

Phoenix Aquatic Club

Athlete Code of Contact

As a team member of the Phoenix Aquatic Club, I understand that I am responsible and will abide by the Athlete Code of Conduct.

GOOD ATTITUDE AND SPORTSMANSHIP

- I will always support and respect teammates.
- I will listen to and respect my coaches.
- I will greet and respect the staff of Stonybrook Swim Club.
- I will not litter in the pool and I will clean up after myself.
- I will try my hardest at practice.
- I will commit myself to the swim meets.
- I will participate in all team events.

TEAM ATTENDANCE AND PARTICIPATION

- I will arrive for practice on time. This means: be on deck, with suit, cap and goggles on, and with all appropriate equipment at the time practice is scheduled to begin.
- I will uphold my commitment to the team by attending the appropriate and agreed-upon number of practices/week according to my training group.
- I will attend dry land practices and perform my best.
- I will attend all championship meets in which I qualify, and compete in all events selected by my coach. I will stay at each swim meet I attend until my coach has dismissed me.

TEAM UNIFORM

- I will wear my swim team suit, swim cap and any other Phoenix Aquatic Club team apparel to all swimming competitions I attend.

TEAM EQUIPMENT

- Swimmers must have all appropriate equipment designated for their training group.

DISCIPLINARY PROCEDURES

If a swimmer fails to uphold the Athlete Code of Conduct of Phoenix Aquatic Club, coaches may take the following course of action:

- If a swimmer is disrupting practice to the detriment of his/her teammates, the swimmer will be removed from the practice session. Parents will be notified via phone or email that their child has been removed from practice and that they need to come to pick up their child.
- If a swimmer is not attending the agreed-upon number of practices per week according to their training group, they will be placed on probation for a period of 30 days. If attendance is not improved, the swimmer will be removed from the assigned training group and downgraded to the level below or dismissed the club
- If a swimmer misses more than four swim meets during the season, he/she can be dismissed from the club. Every missed meet, you must have a compelling reason of absence.

Athlete Name (please print)

Signature & Date

Parent Name (please print)

Signature & Date