



Olympic Cascade Aquatics - Code of Conduct

We expect each OCA athlete to conduct themselves in a manor that contributes to elite standards, both in and out of the pool. In short – we expect all athletes, coaches and parents who travel with the team to act as champions.

OCA expects the following:

1. Each athlete is responsible for his/her own behavior and will be held accountable for his/her actions.
2. Athletes are to wear OCA attire at all times. Athletes should maintain a neat, respectable appearance at all times.
3. Athletes and parents will demonstrate respect for all individuals, public and private property encountered during team travel. This includes
 - A. Sportsmanlike conduct
 - B. Courteous, polite behavior to all individuals
 - C. Appropriate language and volume levels
 - D. Being a positive team influence in all venues and arenas. This includes but is not limited to: on deck, in the hotel, during all team transportation, the stands, and in all eating establishments.

*If athletes encounter poor service or find themselves or teammates in a situation that could potentially cause problems – immediately contact a coach or chaperon.

4. Lodging Expectations
 - A. Athletes must stay in assigned rooms unless changes are approved by the coaching staff
 - B. Athletes may not enter rooms assigned to athletes of the opposite sex.
 - C. Nightly curfew will be established and observed. This includes lights out and **TV/CELL PHONES OFF**. Any athletes out of their room after curfew are subject to consequences.
5. Possession of drugs, alcohol, tobacco, weapons, fireworks or other illegal items will result in an athlete's immediate dismissal from the competition. In addition, the coaching staff reserves the right to send athlete's home early at the parent's expense. Additional team consequences will follow.
6. Violations of the above code of conduct are subject to, but not limited to removal from competition/training camp, immediate return home at the athlete's expense, and/or suspension/dismissal from OCA. **The coaching staff has final say in all disciplinary matters.**

Swimmer Signature

Date

Parent / Guardian Signature

Print Parent/Guardian Name