



## Aspen Swim Club Swimmer Code of Conduct

To assist the Aspen Swim Club's goals of maximizing an individual's potential as a swimmer, contributing to an athlete's development as a person, and maintaining an effective and efficient operation to provide a rewarding and enriching experience for all its members and athletes, the Club expects all its members and athletes to adhere to the following Code of Conduct:

### General

1. Athletes and members are expected to be respectful of the coaches, parents, volunteers and fellow athletes associated with the Club.
2. Athletes are expected to continually strive to perform at their best.
3. Athletes and members are expected to conduct themselves in a manner that contributes to a healthy team environment and to be encouraging to fellow teammates.
4. Athletes and members are expected to refrain from illegal drug and alcohol use. Any infraction of this policy will result in immediate dismissal from the team, subject to reinstatement at the board's discretion.

### Practice

1. Athletes are expected to be on time for their respective practice sessions.
2. Athletes are expected to pay attention to their coaches, to be respectful and to avoid disruptive behavior at all times.
3. Athletes are expected to complete assigned sets, absent prearranged exceptions with the coach(es).
4. Athletes are expected to avoid arriving for practices late or leaving practices early, absent prearranged exceptions with the coach(es) prior to the commencement of practice.

### Meets

1. Athletes are expected to wear the team swimsuit (either team or speed suit) and, if the Athlete wears a swim cap, the team swim cap.
2. Athletes are expected to be at the pool, to have checked in with the coach(es), and to be ready to swim, at the designated warm-up time for each session.
3. Athletes are expected to check in with the coach(es) both prior to and after each event in which the athlete participates.
4. Athletes are expected to be respectful of other competitors and the host facility at all times.
5. If an athlete has registered for an event and will not attend, for any reason, the athlete is expected to notify the coach as soon as possible, to accommodate others who may be relying upon the presence of such athlete to fill the roster.

We have read and understand the above Code of Conduct, and agree to abide by its guidelines:

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**Participant Printed Name & Signature**

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**Participant Printed Name & Signature**

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**Parent/Guardian Name & Signature**

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**Participant Printed Name & Signature**