

PALMYRA AQUATIC CLUB

- Sharks Swimmer's Code of Conduct -

The purpose of this Code of Conduct is to assist in providing every swimmer with an environment that affords the swimmer with the opportunity to reach the swimmer's individual goals. Our Code of Conduct is founded on the principles of mutual respect and cooperation.

The Palmyra Aquatic Club has hired a coaching staff that works to develop better swimmers, and more importantly, teaching and instilling important life skills. These skills include time management, self-discipline, teamwork and sportsmanship.

PURPOSE

The purpose of this code is to promote the best possible individual, team, and program which supports the development of first class people at all times.

OBJECTIVES

1. Foster and enhance mutual respect, understanding and the principles of good sportsmanship and fair play amongst all participants during practices and meets.
2. Promote safety and respect, ensure fun, enjoyment and good competition at any event.
3. Eliminate behaviors and actions that distract from a positive environment.
4. Demonstrate that any form of abuse and/or harassment during practices and meets is unacceptable.

RULES OF CONDUCT

1. All participants will wear designated team suits, caps (if swimmer wears cap) and t-shirts during all competitions. In the event that a swimmer does not have a designated team suit, a plain black suit or suit with the team colors is acceptable. Fast-Skins are acceptable as well, with black being the preferred color.
2. All swimmers will treat all members of the team (coaches, swimmers, parents) and our opponents with dignity and respect.
3. No running, pushing or horse-play.
4. All swimmers are responsible for the care and proper use of the equipment. As guests at the pool, practice is not finished until all supplies are returned to storage. Everyone helps.
5. All swimmers are responsible for keeping the team area clean during meets.
6. Physically or verbally abusive behavior is unacceptable.
7. Use of alcoholic beverages is unacceptable at any time.
8. Use of drugs other than those prescribed by your physician is unacceptable at any time.
9. Smoking is unacceptable at any time.
10. Disrespectful, indiscreet or destructive behavior will not be tolerated. It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time.
11. Swimmers will arrive to practice allowing enough time to begin on time.
12. Swimmers will be dedicated and loyal to our club and teammates. Swimmers will be vocally supportive. Swimmers will display their team pride by competing in PAC attire at all times unless otherwise required.
13. Swimmers will remain silent and make an honest effort to listen and look when anyone is speaking.
14. Swimmers are to be committed to putting forth their best effort everyday. An honest effort does not include cutting laps, pulling on the lane line or missing send offs in sets, or skipping portions of sets.
15. I will know my role: **Swimmers...swim Coaches...coach Officials...officiate Parents...parent**
16. I will take responsibility for my own actions and behaviors, striving to learn from my successes and failures.
17. I will speak to a member of the coaching staff after all of my events.

I have read and understand this Code of Conduct and by my signature, agree to abide by it.

Swimmer's Signature: _____ Swimmer's Name (Printed): _____

Parent's Signature: _____ Parent's Name (Printed): _____