



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Ridgewood YMCA Dolphins Swim Team Code of Conduct

Participants on the Ridgewood YMCA Dolphins Swim Team agree to abide by the standards of conduct outlined below in addition to those established by the staff for both short and long course seasons. All team members are expected to:

- 1. Offer congratulations to opponents, win or lose, and cheer on their teammates.**
- 2. Wear the designated team suit, cap, and other clothing as prescribed by the coaches.**
- 3. Follow the directions of the coaching staff during practice, meets, and other team activities.**
- 4. Not possess, sell, or use alcohol, tobacco, or any non-prescribed drugs. This behavior is not tolerated.**
- 5. Not remove or take any article that does not belong to them, such as clothing, jewelry, or money.**
- 6. Respect the property of the YMCA and any other facility the team may visit or use. No swimmer shall tamper with or cause damage to any such facility.**
- 7. Display proper respect and sportsmanship toward coaches, officials, and administrators, fellow competitors, parents, and the public.**
- 8. Promote positive team spirit and morale, which includes being humble in victory and courageous in defeat. Deal justly, kindly, impartially, and intelligently with all fellow team members.**
- 9. Refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.**
- 10. Be 100% financially responsible for any damage to any part of their room or hotel when out-of-town meets require staying at a hotel.**
- 11. Abide YMCA Swimming and USA Swimming rules and regulations, as well as all RYD team policies.**

Swim team Family Conduct

It is unfortunately true that at many youth sports competitions “if the parents weren’t at the game, the kids would just be fine.” Swimming is no exception and some would argue that overbearing swimming parents who lose sight of the real purpose of the youth swimming programs are a prime example of overemphasis on winning.

The RYD Swim Team is designed to accommodate a wide range of physical talent, as well as peaks and valleys of athletic motivations. The program seeks a balance between competition, participation, academics, family values and good old fashioned “fun”.

Much of the primary motivation for children is praise of their parents. The manner of administering the praise is important. Praise should not be in the form of bribes or extra rewards that are based on extra requirements of the swimmer. One of the goals of our program is to teach reward of hard work and realizing success from that hard work. Often, feelings of success that a child could have, are tarnished or completely destroyed by the failure to meet an outside requirement placed on the performance by well-meaning parents. If you choose to reward performances materially, do so not on the basis of a task that you believe the swimmer should be able to do, but rather as the result of a solid effort. If rewards are given, keep the idea of the reward a secret until after the performance. There is plenty of pressure to do well without adding to it with a "if you do this, then you will get this" type of statement.

"Overzealous swimming fanatic parents" should be forewarned that conduct detrimental or embarrassing to our YMCA or Swim Teams will not be tolerated, just as the conduct of the swimmers themselves, at practice and at meets, is expected to be at the highest level.

Parents may not interfere at practices or competitions. Parents are not to be on deck at swim meets unless they are volunteering. If meeting with or speaking to a coach is necessary, please plan a time away from practice to speak or if urgent, wait until the completion of the practice or competition.

Relay Policy: The coaches will make the final decision on all relays with the best interest of the team in mind. Whether you are on the "A" relay, "D" relay, or no relay, you are making a contribution to the team by giving the team as a whole its best chance at success. Relay selections and orders will not be discussed or disputed with parents.

Finals Policy: At prelim/final meets, all swimmers who qualify for finals are required to represent the team in finals. Team points can only be scored in finals at prelim/final meets, so swimmers are expected to swim finals to help the team in overall scoring. If a swimmer does not swim finals at a championship meet, they will be required to sit out the championship meet the following season.

Failure to comply with the Code of Conduct may result in, but not necessarily be limited to:

- A. Swimmers are not allowed participation in some or all team activities.
- B. Swimmer immediately being sent home at their expense
- C. Swimmer being temporarily or permanently dismissed from the team

The coach in charge, along with the Head Coach and the YMCA leadership will make the final decision in matters of discipline or dismissal based on the degree of violation of the above code by the swimmer or parent (s).