



**CATS Aquatic Team**  
Libertyville & Vernon Hills, IL  
[www.cats-aquatics.com](http://www.cats-aquatics.com)

## CATS Aquatic Team Swimmer Code of Conduct

I understand it is a privilege and an honor to be a member of the CATS Aquatic Team (CATS).

As a member of CATS, I agree to follow this Code of Conduct. I also understand that if I make choices, which do not conform to this important set of rules, I will be at risk for disciplinary action, which may limit my privileges and might lead to expulsion from the team:

### 1. A CATS Swimmer is all about SPORTSMANSHIP!

- I will conduct myself with good sportsmanship at all times.
- I will always be respectful of my teammates, opponents, coaches, officials and volunteers.
- I will follow all of the rules of my sport.
- I will celebrate my successes in a way that is positive for my team, and myself but is respectful of my opponents.
- I will use my hard work and talent to win races – not my words.
- I will accept defeat with courage and dignity.
- I will do all that I can to ensure that practices, meets and events are a positive experience for all participants and spectators.
- I will not act like a bully! I will not create a negative environment for my teammates or opponents by being intentionally hurtful either with my words or actions.
- I will remember that I represent the community of Barrington and BSC. I will always ensure that my words and actions represent my club, my community, and myself in the best way possible.

### 2. A CATS Swimmer is all about RESPECT!

- I will be respectful and polite to my coaches, teammates, opponents, officials, and parents or guardians.
- I will respect the personal space of others. I will not touch others in anger, in any inappropriate way, nor in any way which makes anyone feel embarrassed, uncomfortable, or intimidated.
- I will always show respect for the well-being and safety of myself and others.
- I will always be respectful with my words. I will never swear, nor use racial slurs or derogatory comments which make teammates or opponents feel uncomfortable, intimidated, or degraded.
- I will respect personal property. I will not use the property of others without permission. I will not harm, steal, or destroy the property of others.

***Learning from experience, building on success***

- I will always respect the property and facilities used by the team. I will keep the facilities, such as locker rooms, pool decks, hallways, etc. clean and unharmed. I will treat all buildings, equipment, landscaping, etc. with respect.
- I will respect my coaches and teammates by arriving on time to practice and meets.
- I will respect and abide by the rules of the Club.
- I will always attempt to resolve conflicts or disputes with respect. I will strive for positive communication with my teammates and coaches at all times.
- I will respect myself, my coaches, and teammates by always trying my hardest at meets and practices. I will never allow my actions to interfere with my teammates ability to perform to the best of their ability.
- I will respect my body and mind by not using tobacco products, illegal drugs or alcohol, nor any other harmful or banned substances.

### 3. A CATS Swimmer is all about SPIRIT!

- I will cheer for my teammates and encourage them at all times.
- I will promote team spirit and morale.
- I will lift the spirits of my teammates when they are down.
- I will wear my CATS apparel with pride.
- I will always show my pride in CATS and myself in a positive and uplifting manner.
- I will do my best to follow the spirit of the Code of Conduct outside my CATS activities.

### 4. A CATS Swimmer is all about ACCOUNTABILITY!

- I understand that attendance at practice and meets is an important part of performance.
- I understand that I must attend as many meet sessions as possible.
- I understand that I will participate in all end of season championship meets as determined by my coaches.
- I will always be accountable for my own actions.



***We're not just building better swimmers, we're building better kids***