



Coastal Maine Aquatics

Athlete Code of Conduct

- I will attend practices regularly and will communicate my intended practice schedule and any deviations from that schedule to my coach.
- I will be on time (arriving at the pool with time to get changed before practice is ready to start), put forth my best effort for ALL practices and meets, and not leave early unless cleared by my coach prior to the start of practice.
- I will follow direction from my coach.
- I will compete in the meets/events my coaches and I deem appropriate. Changes to these commitments must be jointly agreed upon.
- I will come to practice with all appropriate equipment and attire.
- I will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- I will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- I will always use proper facilities when changing.
- When traveling with the team, I will abide by the Team Travel Policy.
- I will not use drugs or alcohol.
- If my coach ever dismisses me from practice or a meet, I will promptly leave the facility. I understand that failure to comply is grounds for permanent dismissal from CMA.
- If I do not abide by the above, I will accept the discipline my coach and the Board of Directors deems appropriate.

Name (Print): _____

Signature: _____

Date: _____



Coastal Maine Aquatics

Parent Code of Conduct

- I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and coaches at meets and practices.
- I will not coach or instruct the team or any swimmer at practices or meets (from the stands or other areas) or interfere with coaches on the pool deck.
- I will monitor the punctuality of my child for practices and meets.
- I will not force my child to participate in sports and will promise not to re-live my athletic pursuits through my child.
- I will praise my child for trying hard, and will never ridicule or yell at my child or another participant for making a mistake or losing a competition.
- I will maintain self-control at all times. I understand that my role is that of a parent, not a coach, official or swimmer.
- I understand that criticizing, name-calling, degrading personal comments, use of abusive language or gestures directed toward coaches, officials, parents, spectators and/or any participating swimmers will not be permitted or tolerated.
- I will support the swimmers, coaches, and other parents with positive communication and actions and will never participate in idle gossip.
- I will abide by an official's decision and direct questions or concerns regarding such decisions to a member of CMA's coaching staff. I will address officials via the CMA coaching staff only.
- I understand that I am expected to volunteer and participate in all CMA hosted functions, fundraisers, and meets. My volunteerism directly affects the quality of the team my child is part of.
- If I am not performing an official USA Swimming or CMA function, I understand that I will not be allowed on deck at any meet or practice.
- I will promise to uphold the image of Coastal Maine Aquatics and to project an image that the team can be proud of.

Name (Print): _____

Signature: _____

Date: _____



Coastal Maine Aquatics

Coach Code of Conduct

- I will commit to demonstrate and practice teamwork with all parents, swimmers and Coaches.
- I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of the swimmers, other Coaches, parents, and officials.
- I will maintain self-control at all times.
- I recognize that the program exists as a learning experience, not as an end in itself.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward other coaches, officials, parents, and/or any participating swimmers will not be permitted or tolerated.
- I will enjoy involvement with the USA Team by supporting the swimmers with positive communication and actions.
- I will follow all USA Swimming rules and regulations.
- I understand that volunteer efforts are an integral part of the success of the team and I will support and encourage the volunteers who help our program and actively support CMA's fundraising and social activities.
- I recognize that as a Coach I have a responsibility as a mentor to youth and I will conduct myself in a way that will set suitable examples for the children. Criticism of the officials, use of profanity, use of alcoholic beverages or the use of tobacco products while in a coaching role are not acceptable.
- I will provide honest feedback to parents and athletes.
- I will be responsive to parent concerns and communicate effectively.
- I will hold all athletes accountable to the Athlete Code of Conduct and will not tolerate violations.
- I will follow and adhere to the ASCA Code of Conduct.

Name (Print): _____

Signature: _____

Date: _____



Coastal Maine Aquatics

Board Member Code of Conduct

- I will make every effort to attend all scheduled meetings and will inform other members when I cannot attend.
- I will work in a partnership with the Head Coach to enhance all aspects of Coastal Maine Aquatics.
- I will separate my role as a parent from my role as a Board member.
- I will recuse myself from participation in any decision that would result in personal or family financial gain
- I will not interfere with the “wet” side which I understand is the head coach’s responsibility.
- I will be objective and fair.
- I will be open and honest with all members of the Board and will share information equally.
- I will not discuss private Board matters with individuals not on the Board.
- If I leave the Board for any reason, I will not discuss confidential issues brought before the Board with anyone.
- I will treat all board members, parents, athletes, coaches and officials with respect.

Name (Print): _____

Signature: _____

Date: _____