

Steel City Aquatics

Team/Group Member Expectations & Code of Conduct

Steel City Aquatics is committed to and fortunate to have highly experienced, professional coaches working to develop each of you as better swimmers and more importantly, disciplined people. As swimmers and team members, it is absolutely essential that you give our coaching staff the respect and cooperation they deserve in running our swim team and in working with all swimmers to realize their potential and achieve their individual goals. We are happy to have you with us and look forward to a great season!

Membership in the Steel City Aquatics is a privilege, not a right. Each athlete on the team has made a personal choice to be on the team. Making this choice binds each athlete to team guidelines and expectations. All participating members will abide by these rules.

Team Rules and Guidelines

As a swimmer and team member of the Steel City Aquatics, I will abide by the following:

1. Our guiding principle in the coach/swimmer/teammate relationship is one of mutual respect, cooperation, and encouragement.
2. Team members are expected to look out for one another, take care of one another, and support and encourage one another. That is what being on a team is all about. Adhering to the old adage “If you don’t have something nice to say about someone, don’t say anything at all” is expected of everyone.
3. Team members are also expected to be respectful and well mannered toward other team’s coaches, parents, swimmers and officials.
4. Disrespectful, indiscreet or destructive behavior directed towards coaches, parents, other athletes, or officials will not be tolerated and will result in disciplinary action including suspension or termination. It is the responsibility of each participant to avoid guilt by association with such activities at any time.
5. Swimmers are encouraged to bring any issues of concern to the coaching staff or to their parents immediately so that it can be dealt with swiftly and appropriately. Hazing and intimidation (verbal, physical, or mental) will not be tolerated in any form or manner and will result in disciplinary action including suspension or termination.
6. Student-athletes are expected to attend and bring a positive attitude, enthusiasm, discipline, commitment and a good work ethic to team, meets, and functions. If a swimmer is going to be missing practice the coaching staff should be notified.
7. Different practice and meet participation requirements apply to different levels of the program. Make sure you know when you are expected to attend practices and meets.
8. The coaching staff will have the final decision on meet events and meet lineups. Participants are reminded that the goal is to continue to challenge the individual swimmer to achieve new personal bests.
9. All team members are expected to be respectful of, take pride in, and not misuse or mistreat any and all facilities and equipment. Team members are expected take part in facility set up, tear down, clean-up and properly re-storing any equipment used for practices and meets. Intentionally damaging or removing property or equipment will result in disciplinary action including suspension or termination.
10. The consumption of alcohol, smoking, or the taking of drugs not prescribed by your doctor (except over the counter medication) at any time during the season, whether at a team function, during school, or in the community, will result in immediate dismissal from the team. Participants disciplined by the school district or the township police for offenses in this area will be immediately dismissed from the team and no refund of program fees will be given.
11. Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and Steel City Aquatics program. Athlete behavior must positively reflect the high standards of the club.
12. Swimmers agree to all the rules outlined in the Travel Policy.
13. Swimmers are to refrain from inappropriate physical contact at team activities and events.
14. Swimmers are to refrain from using inappropriate language.
15. Swimmers agree to all rules outlined in the Social Media policy.

16. Swimmers are to treat each other's property with respect, not to damage, mis-use, mis-place, or steal others property.
17. All members will agree to and abide by the terms and conditions as put forth in the Rules and Regulations of USA Swimming and AMS Swimming and the disciplinary actions recommended by the Steel City Aquatics Board.

Additional Rules and Guidelines for our Varsity group:

Participation in the Varsity group is a privilege, not a right. Each athlete in the Varsity group has made a personal choice to be in the group, as approved by the coach. Making this choice binds each athlete to these additional group guidelines and expectations.

1. I will adopt and support the high level of discipline, commitment, work ethic, and teamwork required by our coaching staff for participation in the Varsity group.
2. Varsity group participation follows the Senior groups practice schedule. However, once the Varsity Swim season begins Varsity swimmers will practice with their high school. They are permitted to swim with the Senior club group or dry land activities as approved by their coach.
3. Student-athletes are expected to attend and bring a positive attitude, enthusiasm, discipline, commitment and a good work ethic to team, meets, and functions. If a swimmer is going to be missing practice the coaching staff should be notified.
4. Meet participation schedules, expectations, and events will be established by the coaching staff. Swimmers unable to attend a planned team meet for which the swimmer qualifies must review and discuss their planned absence with the coaching staff in advance of the meet.
5. All Varsity members agree to abide by these rules and failure to fulfill the above requirements and expectation of the coaching staff will result in dismissal from the Varsity group.

Disciplinary Actions

1. **Safety Infractions or Safe Sport Infractions:**
 - i. First Violation: coach conversation with swimmer and communication with parents/guardian; develop and document a safety action plan that will be signed by the swimmer in acknowledgement of receipt .
 - ii. Second Violation: removal from practice for up to a week.
 - iii. Third Violation: suspension from club until conclusion of current season; and
 - iv. Board decision regarding club expulsion
2. **Disrespect for another athlete, coach, official, or parent (as witnessed in person or verified in electronic form such as social media platforms, texting, photo, video, ect):**
 - i. First Violation: coach conversation with swimmer and communication with parents/guardian and develop an action plan that will be signed by the swimmer in acknowledgement of receipt .
 - ii. Second Violation: removal from practice for up to a week.
 - iii. Third Violation: suspension from club until conclusion of current session; and
 - iv. Board decision regarding expulsion.
3. The Disciplinary Actions are not limited to the order listed above. Depending on the severity of the incident the coach and/or BOD will select the appropriate disciplinary action. Suspensions and expulsions are made at the discretion of the Board of Directors.
4. In the event of termination from the Steel City Aquatics no refund of program fees will be given.
5. Damage, mis-use, or purposefully misplacing/stealing of equipment either personal, club, or pool facility: may result in suspension of the current practice session. Discussion with the coach will take place to return to practice. A second offense could result in expulsion from the club.

6. Physically striking another athlete, coach, or parent is grounds for immediate and permanent dismissal from the club.
7. Any act or imitation of performing or participating in illegal activities is grounds for accelerated violation steps including or up to permanent dismissal from the club, as determined by the BOD

I have read and understand the Steel City Aquatics Club rules and guidelines. I agree to follow the rules and guidelines and will do my best to always represent my team and school in a positive light. I also understand that my failure to follow these rules and guidelines will result in loss of team or group membership.

Member's Name: _____

Signature: _____ Date: _____

Parent's Name: _____

Signature: _____ Date: _____

For Registrar Use:

Season: _____ Date Received: _____