

## **RANCHO BERNARDO SWIM & DIVE TEAM CODE OF CONDUCT**

**As a Member of the Rancho Bernardo Swim & Dive Team, I understand that being a part of high school athletics is a privilege, not a right, and I agree to the following policies:**

- No illegal use of drugs, alcohol, or tobacco will be allowed. No unlawful acts will be allowed.
- Athletes must comply with the instructions of the coaching staff. Coaches will entertain changes in the line-ups, but all coaching decisions are final. Any athlete who disputes an event in which they have been entered and fails to swim the event will be subject to disciplinary action.
- As a guest at a host facility, conduct will be subject to the rules and regulations of such host.
- Swimmers must pay for any and all damages due to misconduct.
- I understand how practice attendance and habits relate to performance at meets; therefore, I will attend all practices, meetings, and competitions unless otherwise excused by a coach.
- I will attend and support the Rancho Bernardo Swim & Dive Team in fundraising efforts through the swimathon/diveathon and any other events or activities related to team fundraising (i.e., concessions).
- I will display respect, honesty, and sportsmanship toward coaches, officials, administrators, parents, and fellow competitors. I will always pursue victory with honor.
- I will maintain a lifestyle that will allow proper sleep, rest, and nutrition necessary for maximum performance. Further, I understand the importance of quality, hard work at school and I will complete schoolwork assignments on time.
- I will display a positive and supportive attitude toward the program, coaches and teammates. Accordingly, I will wear the proper team uniform during all team competitions. I will refrain from any activity that would detract from a positive image of the program.
- I will not participate in any conduct that is considered detrimental to the team as determined by the coaching staff of Rancho Bernardo Swim & Dive Team.

### **Parent's Responsibilities**

Rancho Bernardo Swim & Dive Team depends on the support and commitment of our athletes' parents. We recommend the following to enhance your experience with the team.

- Please help the coaching staff in reinforcing safety concerns around the locker room and pool deck. Well behaved athletes allow our staff to focus on their coaching and not discipline problems.
- Focus on the best for your athlete. Encourage and praise your athlete's hard work and accomplishments, but remember that they are young people. Don't hold your athlete to expectations beyond his abilities or desires.
- I will not participate in any conduct that is considered detrimental to the team as determined by the coaching staff of Rancho Bernardo Swim & Dive Team.

### **Rancho Bernardo Swim & Dive Team Disciplinary Rule: Three Strike Rule**

1. Warning to the athlete about the questionable behavior.
2. Warning to the athlete and the parent/guardian about the specific behavior and consequence.
3. Suspension or expulsion from the team.

If an athlete is disruptive during their workout, they may be asked to leave for the remainder of their workout.

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Name of Participant (please print)

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Signature of Parent / Legal Guardian (if participant is under 18 years old)

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Date