



Temecula Swim Club Coaches Code

The Board of Directors of Temecula Swim Club (TMEC) oversees the conduct of all coaches at all levels of TMEC in order to ensure that any or all involvements or experiences with TMEC are fair, positive and enjoyable. To clarify expectations of coach conduct, we jointly expect all coaches to conform to this code of conduct. Coaches who do not follow the expectations described below will be disciplined or removed.

1. I will maintain all requirements and certifications of a USA Swimming accredited coach.
2. I will provide a healthy environment for competition and practices.
3. I will ensure that activities being undertaken are suitable for the age, experience and ability of each swimmer.
4. I will avoid training techniques that might be knowingly harmful to the swimmers.
5. I will be careful about the safety of the swimmers when selecting equipment.
6. I will keep in mind the well being of the swimmers and when coaching an injured swimmer act in accordance with the recommendation of their personal physician.
7. I will communicate with the swimmers and their families.
8. I will keep a current copy of the USA Swimming rules and regulations, as well as updated interpretations and rules in a timely manner as they are issued from time to time.
9. I will explain the objectives of training to the swimmers.
10. I will not unduly embarrass or demean the swimmers.
11. I will not discredit the reputation of other coaches.
12. I will keep the personal information related to the swimmers confidential.
13. I will stress the importance of honesty in competition.
14. I will understand and respect the rules of the competition.
15. I will respect the decisions given by the referees during the competition.
16. I will not encourage the swimmers or spectators to speak out against the referees.
17. I will maintain self-control at all times.

18. I will not use abusive language or gestures at pool facilities.
19. I consider it a privilege guiding youth through participation in swimming.
20. I will always try to keep the best interests of each swimmer in mind.
21. I will always encourage before the swimmers under my direction the high ideals of honesty, sincerity, and integrity. I will not encourage, or tolerate, any form of trickery or evasion in order to gain an advantage over an opponent.
22. I will do all in my power to instill in those under my direction a tolerance for all races and creeds, and I will stand out against intolerance wherever it may occur.
23. I will strive to instill in every swimmer the desire to swim not as an end, but as a training ground for the swimmers' highest personal development.
24. I will strive to teach each swimmer to be humble in victory and gracious in defeat, to be above bragging or using excuses, in order to help develop inner strength and poise.
25. I will make every effort to protect the moral, mental and physical health of the swimmers under my guidance.

I, _____, sign this Code as a Coach of the Temecula Swim Club, knowing and understanding the importance of TMEC's goals and objectives and will follow the guidelines set forth in the TMEC Coaches Code.

Name _____

Signature _____

Date _____