

**MICC SHARKS SWIMMERS CODE OF CONDUCT AGREEMENT:**

I, \_\_\_\_\_, as a member of Sharks Swim Team, acknowledge that following certain basic rules of conduct is important to my development as a swimmer, my relationship with my parents, coaches, and teammates as well as the community reputation of The Sharks. I realize that not acting in a proper way while engaged in team activities is harmful to myself and to my team, and prevents me from becoming the best swimmer and person I can be. I therefore pledge to observe the following basic rules of conduct while involved in Sharks Swimming related activities:

1. Respect teammates, coaches, officials and opponents at all times by showing good sportsmanship both on and off the pool deck.
2. Be respectful of teammate’s feelings and personal space. Swimmers who exhibit inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by the head coach depending on the severity of the infraction.
3. Support and encourage teammates by setting a positive example.
4. Listen to and learn from my coaches. Refrain from disruptive behaviour at practice and meets.
5. Arrive on deck at least 5 minutes prior to the start of practice and 10 minutes prior to warm-up sessions at meets
6. At times, The Sharks will travel together as a team and sometimes as individual families in order to compete with the best and further strive to better competition. Everyone is expected to behave in an exemplary manner.
7. Always notify a coach when I need to leave the deck area at either practice or meet.
8. No member of the Sharks team without a parents will use the Family locker room for practice or meets
9. Following our Electronic policies

**Meet Conduct**

No team personnel, competitor or spectator shall act in an unsportsmanlike-like manner. This includes, but is not limited, to the following:

- Making insulting or derogatory remarks, gestures or acts, including taunting.
- Trying to influence or showing disgust with officials' decisions.
- Interfering with meet officials or coaches in the performance of their duties.
- Using obscene language.
- No electronics unless listening to music in a group

Failure of swimmer to comply with the Code of Conduct may result in, but not necessarily be limited to:

- 1 Being prohibited from participating in some or all team activities.
- 2 Immediately being sent home from a meet or practice.
- 3 Being temporarily or permanently dismissed from the team.

All instances of disciplinary action will be documented and communicated to the parent/guardian for their review. The Head Coach together with the assistant coaches will make the final decision in matters of discipline or dismissal based on the degree of violation of the above code.

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Swimmer

\_\_\_\_\_  
Date

**Mandell JCC Sharks Swim Team**  
**Athlete - Electronic Communication/ Social Media Contract and Expectations.**

**Athletes Name:** \_\_\_\_\_

**Purpose:** Athletes should be made aware that there are certain standards for electronic communication for all individuals associated with the Mandell JCC (Sharks) Swim Team as well as USA Swimming. The ability of coaches and non-athlete members to adhere to the required policy relies, in part, on the ability of athletes to respect the boundaries established for healthy electronic communication with the team.

**Athletes should remember that swimming for the Sharks is a privilege, and they are expected to represent themselves, their team, and their community in a positive manner at all times.**

- **ALL 12 & UNDERS SWIMMERS**
  - **CAN NOT USE ELECTRONICS DURING SWIM MEETS.**
- **13 & OVER SWIMMERS**
  - **MAY USE THERE PHONES TO LISTEN TO MUSIC W/ HEADPHONES, OR CONTACT THERE PARENTS.**
- **THOSE THAT BREAK THESE RULES WILL HAVE THEIR ELECTRONICS CONFISGATED BY A COACH & RETURN TO SWIMMER/PARENT AT THE CONCLUSION OF THE MEET.**

**Policies**

The club holds the following policies on social media and texting for athletes:

1. Athletes will not use derogatory language, including sexist, racist, homophobic, obscene, or profane material of any kind.
2. Athletes will not use social media to degrade, demean, or attack any person, team, or organization.
3. Athletes will not take or post pictures/videos online of other athletes without their permission.
4. Athletes will not use social media to contact his/her coach(es) and will instead post appropriate material to the club's profile.
5. Athletes will not call or text their coach, except in an emergency or if a parent/guardian is included in the communication.
6. All communication between athletes and coaches will be related to the activities of the team and should, whenever possible, be limited to in-person communication during team practices or events.

**Things to remember:** Texting

1. Text messages and photos can be saved or screen -shot. Once the message is transmitted, the sender does not have control.
2. Texting between athletes and coaches is not okay unless it is an emergency situation or another adult (such as a parent/guardian or another coach) is copied on the text.
3. It is typically more effective to discuss an issue in person.

**Things to remember:** Social Media

1. Once you post something online, it is public and permanent even if you delete it.
2. Many employers, college admissions officers, and athletic recruiters review social networking sites as part of their evaluation of an applicant. Carefully consider how others may perceive the information and content that you share about yourself.
3. Never post your email address, home address, phone number, or other personal information, as it could lead to unwanted attention, stalking, or identity theft

I have read, understand and agree to follow the Sharks Social media and texting policies. If I should break one of these policies, I will be subject to an appropriate consequence set by the Sharks Coaches and Mandell JCC Staff.

\_\_\_\_\_  
Swimmers Signatures

\_\_\_\_\_  
Parents Signatures