

# Parent Contract

## Code of Conduct and Team Rules for Sacramento Stingrays Swim Team

(Created 3/2015. Updated 2/2016)

As a Parent of the Sacramento Stingrays Swim Team, I will abide by the following Code of Conduct:

1. As a parent, I will practice teamwork with all parents, swimmers and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at practice or meets, from the stands or any other area, or interfere with coaches on the pool deck.
3. As a parent, I will demonstrate good sportsmanship by conducting myself in a manner that projects respect, grace and thoughtfulness at practices and meets in order to earn the respect of my child, other swimmers, parents and coaches, as well as the officials, coaches, parents and swimmers at other teams.
4. As a parent, I will maintain self-control at all times. I will know my role and participate in making the team “work” and the environment a friendly one. (i.e. - Swimmers – swim, coaches - coach, Officials – officiate, Parents – parent).
5. As a parent, I will strive to enjoy my involvement with the Sacramento Stingrays Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.
6. As a parent, I will be sure to have my child(ren) to practice and meets on time, and I will be sure that coaches are notified when that is not possible.
7. As a parent during competitions, I will make sure that questions and concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
8. As a parent, I understand that outward criticizing, name-calling; use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmers is not permitted and will not be tolerated.
9. As a member of this team, I realize that each parent or guardian must volunteer their time. I understand that this team cannot operate smoothly when we don’t do our job(s). I realize that I must volunteer my time at both home and some away meets, and our championship meet at the end of the season. If and when my swimmer cannot participate in the meet, or I am not able to work, it is MY responsibility to alert the volunteer coordinator.
10. As a member of this team, I also realize it is my responsibility at meets to inform my child’s team parent where we are sitting. I also understand that it is my responsibility to be sure my child is in the proper place at the proper time when the team parent escorts the swimmers to the ready bench. I understand that it NOT my responsibility to take my child to the ready bench.
11. As a member, **I promise to be aware of my other children.** Practices and meets are fun social events, but my children who are not swimmers should not be allowed to run free without any constraints. As an example, at Kennedy H.S. children should not be running the halls unsupervised, nor on the deck of the pool during practice. *(As a team we ask that you please define the rules, set your expectations of their behavior, and explain and administer the consequences should they fail to follow them.)*
12. **Fundraising Policy:** The Sacramento Stingray Swim Team is a parent volunteer run organization. In order to lower the overall cost to each family, and to buy and maintain our equipment, the Stingrays must engage in community fundraising. We therefore ask that each family participate as much as possible with our fundraising activities each swim season.

**I understand and agree to the above terms and conditions of the Sacramento Stingrays Swim Team. I also understand that membership and participation in the activities of this team is a privilege for my child(ren), and I will strive to uphold the above Code of Conduct prescribed by the Sacramento Stingrays Swim Team.**

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Parent/Guardian Signature

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Parent/Guardian Printed

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Date

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Parent/Guardian Signature

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Parent/Guardian Signature

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Parent/Guardian Printed

\_\_\_\_\_  
Date

**\*\*Signatures**

are required for both the Parent/Guardian and Swimmer.

# Swimmer Contract

## Code of Conduct and Team Rules for Sacramento Stingrays Swim Team

As a swimmer and member of the Sacramento Stingrays Swim Team, I will abide by the following Code of Conduct:

1. I will conduct myself with dignity and pride, and I will have respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules and any rules required by my coach.
4. As a matter of team pride and courtesy to meet hosts, pool facility operators, and janitorial staff members, I will work to leave my teams area in a neat and clean condition at the conclusion of each practice or meet session. I understand that this also applies to pool locker/rest rooms, bleacher areas, pool decks, and setup staging areas.
5. I will practice, project and teach good sportsmanship.
6. I will practice and promote positive team spirit and morale.
7. I will offer congratulations and encouragement to my opponents.
8. I will support my teammates at practice and at competitions. I will work with my team mates as a unit in a way that will benefit each team member. I will not put myself above the needs of the team.
9. I will follow verbal directions of the coaching staff. I will not be disrespectful towards another team member, my coach or parent.
10. I will respect the rights and space requirements of other groups using the swimming facility. I will not interrupt the practice of others using the pool and facilities.
11. I will follow the Stingrays Code of Conduct at our home as well as out of town meets and events.

### **Prohibited Behavior: At no time will the following be accepted:**

- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Abusive attitude and/or destructive behavior.
- Inappropriate or unruly behavior, including fighting or striking another swimmer.
- Inappropriate language (swearing or derogatory comments) or lying.
- Stealing and/or vandalism.
- Bullying or purposefully isolating another swimmer.
- Interference with the progress of another swimmer during practice or at any other time.

### **Consequences for Violation of the Code of Conduct:**

**This code shall be in force for all Stingray swimmers during practice, during swim meets, and at events sponsored by or in which the Sacramento Stingrays Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, being sent home from practice or meets at the parents' expense, expulsion from the team without refund, being barred from competition, or receiving any other disciplinary action that the Board deems necessary when a member fails to adhere to the Code of Conduct.**

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Swimmer Signature

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Swimmer Printed

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Date

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Date

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Swimmer Signature

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Swimmer Printed

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Date

**\*\*Signatures are required for both the Parent/Guardian and Swimmer.**