



Tsunami Swimmer and Parent Code of Conduct

As a member of the Tsunami Swim Team, I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are of utmost importance. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of Tsunamis. The following behavior guidelines state the principles we expect all members to demonstrate and uphold.

Tsunami Swim Team believes that it takes work hard to develop our children into better swimmers, but more importantly, into valued members of society by teaching and instilling important life skills. These skills include time-management, self-discipline, and sportsmanship. Our goal is that your child will reap the benefits of swimming long after his/her participation with our program.

As parents, it is essential that we give our coaching staff the respect and authority they deserve to run our swim team.

Part 1- Parent Code of Conduct:

- Always set the right example for our children by showing respect and common courtesies to team members, coaches, competitors, officials, and other parents.
- Respect the integrity of swim officials/judges by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help us achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. Tsunamis win gracefully, lose graciously and congratulate their opponents either way
- Be an active participant in all swim meets by volunteering. Meets depend on volunteers to run smoothly. We ask that you all take turns and never assume the same parents will always take on the responsibility.
- Encourage and support your child by permitting them to be timely for practices and competitions.
- Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.
- Recognize that Tsunami coaches are professionals and allow them to coach your child without interference during workouts and meets This includes sitting in the designated parent area on deck.
- If you have concerns, you will address it with the appropriate coach in private.



- Maintain open and honest communication among all members of our Tsunami family. We reach our common goals by working together and helping one another. We are in this together!
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.
- Encourage your swimmers to communicate with their coaches. Help them build the needed relationship to grow and become the best swimmer they can be.
- Communicate with the coaching staff about missing any swim meets. This should be done at least a week in advance. If your swimmer is 13 or older, encourage them to speak with their coach about their meet attendance.

PART II – PARENT – BASIC RESPONSIBILITIES

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time and bring the proper equipment.
- Arrive at meets in time for volunteers and/or swimmer check in, stretching and warm-ups.
- Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues. Please remember that your coaches are people too and be courteous of the days/times you reach out to them.
- Do not coach your child at practice or during meets, that is the coach's job.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc. should be directed to your swimmer's coach.
- Get involved....be an official, volunteer at meets, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at meets.
- Pay your dues/fees on time.



PART III – SWIMMER CODE of CONDUCT

The undersigned athlete participating with/for Tsunami Swim Team agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn
- Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing Tsunamis. They should represent with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are always expected to follow the directions of any member of the coaching staff, respect any instructions by officials and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable.
- Swimmers are required to attend all team meetings, practice sessions and swim meets, unless excused by staff or have made special arrangements with their coach.
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers are expected to wear Tsunami team caps and team suits at all meets. This displays team pride and makes it easier to identify swimmers on the blocks and in the water.
- Swimmers will come to all team sponsored events in the appropriate attire.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include skipping laps, pulling on lane lines or missing send offs/sets.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.



- The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all the coach's instructions completely and exactly. If any clarification is needed, they are to ask questions politely.
- Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Indiscreet or destructive behavior will not be tolerated
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by SFRSL, FHSAA, and USA Swimming.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.

Swimmers are expected to follow the rules set in place for them. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

PART IV – VIOLATION OF THE CODE – SWIMMERS

The coaches have the authority to impose the following penalties for violation of the Tsunami Swim Team Code of Conduct. The penalties include, but are not limited to, the following:

- The swimmer will be given a verbal warning.
- The swimmer will be pulled out of practice in addition to a verbal warning and the coach will contact the parent.
- If the swimmer continues his/her bad behavior, he/she will be suspended for one (1) week. (There will be NO prorated fee for monthly dues.) If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.
- I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.



By placing your name below you agree that you have reviewed the Tsunami Swim Team Code of Conduct with the registered athlete and the athlete understands the Tsunami Swim Team Code of Conduct and that you (the parent/guardian) and the swimmer agree to abide by this Code and accept the penalties for not abiding by these.

Swimmer Name (Print): _____

Swimmer Signature: _____

Parent Name (Print): _____

Parent Signature: _____

DATE: _____

Once signed, turn this last page in to your coach.