

## **Buehler YMCA Blue Marlins Swim Team Participant Code of Conduct**

**Core Values:** As a YMCA swim team, all members of the Buehler YMCA Blue Marlins Swim Team should demonstrate the YMCA core values. The core values are:

Caring          Honesty          Respect          Responsibility

**Team Expectations:** The team expectations are specific ways the swimmers are expected to demonstrate the YMCA's core values. The expectations are:

**Positive Words and Attitudes-** Be CARING be encouraging everyone on the team with positive words like "way to go" or "good job". To be a good teammate it is important to have a "can do" attitude. This also means we do not speak negatively about ourselves or our team mates.

**Courage-** Sometimes it takes courage to speak up and be HONEST. It also takes courage to go to swim meets and compete against other teams. Which means swimmers have to work hard at practice and challenge themselves.

**Active Listening-** Show RESPECT by listening to the coaches and Officials. Active listening means you are paying attention to the coaches and keeping your head above water while they are talking. It is also important to listen to an Official at a swim meet, they are there to help too.

**Punctuality-** Be RESPONSIBLE by arriving to practice and to swim meets on time. We recommend that swimmers be on the pool deck or in the gym 15 minutes prior to warm up time to allow swimmers enough time to get ready to be in the pool.

**Team Rules:** Swimmers should abide by the following rules during practice and at swim meets.

1. Come prepared- Always bring your swimsuit, goggles, swim cap, water bottle, and sandals. Jewelry can not be worn at swim meets
2. Cheer on your teammates- Swim meets are a great place to get to know other swimmers on the team, cheer them on during their races. It is a great way to show good sportsmanship.
3. Tidy Up- Whether we are at our home YMCA pool or guests at another pool, please clean up after yourself.
4. Zero Tolerance- The YMCA of Metropolitan Chicago has a zero tolerance policy for any form of bullying.

As a participant of the swim team, I \_\_\_\_\_ promise to follow the Buehler YMCA Blue Marlins Swim team Code of Conduct.

I, the parent/guardian of \_\_\_\_\_ (child) hereby certify that I and child have reviewed this Swim Team Code of Conduct and likewise agree to its clauses and terms contained herein.