport is for youth, not adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others, including any COVID symptoms.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by displaying positive support for all swimmers, coaches, officials, and spectators at every meet, practice, or swim event.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer, or parent such as booing, taunting, and refusing to shake hands, or using profane language or gestures.
- I will demand that my child treat other swimmers, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.
- I will promote the emotional and physical well-being of the swimmer ahead of any personal desire I have for my child to win.
- I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets. I will take time to speak with them at an agreed upon time and place.
- I will refrain from coaching my child or other swimmers during meets and practices UNLESS I am one of the official coaches of the team or have been asked by an official coach.
- I will remain at least 6 feet off the pool deck during all practices unless requested by a coach.
- I will not coach any child including my own from the sidelines during practice. I will let the coaches do their job.
- I will not distract coaches during practice or meets but will request set aside time to discuss my child's progress, swim time, additional coaching etc.
- If I stay to watch practice I will be there as a spectator ONLY.

I understand that violating any of these rules may result in immediate disciplinary action, including but not limited to, the following:

- Removal from practice
- Removal from competition
- Suspension from future team events

Athlete:

Name: _____ Signature: _____

Parent or Guardian

Name: _____ Signature: _____