

Listed in By-laws as HSL Guidelines for Sportsmanship

Definition: Sportsmanship is the ability to win without gloating, lose without complaining, while treating all with respect.

1. Abide by the rules of the sport.

Part of good sportsmanship is knowing the rules of the sport and swimming by them. It is the responsibility of the swimmer to learn how to swim according to the rules which have been established and standardized to allow fair competition.

2. Try to avoid arguments.

Part of good sportsmanship is anger management. Arguing with officials, coaches or opponents is often simply a misguided effort at "letting off steam" in the heat of competition. A good sport knows how to walk away from an argument and to stay focused on the event at hand.

3. Share in the responsibilities of the team.

Good sportsmanship implies that the swimmer is a team player. In other words, the swimmer understands that his or her behavior reflects on the team in general. Moreover, a team player does not condone unsportsmanlike conduct from teammates and reminds others that they all share in the responsibility of promoting good sportsmanship.

4. Give everyone a chance to play according to the rules.

In youth recreational sports the more talented people, if they are good sports, will look out for and encourage the less talented swimmers on the team, cooperating with coaching plans to let everybody be a part of the team.

5. Always play fairly.

Honesty and integrity should be an integral part of sports. A swimmer with good sportsmanship does not want a hollow victory which comes as a result of cheating.

6. Follow the directions of the coach.

A swimmer with good sportsmanship listens to and follows the directions of the coach, realizing that each swimmer's decisions affect the rest of the team. If a swimmer has a disagreement with the coach, the swimmer discusses the disagreement privately in a civil manner, away from the public eye.

7. Respect the other team's effort.

Whether the other team swims better, or whether they swim worse, the swimmer with good sportsmanship does not use the occasion to put the other team down. In the field of competition, respect for opponents is central to good sportsmanship.

8. Offer encouragement to teammates.

A sign of good sportsmanship is a swimmer who praises teammates when they do well and who comforts and encourages them when they make mistakes.

9. Accept the judgment calls of the meet officials.

The swimmer with good sportsmanship knows that errors may be made, but the swimmer also knows that a meet is made up of all the swims and calls from the beginning to the end of the meet, not just the call in dispute. The swimmer with

good sportsmanship may be upset, but that swimmer also has learned to focus his/her energies back on the meet and on doing the best he/she can do for the rest of the meet.

10. End the meet smoothly.

When the meet is over, pouting, threatening, and cajoling have no place in the life of the swimmers with good sportsmanship, who emphasize the joy of participating, regardless of outcome. They're not devoid of emotions but they know that their efforts to end the competition smoothly, without antagonistic emotional display, will help ensure that the meets will continue in the future.

Athlete Pledge

As an athlete, I know I am a role model. I understand the spirit of fair play while working hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my Team, and the Harford Swim League, and hereby accept the responsibility and privilege of representing this Team and community as an athlete.

Athlete Printed Name

Athlete Signature

Date

Athlete's Parent Pledge

As a parent, I acknowledge that I am a role model. I will remember that Team athletics offers learning experiences for the swimmers. I must show respect for all swimmers, coaches, volunteers, and spectators. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and good sportsmanship expected by our Team, and the Harford Swim League. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of an athlete.

Parent/Legal Guardian
Printed Name

Signature

Date

Take away page for the Parents

“Your child’s success or lack of success in sports does not indicate what kind of parent you are. But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and does their best IS a direct reflection of your parenting.”

Parent Code of Ethics

As a swim parent,

- I (we) shall not impose my(our) ambitions on my(our) child.
- I (we) will be patient, realizing that all swimmers develop at different paces.
- I (we) shall provide positive support to my(our) child and team no matter what.
- I (we) shall support my(our) child’s responsibility to the team including attending practices, meets and team functions.
- I (we) shall encourage good sportsmanship by modeling the same to all swimmers, coaches and officials.
- I (we) shall communicate directly with my(our) child’s coach with any comments/concerns.
- I (we) shall support the decisions of the coaches, even if I(we) have a different agenda.
- I (we) shall not coach my(our) child no matter how difficult it may be.
- I (we) shall only have **positive** things to say at a competition.
- I (we) understand that for an age group swimmer, meets are a chance to both learn and have fun and for the coaches to observe how training should proceed.
- I (we) shall acknowledge my(our) child's fears.
- I (we) shall not criticize the officials or volunteers at meets (they are swim parents too!).
- I (we) shall respect the knowledge and guidance of my(our) child's coach.
- I (we) shall be loyal and supportive of our team.
- My (our) child shall have goals besides winning events.
- I (we) shall not expect my(our) child to become an Olympian.