

BULLDOG AQUATIC CLUB PARENT AND ATHLETE CODES OF CONDUCT

Parent Code of Conduct

As a parent of a swimmer and member of the Bulldog Aquatic Club, I will abide by the following guidelines:

- Promote teamwork while teaching my swimmer(s) the value of Discipline, Loyalty, Commitment, and Hard Work.
- Practice good sportsmanship while conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- Maintain self-control at all times. Know my role.

Swimmers – Swim

Coaches - Coach

Officials - Officiate

Parents - Parent

- Enjoy involvement with BAC by supporting team events and promoting positive communications within the team.
- Maintain an open line of communication with the coaches and my athlete about goal setting, practice attendance and work ethics.
- Provide positive reinforcement to all swimmers in all situations, while promoting team spirit and team loyalty.
- Address any questions or concerns regarding decisions made by meet officials during competitions to a member of our coaching staff.
- Agree to pick up my child after practice in a timely manner at the designated ending time.
- Fulfill financial commitments on a timely basis and work at BAC sponsored meets as required by club rules.
- Enter my athlete(s) in at least 1 meet/month in support of team effort meets.
- Agree to have my child participate in the designated championship meets at the end of the season.
- Do not promote or further gossip and hearsay, get the facts from a member of the Board or coaching staff.

As a member of BAC, the following behaviors will not be tolerated:

- As a parent, I will not coach or instruct the team or any swimmer at a practice or meet or interfere with coaches on the pool deck.
- As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, parents and/or any participating swimmer will not be permitted or tolerated.

Athlete Code of Conduct

As an athlete member of the Bulldog Aquatic Club, I will abide by the following guidelines:

Practice Conduct

1. Arrive at practice in a timely manner.
2. Take all required equipment with me on deck and be prepared to start at the designated time.
3. Show respect to all staff members, swimmers and adults involved with BAC. Members will not bully physically or verbally or take unfair advantage of another swimmer of this club or any other. Members who are caught bullying face disciplinary action that could lead to suspension or expulsion from the team.
4. Demonstrate respect to the facilities used by BAC to hold practice, understanding the privilege we are provided with the use of facilities.
5. Give full attention to the coaches when they are speaking or instructing.
6. Promise to put in my best effort during the workout and set an example for others to follow.

Meet Conduct/Meet Participation

1. Arrive at a meet in time to check-in and warm-up.
2. Check myself in by the required time.
3. Talk to coach upon arrival on pool deck and prior to scratching any events.
4. Promise to give my best effort in every event I participate in.
5. Practice good sportsmanship in victory or defeat.
6. Act in a way that does not bring discredit to myself, my team or USA Swimming.
7. Agree to participate in team effort meets, preferably 1 meet per month.

Team Travel

1. Possession or use of alcohol, tobacco products or controlled substances by any athlete is prohibited.
2. Rooms and travel vehicles are to be treated with respect and kept neat.
3. Swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.
4. At no time shall male and female athletes be in the same room together unless a coach or chaperone is in the room or has approved the situation.
5. Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and the rest time between prelims and finals.
6. The coaching staff holds the final word on any rules, regulations, or disciplinary action.

[Members agree to this when they register for each session.]