

PALATINE SWIM TEAM TRAVEL CODE OF CONDUCT

(must be read and signed by each athlete prior to departing for a trip)

In accepting to be a part of the Palatine Swim Team, I agree to:

1. Commit to team goals, program requirements and procedures.
2. Display proper respect, honesty, and sportsmanship toward teammates, coaches, officials, parents, and fellow competitors.
3. Refrain from any immoral, inappropriate or unacceptable behavior such as:
 - a. Use of tobacco products
 - b. Consumption of alcoholic beverages
 - c. Use of any drugs (unless medically prescribed)
 - d. Any illegal activity
 - e. Abusive or inappropriate action toward another person
4. Follow and obey team restrictions such as curfews, lights out policies, and any other guidelines placed by a team coach, team chaperone, or any other authority figure.
 - a. Curfew – in own room by 10 p.m. (unless changed by staff)
 - b. Lights out – 10:30 p.m.
 - c. No female athletes in male athlete's rooms. No male athletes in female athlete's rooms. Unless parent or coach is in the room and/or gives consent.
5. **ALL SWIMMERS MUST RETURN FOR FINALS (this includes 9-10/11-12's)**
6. Represent the Palatine Swim Team with the honor, pride and dignity that is expected as a Palatine Swim Team member at all times.

Failure to abide by team rules and team expectations will result in the immediate return home of the athlete at the athlete's expense. Further disciplinary action may also be enforced upon the team's return.

By signing this Code of Conduct, the athlete takes on full responsibility for their actions traveling with the Palatine Swim Team.

(Athlete Print Name)

(Athlete's Signature)

(Date)

(Parent Printed Name)

(Parent Signature)

(Date)

From Handbook: "Our main objective is to travel as a team. Under extraordinary circumstances, any variances must be discussed with the coach and agreed upon in advance. The coaching staff concentrates on keeping the participants safe and preparing them for peak performance."

Violation of Code of Conduct

At the discretion of the Head Coach any or all of the following penalties will be applied.

1. Swimmer may be scratched from any remaining events that day or from the entire meet.
2. Swimmer may be sent home immediately from the meet at his/her own expense and if there is an extra expense it will be the swimmer's responsibility.
3. Swimmer may be suspended from the team until the swimmer and parents have had a conference with the Head Coach and the appropriate disciplinary actions have been implemented.
4. Violation of the code of conduct will result in the swimmer being suspended from ALL team trips for the remainder of the swim season and/or specified period determined by the Head Coach.

Honor Code

The following code is in effect throughout the year. Some of the items refer specifically to team travel. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the travel objectives listed below will be subject to immediate return home at the expense of the parents and/or swimmer. Also, other punishments may be applied, including barring from future travel meets or other competition or dismissal from the team.

The Palatine Swim Team will seek out of town swimming competition for the following reasons:

- o Different individual competitions
 - o A higher quality of competition
 - o Experience in trial/finals competition
 - o Conditions conducive to exceptional performances
 - o Representation at National and International Meets
1. The Palatine Swim Team may travel as a team to these meets and everyone is expected to behave in an exemplary matter. The reputation of the Palatine Swim Team, as well as other athletes with you, is dependent on your behavior.
 2. The coaching staff holds the final word on any rules, regulations or disciplinary action.
 3. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
 4. The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. Any team member found, or suspected to be in the presence of others partaking in any of the above activities (regardless of team affiliation) will be subject to the same punishments and probable expulsions from the Palatine Swim Team. Any swimmer suspected of such activity will appear before a review committee composed of the Palatine Head Coach, one other coach, the Palatine Parent Advisory Board President, and two other Palatine Parent Advisory Board members.
 5. Palatine Swim Team athletes are not allowed to be in the same room with members of the opposite sex unless the doors are left open.
 6. No team meetings may be missed. Be punctual to all meetings and warm-up times.
 7. No team member may be out of his or her room after the assigned bedtime. Permission must be obtained from the coach to leave the room past this time.
 8. Any damages or thievery incurred at a motel will be at the expense of the swimmers assigned to that room and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms. Do not charge long distance calls to your room.
 9. All team members will be polite in restaurants. Leave a 15% tip. If there has been a problem with the service, see the coach.
 10. Agree to follow the rules about practice and meet behavior in the team handbook.