



# LANGLEY & ABBOTSFORD OLYMPIANS SWIMMER CODE OF CONDUCT



As a member of Langley & Abbotsford Olympians Swim Club, certain expectations are placed upon you. This is to provide you with a better working relationship with your coach and other team members. It is very important that you read the following carefully and understand what is expected from you as a member of our team. In exchange for your commitment, we will provide you with experienced, professional coaches who will be working tirelessly to help you develop your career as a swimmer. Failure to adhere to these codes of conduct may lead to suspension or dismissal from the club.

- You will attend all workouts and swim meets on time that the coach deems necessary. If you are going to be absent or late you should make every effort to notify your coach. If you have a legitimate reason for being late or absent that will be accepted. If a swimmer is constantly late or absent without just cause that will affect your ability to be in the group or club.
- If you are injured, please notify your coach in writing in advance of a workout. If an injury takes place within a water or dry land workout notify your coach immediately. You should have a doctor forward a note outlining what you are capable of doing within a water or dry land workout. If we are able to accommodate you within a workout we will. Otherwise you will have to stay out of training until you are healed. All swimmers should look for ways to swim rather than miss a practice. If you have an injured arm, you can still kick, if you have an injured leg you can pull. If you are sick but attended school, you should be well enough to attend practice. **All athletes need to push themselves even when not at their best in order to build mental toughness and physical endurance.**
- You will attend all practices and meets dressed in the correct attire, club approved sweat jacket, sweat pants, t-shirt, swim suit and team cap.
- You will bring all required equipment to every practice and swim meet, which should be clearly labeled (as outlined in the attached document).
- You will be a positive role model within your group and the club. Be positive, encouraging and supportive to other team members.
- You will treat each coach, teammate, official, lifeguard or other swimming related person with dignity and respect.
- Use of foul language will not be accepted while you are within an L&A OSC event.
- There shall be no physical contact between yourself and any other L&A OSC person while at an L&A OSC swim meet, workout, or other event.
- Understand that your coach will be challenging you in a fair and professional manner so you can excel within your group. Expect to be challenged and strive for your goals.
- You (or your parents) should bring any problems or concerns immediately to the attention of your coach by email, phone and or personally speaking to the coach. Your coach is there to help you and your teammates attain your goals.
- Use of electronic devices may be limited by coaches at workouts and meets.
- Use of electronic devices during training and/or competition should not be used in change rooms.
- Swimmers will not touch other swimmers belongings or go into other people's property.
- Swimmers will not use other people's passwords on phones, iPads etc.
- L&A OSC fundraising on own cannot take place without written authorization by the Director of Swimming/Head Coach. If fundraising takes place without consent you will not be a member in good standing and will not be a member of L&A OSC.

You are a valuable member of Langley and Abbotsford Olympians Swim Club and we want you to have a positive experience in the upcoming season.

I have read and understand the L&A OSC Swimmer Code of Conduct and agree to abide by these rules.

Print Swimmers Name: \_\_\_\_\_

Swimmers Signature \_\_\_\_\_ Parents Signature \_\_\_\_\_ Date \_\_\_\_\_