

Team Honor Code

The following code is in effect throughout the year. Some of the items refer specifically to team travel. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future travel meets or other competition or dismissal from the team.

1. SST may travel as a team to meets, retreats, and clinics. All swimmers are expected to behave in an exemplary manner. The reputation of SST, as well as the other athletes with you, is dependent on your behavior.
2. The coaching staff holds the final word on any rules, regulations, or disciplinary action.
3. The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and possible expulsion from SST. Any swimmer suspected of such activity will appear before a review committee composed of the head coach, the head age group coach, the club president, and two other SST board members.
4. At no times will male and female athletes be in the same room together with the door closed. This applies to SST members or members of any other team.
5. No team meetings may be missed. Be punctual to all meetings and warm-up times.
6. No team member may be out of his or her room after the assigned bedtime. Permission must be obtained from the coach to leave the room past this time.
7. Any damages or thievery incurred at a hotel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms. Make all long distance calls on a credit card or collect.
8. All team members will be polite in restaurants. Leave a 15% tip. If there has been a problem with the service, see the coach.