·      **Swimmers shall respect and show courtesy to their teammates and coaches at all times.**

·      **If a parent /swimmer have a problem with a coach, it is their responsibility to communicate the problem with that coach.   If the problem escalates or can’t be resolved in this manner, the parent/ swimmer is to take the issue up with the head coach, who will help to resolve any issues.**

·      **Be on time.  Be ready to get in the water on time for practice and meet warm-ups.   Be prepared to swim.  Have your equipment ready.  Bring extra caps and goggles**

·      **Be respectful of your teammate’s feelings and personal space.   Swimmers who exhibit sexist, racist or 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.  Any coach at any time has authority to ask a swimmer to exit the pool for disciplinary reasons.**

·      **No dunking, foul language, hanging on lane lines, splashing, spitting, hitting, trash talking, belittling or any other behavior deemed as horseplay is allowed in a practice venue or meet venue.**

·      **Swimsuits are required for practice.  No bikini’s as a primary practice suit, no cut offs or under garments are allowed to be used as primary swim wear in the pool. Deck changing is forbidden (per USA Swimming Rules) as is shaving at swim meets (prevention of communicable diseases).**

·      **Skateboards, scooters, glass, tobacco, alcohol, roller blades, pets, electrical appliances, and bicycles are not allowed on deck.**

·      **Swimmers are expected to exhibit good sportsmanship at practice and meets.**

·      **Swimmers and Parents shall not ever confront an official or stoke and turn judge at a meet about a disqualification.  This is the coach’s responsibility.  Swimmers and parents will be respectful and courteous to meet volunteers at all times.  If you have a problem, come get your coach.**

·       **Destruction of locker rooms and theft of property will be prosecuted under the law.  The swimmer and family of swimmer will be responsible for all damages and fees incurred upon collection or prosecution of damages.**

·      **Swimmers who are ill with contagious viruses and open wounds must tell their coach before entering the water.**

·      **A swimmer who is injured at practice or a meet must report this to their coach immediately following an injury.**

·      **Swimmers are responsible for checking in, checking postings, and heat and lane assignments, reporting to their coach and for being behind their block prior to their race.  A swimmer will suffer the consequences fees, removal from an event or the meet, no show or disqualification) as per the meet sanction or the directive of your coach for missing an event.**