

Code of Conduct SUSA Stingrays

As a member of Southern Utah Swimming Association, I must show the utmost RESPECT for my peers, my coaches, my competitors, and my parents if I am to achieve greatness in swimming.

Upon registering each year, both swimmers and parents agree to the following statements:

- I am part of a **TEAM**, and there is **no** place for fighting, bullying, demeaning, belittling, cussing, threatening or physically injuring another teammate. Other unacceptable behaviors include graphic gestures/texts/language, flashing or mooning. SUSA members will not engage in such behaviors at team events, activities or over social media. If I engage in such activities, I understand that I will be removed from practice and my parents will be notified. If I repeat the offense, I will be suspended from the team. I will not be allowed back without a parent/coach/athlete intervention meeting.
- If I am the victim of bullying or inappropriate behaviors listed above, I will tell my coach and/or parents immediately. I have the right to not be judged when talking to my coaches. For further information, please see the SUSA Stingrays Bulling Action Plan.
- As a SUSA Team Member, I am expected to uphold the highest standards of sportsmanship when dealing with members of other swim teams.
- As a SUSA Team Member, I will treat the facilities in which I practice and compete with respect, not vandalizing or abusing the equipment or facilities in any way. I will help maintain the appropriate team image by cleaning up my garbage on the decks I use, whether at practice or at meets.
- Team Members help each other. I will maintain a positive attitude throughout workouts, meets and team activities. I will stay focused on my goals and do my part to achieve them. I will ask appropriate questions to understand my training. Negativity and gossip will not be tolerated.
- I understand that I have the right to request a goal session with my coach and parent(s) at any time.
- As a SUSA Team member, I need to be on time and prepared for practices. This includes having the required gear for both wet and dry practices, I understand the late policy of the team – that everyone is entitled to one “freebie,” but after that, if I arrive later than 10 minutes after practice begins, I will not be allowed to enter the water. I understand that I will need to complete the dryland “late set” in place of a water workout for that day.

- I must give my best every time I am at workout, including setting personal goals. I will seek to understand and complete the workouts in the manner in which they were prescribed, so that I may achieve my highest potential. I am expected to hold the highest standards of integrity in all that I do. Cheating in any area of life does not show integrity.
- Attending meets is a vital part of being on a team, and that I must at minimum attend all TEAM meets. I understand that there will be approximately one meet per month available, and that TEAM meets are approximately every three months.
- As a SUSA Team Member, I support my teammates by being on time to meets. I am responsible for having my suit, cap, goggles and any other equipment needed the meet. At meets, I am responsible for getting to my events early enough to prepare for racing.
- I understand that I am expected to talk to my coach before and after my races and record what she or he says I need to do.
- I will support and cheer on my teammates at every opportunity. As they get better, it pushes me to improve as well. **We are a team!**