

Swimmers’ Code

Of Conduct

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
|  |  |  |
| 1 | I accept responsibility for my behavior on and off the pool deck, I understand that what I do and say affects my teammates, my team, and other people either positively or negatively. | |
| 2 | I have the right to be safe on this team. This means that no one will hit me, kick me, push me, pinch me, or hurt me or other physical contact. | |
| 2 | I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular. | |
| 3 | I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators. | |
| 4 | I do not put people in boxes according to their race, sex, religion, neighborhood, sexual orientation, or abilities. I judge people by the content of their character. | |
| 5 | I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, “How can I help you?” | |
| 6 | I serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, facility staff and spectators. I understand that it is a privilege to represent my family, school, team, and community as a student-athlete. | |
| 7 | I give 100 percent effort to practices, competition, and other team events. I understand that effort demonstrates my commitment to the team and my respect to my coaches and teammates. | |
| 8 | I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and “trash-talking” to members of other teams. I accept defeat graciously by congratulating my opponents and a great race. | |
|  | ***COLORADO TORPEDO COACHES WILL FOLLOW A COACHES CODE OF CONDUCT AT ALL TIMES AND MAKE A POSITIVE DIFFERENCE IN YOUR LIFE!!***  **Swimmers learn by HOW I COACH (Adapted from “Children learn what they live”-Dorothy Law Nolte** | |
| *If I coach with hostility-my swimmers learn to be hostile.*  *If I coach with ridicule-my swimmers learn to disengage.*  *If I coach with shame-my swimmers learn to be ashamed.*  *If I coach with sarcasm-my swimmers learn to hide.*  *If I coach with love-my swimmers learn how to be loved.*  *If I coach with tolerance-my swimmers learn how to be patient.*  *If I coach with encouragement- my swimmers learn to encourage.*  *If I coach with empathy-my swimmers learn to express their feelings.*  *If I coach with compassion-my swimmers learn to care about others.*  *If I coach with praise-my swimmers learn to value themselves.*  *If I coach with fairness-my swimmers learn justice.*  *If I coach with affirmation-my swimmers discover their full potential.*  *If I coach with acceptance and friendship-my swimmers learn how to find and give love in their relationships.* | | |
| *Because I represent my family, school and the team, I abide by the policies, rules, and guidelines of my school, team, and coaches.*  *Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*  *Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_* | | |

### (InsideOut Coaching, Joe Ehrmann Copyright 2011)