

LOMBARD WAVES SWIM TEAM

CODE OF CONDUCT

As a Swimmer or Diver and a Member of the Lombard Waves, I promise that:

1. I will listen to the Coaches and Officials, and I will not interrupt team practices or meetings;
2. I will not use profanity;
3. I will not physically or verbally abuse any other swimmer, coach or official;
4. I will respect the equipment and belongings of others and I will not use or take other people's stuff without permission;
5. I will not take part in unsportsmanlike conduct such as taunting, poor showmanship, etc.;
6. I will not deliberately misuse or damage equipment or facilities;
7. I will not use any illegal substances such as alcohol, tobacco, or illegal drugs;
8. I will attend practices if at all possible; and
9. I will not make any comments of a derogatory nature (including comments that can be viewed as sexual harassment) and I will not engage in public displays of affection at practices or meets.

I understand that failure to comply with these rules will subject me to the immediate contact of my parents and disciplinary action as deemed appropriate by the coaching staff, Lombard Park District Aquatic Manager and/or parent board on a case by case basis. Punishment may include suspension from the team for a period of time, including practices and meets, up to expulsion from the team for serious offenses involving damage to another person, or illegal activity.

As a Lombard Waves Parent, I promise that:

The Lombard Waves are fortunate to have experienced professional swim and dive coaches working to develop our children into better swimmers and divers and, more importantly, better people. As parents, it is important to give our coaches the respect and authority they deserve to run our swim and dive team. As a swim or dive parent, I promise to abide by the following guidelines:

1. I will support the core values of discipline, loyalty, hard work, teamwork, and good sportsmanship during practices, meets and other swimming events and in my dealings with coaches, officials, parents, swimmers and divers.
2. I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with the coaches on deck;
3. I will demonstrate good sportsmanship by maintaining control and conduct myself in a manner that earns the respect of my child, other swimmers, parents, officials and the

coaches at all practices and meets. I understand that criticizing, name-calling, use of abusive language or gestures directed towards coaches, officials, volunteers, board members and any participating swimmer and/or parent of a swimmer is unsportsmanlike will not be permitted or tolerated and may result in disciplinary action.

4. Maintain self-control at all times. Know my role.

a. **Swimmers – Swim**

b. **Coaches – Coach**

c. **Officials – Officiate**

d. **Parents – Parent**

5. I will discuss any concerns or take suggestions to the Head Coach or to the Board of Directors.

6. Enjoy involvement with The Lombard Waves by supporting the swimmers, divers, coaches and other parents with positive communication and actions.

7. I understand that officials who judge meets are volunteers who have the best interest of all swimmers in mind. I may not agree with calls or decisions made by officials during swim and dive meets and other competitions, and if so, I will direct questions or concerns made by meet officials to a member of our coaching staff at an appropriate break time as not to interfere with other swimmer's or diver's performances and their time with the coaches.

8. Participation by my child in swimming is voluntary. The coaching staff has final approval on each swimmer's meet entries. Once meet entries are submitted, I will support my child in the races they are scheduled to swim and not criticize or chastise the decision.

9. I will fulfill my family's Volunteer Requirement.

Sanctions: Should I conduct myself in such a way that brings discredit or discord to The Lombard Waves, I voluntarily subject myself to disciplinary action.

DATE _____

Signature of Swimmer: _____

Print Name: _____

DATE: _____

Signature of Parent: _____

Print Name: _____

