

# McHenry Marlins Aquatic Club Swimmer Code of Conduct

## Philosophy

The purpose of this conduct policy is to insure that swimmers are provided an environment that allows them the opportunity to reach their individual goals. A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to coach other swimmers. Each swimmer should be committed to striving for his/her own goals and for the good of the team.

## Conduct Expected of All Swimmers

Swimmers are expected to remember that at practice, during swim meets and in public they are representing McHenry Marlins Aquatic Club. They should represent the Marlins with excellence, team spirit, good sportsmanship, and politeness.

Swimmers are expected at all times to follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.

Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.

Swimmers are not allowed to drink alcohol or use tobacco products or illegal drugs or any substances banned by US Swimming or FINA.

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 respect and care for the property of others. Vandalism, intentional damage to property or theft of property will not be tolerated.

Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.

Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.

Bullying is not tolerated. Do not cause emotional or physical harm to another swimmer or swimmer's property. Do not create a hostile environment to another swimmer. Do not create fear for another swimmer. Do not bully through the use of verbal, written (via email or text), physical, or social media means.

## Basic Responsibilities

Swim for the fun of it, not just to please your parents or coach.

Swimmers should be punctual for all practices and meets. Pool time is very valuable.

Swimmers should plan on attending all meets unless they have made special arrangements with their coach.

Swimmers are expected to wear McHenry Marlins team caps at meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.

Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.

Swimmers should focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.

The coach is there to help you. You are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, inquire politely.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. 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 fun respectful environment for all.