

Member Policy Code of Conduct

GENERAL EXPECTATIONS

- All participating team members must abide by this code of conduct.
- Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
- Use of alcoholic beverages is unacceptable at any time during the swim year.
- Use of drugs other than those prescribed by your physician is unacceptable at any time during the year.
- The use of tobacco is unacceptable at any time during the year.
- Disrespectful, indiscreet or destructive behavior will not be tolerated. It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time during the year.

PRACTICE BEHAVIOR EXPECTATIONS

- Cooperative and respectful attitude toward the coach
- WALK to and from practice
- Maintain conversational voice levels
- Ready to begin practice on time
- Observe and comply with the rules of CASTLE HIGH SCHOOL, including, but not limited to:
 - No running on pool deck
 - No one on the diving board at any time
 - No pushing or shoving a person into the pool
 - No splashing
 - No chewing gum
 - No spitting
 - No obscene or profane behavior or language
- Respect personal property of teammates or restitution for damage will be expected.
- Must have a written note from his/her parent to be excused from practice or dismissed early.
- Responsible for own swim gear

- Keep all facilities clean.
- Be respectful, reassuring, and helpful towards others. Playfulness, defined by some swimmers, can become frightening, harassing, and hurtful for others.
- Resolve differences through conversation and compromise. Disputes not successfully resolved verbally should be referred to the coach.

Disruptive Behavior During Practice Sessions

Disruptive behavior during practices will not be tolerated. The intent of practice is to improve technique and endurance. The coach will handle disruptive behavior during practices. If necessary, the coach reserves the right to dismiss and/or suspend the swimmer from practice.

Dismissal from Practice: If the athlete has been dismissed from practice, he may NOT leave the pool deck area until the practice session is over and the coach personally dismisses the athlete. Should the disciplined swimmer wish to call his parents for immediate pick-up, he may do so upon permission from the coach. The swimmer must then remain on pool deck until the parent arrives and the coach is notified that the swimmer is now under parental supervision. The discussion of the incident must be postponed until convenient for the coach.

UNDER NO CIRCUMSTANCE WILL THE COACH ENGAGE IN A CONVERSATION WITH A PARENT CONCERNING INDIVIDUAL DISCIPLINE DURING A PRACTICE SESSION.

It is the coach's responsibility to inform the parent(s) following a reprimand that dismisses the swimmer from practice. This may be done verbally or in writing. The coach will maintain records of each incident, including date, a description of the incident and the swimmer's signature. The record will be forwarded to the Disciplinary Committee Chairperson.

Suspension from Practice: Upon the second dismissal from a practice, the athlete will automatically be suspended for the next three practices. The Disciplinary Committee will convene upon a second suspension to review the situation. Should a third suspension occur, the Disciplinary Committee will convene to consider possible expulsion of the athlete.

SWIM MEET BEHAVIOR EXPECTATIONS

- All participants are expected to follow the team uniform policy regarding designated team suits, and T-shirts and swim caps during all competition. Be proud to wear the Sea Creature colors. Your personal appearance shall be neat and appropriate at all times.
- Swimmers are expected to meet with their coach before and after each of their events.

·In prelim & final meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.

·In general, it is preferred that team members check with the coaches prior to leaving a meet. Should it become necessary for a swimmer to leave a meet early, his/her coach must be notified.

·All athletes are expected to participate in all designated championship meets they are qualified for, both individually and as part of a relay team.

·Curfews at team travel events will be obeyed. Extension will only be granted by the Head Coach. Curfew is not enforced if participant is with parents.

·Male and Female swimmers may not be in each other's room on any team trip unless supervised by designated Club official.

·Team members and parents are expected to display proper respect and sportsmanship toward coaches, officials, meet administrators, fellow competitors and the public.

·During a swim meet we are the guests of the host team. We must follow host team rules. When hosting a meet, practice session rules apply. You are responsible for the behavior of all family members attending a NSC function.

Disruptive Behavior During Swim Meets:

·Disruptive behavior can result in individual expulsion from the meet, which is usually handled by the Meet Director or Meet Referee. If serious enough, the entire club could lose their opportunity to compete. You represent NSC. Poor manners, poor sportsmanship, and poor behavior reflect upon ALL NSC swimmers and could jeopardize our invitation to future meets. Infractions should be brought to the attention of the Meet Director for possible disciplinary actions.

·Expulsion from any meet requires the swimmer to attend a meeting held by The Club's Disciplinary Committee to review the incident.

Newburgh Sea Creatures

Parent Code of Conduct

As a parent of a swimmer and member of the Newburgh Sea Creatures, hereinafter referred to as "The Club", I will abide by the following guidelines:

1. I will remember that children participate to have fun and that the sport is for the swimmers.
2. I will teach my swimmer(s) that doing one's best is more important than winning.
3. I agree to abide by The Club's bylaws and policies to create a safe and healthy environment for all its athletes in training, competition, and beyond.
4. I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices. I understand that criticizing, name-calling, and use of abusive language or gestures, will not be permitted or tolerated.
5. I will practice teamwork with all parents, swimmers and coaches by supporting the values of The Club.
6. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
7. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
8. I commit to be involved with and support The Club by volunteering my time as required, and as I am able, through the various committees, home and away meets, officiating, and other Club activities. I understand that through this involvement I will make this a more enjoyable and successful activity for my child, and myself.

Should I conduct myself in such a way that brings discredit or discord to the Newburgh Sea Creatures, or USA Swimming, I voluntarily subject myself to disciplinary action through The Club's Disciplinary Committee. The Club maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

The following is an outline of the procedures and guidelines for safe practices for our locker room:

Locker Room and Viewing Area Policy

1. Students must walk into the locker room and refrain from horseplay and chasing antics.
2. Students should spend MINIMAL time (10 minutes or less) in the locker room changing:

3. Student can socialize with peers but must focus on changing clothes for practice.
4. Each student is responsible for his or her lock and stowing equipment and bags.
5. Students cannot run, push, hit, or shove.
6. No glass is allowed in the locker room.
7. **ALL trash should be picked up from the student's area before leaving!**
8. Cell phones and other electronic devices are the student's responsibility. The coaches and team are not responsible for stolen goods. These electronic devices should not be used within the locker room.
9. Students should write their name or initials on the outside labels printed on their swim uniform, equipment, and sweats, or on the clothes used for dryland.
10. If your student observes unsafe practices he/she should report it to the coach on deck immediately.

Viewing Area/ Lobby Guidelines

1. Do not leave children UNATTENDED.
2. Do not allow children to climb poles, counters, or rails.
3. Do not allow children to run up and down stairs, around hallways, or in bleachers.
4. Pick up all trash around the bleachers and benches.

Consequences for these infractions are:

1st offense- Parent phone call and/or coach warning. (at coach's discretion)

2nd offense- Parent phone call and/or discipline (during practice or after at coach's discretion) plus coach/ student counseling session to discuss the problem and agree on a solution.

3rd offense- Referral to board with possible grounds for dismissal if behavior does not change