

# **PVYA Brunswick Swim Team**

## **Swimmer Code of Conduct**

### **Philosophy**

The purpose of this swimmer code of conduct is to establish guidelines and boundaries regarding swimmer behavior and to insure that each swimmer is responsible for their behavior at all times while participating in PVYA Brunswick Swim Team events. Specifically:

- A swimmer's conduct at practices and swim meets should support every swimmer's ability to learn, as well as support the coach's intention to teach.
- Each swimmer should be committed to meet their personal goals and work toward team goals as well.

### **Conduct Expected of All Swimmers**

- PVYA Brunswick swimmers are expected to positively represent the PVYA Brunswick Swim Team at practices, during swim meets, and during other public events, in general. Swimmers should represent the team with excellence, team spirit, good sportsmanship, and politeness.
- PVYA Brunswick swimmers are expected, at all times, to follow the directions of any member of the coaching staff, and/or any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- PVYA Brunswick swimmers are expected to use appropriate language. Use of profanity or other abusive language, or obscene gestures will not be tolerated.
- PVYA Brunswick Swim Team has a zero tolerance policy regarding the use of alcohol, tobacco products, or illegal drugs or substances, banned by the PVYA Brunswick Swim Team and/or any organization affiliated with the PVYA Brunswick Swim Team.
- PVYA Brunswick swimmers are expected to respect each other. Fighting, bully behavior, and/or intentional touching or striking another athlete, will subject the swimmer to the most severe discipline, which could include suspensions and/or removal from the team.
- PVYA Brunswick swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.
- Disruption of practice by an athlete will be grounds for removal. Any forms of cheating during workouts/sets, or in a competition, will be considered a disruption and grounds for disciplinary action.

### **Basic Responsibilities**

- Swim for the fun of it, not just to please your parents or coach.
- Swimmers should be punctual for all practices and meets and have all swim gear ready (caps, goggles, etc.).
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers should plan on attending all meets unless they have made special arrangements with their coach.
- Swimmers are expected to wear the appropriate team uniform at meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities (i.e. cheer for teammates, be helpful to others, etc.).
- Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets. Focus on every drill and every set.
- The coach is there to help you. You are expected to pay attention and follow all of the coach's instructions completely. It is your responsibility to seek clarification, as needed, in a respectful and polite manner.
- Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will ensure a productive practice environment and fun, competitive environment for all.