



LANGLEY & ABBOTSFORD OLYMPIANS

SWIM MEET CODE OF CONDUCT



Being a member of Langley & Abbotsford Olympians Swim Club involves attending swim meets. Below are listed our expectations of you as a swimmer in the L&A OSC team. Failure to adhere to these codes of conduct may lead to suspension or dismissal from the club.

- You will attend all swim meets that your coach deems appropriate for you. If you are unable to attend the selected meets, you need to inform your coach and have a valid reason. Swim meets are why we train and swim. If you miss a meet it affects your long term development. Your coach plans your training around certain meets so it is important that you attend as many as you are able.
- Swimmers who are sick or injured and have not been able to train will only be entered into the swim meet if the coaches deem it useful and is warranted.
- Your coach will enter you in events. If you want input please speak to your coach well in advance. Swimmers are entered into events the coach feels the swimmer is ready for and needs. Entries will be posted on the web site so members can make sure the entries are correct. If there are any incorrect entries or missed entries, coaches need to know ASAP as there are entry deadlines to meet.
- You will attend swim meets and arrive on time. Your coach will let you know when to arrive and when you are allowed to leave. You must NOT leave the meet without permission from your coach. If your parents wish you to leave, this must be approved by the coach beforehand.
- You will attend all meets dressed in the correct attire. If you are not wearing the correct approved team attire (track jacket & pants, club t-shirt, cap) you may be scratched from the meet. We are a team and need to dress as a team.
- If the location of the meet requires travel, you will be given a time and day you need to arrive and depart the meet. Often we will have limited number of rooms available on a first come first serve basis. Travel will be the responsibility of each family to coordinate. If you wish to share accommodation and transportation feel free to do so. If one parent wants to take swimmers to one meet and other family takes the swimmers to the next meet that may help to save money.
- You will at all times show team spirit and be supportive of all team members. You will also be respectful of other teams, swimmers, officials, pool staff and coaches.
- Parents will be responsible for their swimmers before practice time and after practice times. Parents will be responsible for their swimmers during breaks at ALL swim meets. The coach will coach the swimmers but the parent will be responsible for their swimmers between races at ALL SWIM MEETS and designated L&A OSC events.
- Always speak to your coach before and after every race for feedback. Your coach is there to support you but will not come looking for you on deck. See coach and or warm down first, see parents after this is done.
- Once you commit your swimmer/s online you are responsible for the cost associated with that meet. The only exception may be if we are able to scratch you before the entry deadline.

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

Print Swimmers Name: _____

Swimmers Signature _____

Date _____

Parents Signature _____

Date _____