



# Code of Conduct

## Parents

1. I will set a good example by showing dignity, respect, and good sportsmanship.
2. I will not approach a coach, official, fan, or swimmer during or immediately following a meet to express a complaint.
3. Even if I disagree with an official's call, I will not argue. I will accept the call and move on.
4. I will cheer but not boo, taunt, scream, or make comments at or about swimmers, coaches, fans, or officials.
5. I will not coach from the balcony or pool deck. This confuses the swimmers, and this may be different than the coach's instructions.
6. I will not criticize my swimmer or any other swimmer.
7. I will not text or call the coaching staff to discuss relays or other coaching decisions.
8. I will put race placement and high points in perspective and not let them be the determinate of success, and I will remind my swimmer about this reality.
9. I will not criticize the coaches to other parents. If I am not happy with the coaching staff, I will raise the issue with the coach at an appropriate time.
10. To the best of my ability, I will get my child to practice and meets on time.

## Swimmers

1. I will demonstrate good sportsmanship at every practice and meet.
2. I will be considerate when someone in the lane needs to pass me. I also, will not aggressively pull on another swimmer when needing to pass.
3. I will not leave practice for any reason without notifying a coach. Walking home is prohibited!
4. I will be attentive and follow coaching directions and will not disrupt practice.
5. I will not use foul, obscene, or abusive language.
6. I will treat the locker room as a privilege and not leave excessive water, soap, or garbage in the locker room. I will also not deface the locker room.
7. I will not move, steal, or break another swimmer's property.
8. I understand that bullying of any kind will not be tolerated.
9. I will not eat on deck or in the locker room.
10. After a race, if time permits, I will practice shaking the hand of the swimmer in the next lane.
11. I will conduct myself with honor and dignity. I will treat other swimmers the way I would like to be treated. I will remember that I am representing the Highland Hurricanes Swim Club.

Not complying with the Code of Conduct will constitute disciplinary actions or team termination.

Parent Signature/Date \_\_\_\_\_ Swimmer Signature/Date \_\_\_\_\_