**Neptunes Code of Conduct**



1. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to respect every other swimmer. This action will positively reflect on the team.
4. All members of the club, parents, and swimmers, must continue to protect and improve the excellent reputation the club has throughout the state and country.

❏ I will respect and show courtesy to my teammates and coaches at all times. ❏ I will demonstrate good sportsmanship at all practices and meets. ❏ I will set a good example of behavior and work ethic for my younger teammates. ❏ I will be respectful of my teammates’ feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences. ❏ I will attend all team meetings and training sessions, unless I am excused by my coach. ❏ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities. ❏ I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal. ❏ If I disagree with an official’s call, I will talk with my coach and not approach the official directly. ❏ I will obey all of USA Swimming’s rules and codes of conduct.

There are policies and procedures that LCN abides by for behavior that constitutes disciplinary action. For swimmers involved in more serious offenses (harassment, stealing, property destruction, etc.) there is a Three Strike Rule.

1. First Strike: conference with the coaching staff, swimmer, and parents to discuss remediation of the problem.
2. Second Strike: conference with coaching staff, swimmer, and parents to discuss remediation of the problem; 2 week suspension.
3. Third Strike: conference with coaching staff, swimmer, and parents to discuss remediation of the problem; possible expulsion from the team.

There is also a 3 strike rule for minor offenses:

1. First strike: warning from coaching staff.
2. Second Strike: removed from the pool and the swimmer is given time to reflect whether there is a desire to be there.
3. Third Strike: required to leave practice, meet, etc.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer: Date:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent: Date: