# SWIMMERS EXPECTATION OF CONDUCT:

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a member of the MOST Swim Club, will adhere to the following guidelines during practices, competitions, team events as deemed by The Parent Board, Coaches, Officials and Administrators.

I will strive to conduct myself in a manner that reflects positively on the MOST Swim Club, our league affiliations, and the sport of competitive swimming in general.

1. Sportsmanship and appropriate behavior are expected. Team and individual morale is an important part of our team. Swimmers are expected to provide encouragement and praise to their fellow swim team members.
2. Arrive at practice site 15 minutes early and be ready to start practice at the intended time.
3. Maintain a positive attitude and work toward developing your maximum potential.
4. Older swimmers have a responsibility to set an example and to provide encouragement to the younger swimmers.
5. HAVE FUN both as an individual and as a team member.
6. Prohibited activities include, but are not limited to the following:
   1. Dishonesty, in word or deed;
   2. Bullying tactics or actions that intimidate through fear and/or humiliation;
   3. Any form of vandalism to a practice or meet facility;
   4. Foul language or inappropriate actions such as changing on deck instead of using the locker room;
   5. Running on the pool deck;
   6. Ignoring United States of America (USA) swimming rules for warm-up procedures;
   7. Throwing any objects: goggles, pull-buoys, kickboards or other objects;
   8. Disrespectful treatment of fellow teammates, coaches, volunteers, parents or others at any time;
   9. Adhere to the MOST Swim Club values by **refraining from negative discussions about other swim clubs, their coaches, their parents and swimmers.**
   10. Any action that represents a threat to the safety of others;
   11. Association with or in the presence of another who possesses, purchases, distributes, uses and/or inhales, alcohol, smoking or chewing tobacco, illegal drugs, or banned substances of any kind including, but not limited to, what is outlined in the Drug Control Policy; and
   12. Possession of or being in the presence of anyone who possesses knives, sharp objects, firearms, fireworks or weapons of any kind whatsoever.
   13. Not utilizing vehicle safety systems (i.e. seat belts, lap belts, shoulder belts, etc.), sharing seats, or throwing items while the vehicle is in motion, on team transportation.

A swimmer, who finds himself/herself in a situation that violates the Expectation of Conduct and/or General Rules, is subject to disciplinary action. The Parent Board is the final authority for disciplinary action.

I recognize my responsibility to abide by the rules and guidelines of the MOST Swim Club, which I am representing; and I acknowledge that I have received and read the rules and guidelines of the MOST Swim Club.

Swimmer Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_

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