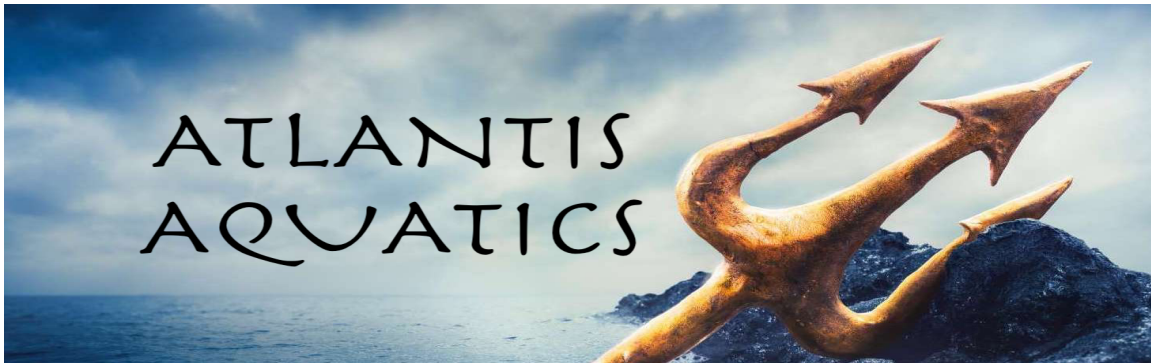


## *ATLA Athlete Code of Conduct*

I, \_\_\_\_\_, as a member of Atlantis Aquatics, am part of a swimming organization that believes teamwork, integrity, respect, and good sportsmanship are vital to a healthy swim team. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of Atlantis Aquatics.

1. I promise to show respect and common courtesies at all times to the team members, coaches, competitors, officials, and parents for all facilities and other property used during practices, competitions, and team activities.
2. I promise to demonstrate good sportsmanship during all practices, competitions, and team activities. This includes refraining from negative talk about the coaches, your teammates, the workouts (at practice), and your races (at meets).
3. I will be an active participant in all team practices, competitions, fundraising events, and other team activities, unless previously dismissed by a coach.
4. I will come to all team sponsored events in the appropriate attire.
5. I will respect the coaches' and officials' instructions and will make every effort to be on time for workouts, competitions, and team events.
6. I will refrain from violence and behavior deemed dishonest, discourteous, disrespectful, or offensive to others.
7. I will follow all of USA Swimming's rules and codes of conduct.



## **PART ONE – GENERAL CONDUCT**

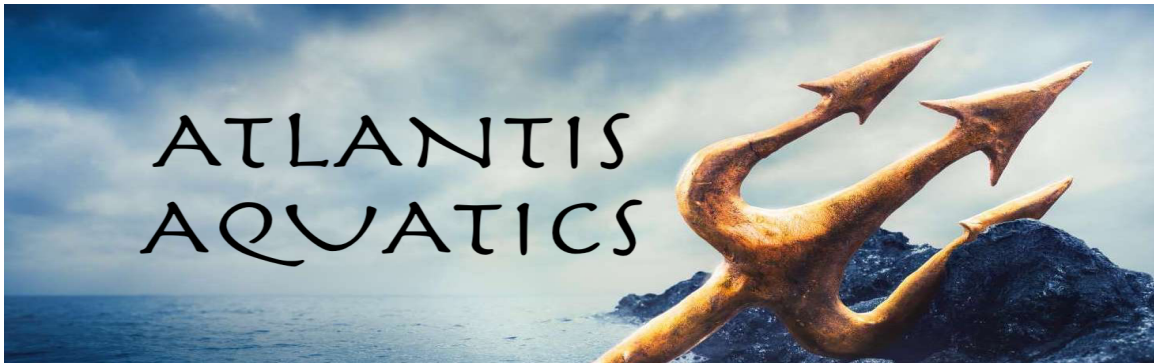
The undersigned athlete participating with/for the Atlantis Aquatics agrees to abide by the guidelines outlined below in addition to those established by the staff.

1. All swimmers are expected to follow the directions of the staff and show respect and courtesy to team members and coaches.
2. All swimmers are required to attend their own group's training sessions, unless excused by the coaches.
3. While attendance is not mandatory, when the swimmer is at practice they are expected to pay attention and put in some hard work. Horseplay during workout will not be tolerated!
4. I will set a good example of behavior and work ethic for my younger teammates.
5. I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
6. Dishonesty, theft, and/or vandalism will not be tolerated.
7. Indiscreet or destructive behavior or talk will not be tolerated.
8. Every effort should be made to avoid guilt by association with such activities as those listed above.

## **PART TWO – VIOLATION OF THE CODE**

The coaches have the power to impose the following penalties for violation of the Atlantis Aquatics Code of Conduct. The penalties include, but are not limited to, the following:

1. The swimmer will be given a verbal warning.
2. The swimmer will be removed from workout early for a short period and then be allowed to rejoin the group. (Time-out)
3. The swimmer will be sent home early with a written warning and the coach will contact the parent via email.



4. The swimmer will need to be accompanied by a parent at practice for two (2) consecutive days.
5. If the swimmer continues his/her bad behavior, he/she will be suspended for one (1) week. There will be NO prorated fee for monthly dues!
6. If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further and decide what action will be taken.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.