



Athlete and Parent Code of Conduct

Background

757swim is dedicated to the positive and progressive development of every swimmer in an environment that promotes team spirit and commitment, and provides character building opportunities. We are a family of members and coaches that recognizes the importance of individual talents, efforts, and contributions creating success for all. Each swimmer brings to 757swim unique talents, strengths, mental stamina, physical endurance, personality, and spirit. Together as one dedicated 757swim team, we are capable of great success! Through positive communication and mutual respect, teammates, coaches, and parents of 757swim work together to accept meaningful and rewarding challenges in our quest for excellence. We must all be willing to work hard, support one another, and understand our respective roles.

Role of the Athlete

Swimmers will respect and support one another and their coaches. They will obey all the team rules. They will be on time for practice and meets. They will remember to bring all required equipment and back up gear. Swimmers will understand their efforts and consistency at practice are directly linked to their performance. They must be willing to communicate goals and concerns to their coach as they work together to progress. Swimmers are responsible for their own bodies—they must pay attention to nutrition and rest. Swimmers who recognize both their strengths and weaknesses, are willing to share and communicate positively, and are willing to take responsibility as a proud member of 757swim will be leaders and role models for their fellow swimmers. Participation, spirit, hard work, cooperation, and a positive attitude define the ideal athlete.

Role of the Parent

The parent supports the athlete with love, recognition, and encouragement. Armed with this support, the athlete is able to give his/her best effort and concentrate on what is being taught by the coaching staff. Parent support is critical to emotional and physical confidence during training and competition. Parents help swimmers maintain good health habits, stay hydrated, get enough rest, present themselves appropriately, and maintain a positive outlook. Parents should be supportive of their swimmer's efforts regardless of outcome. Children learn and develop in different ways and at different rates. Parents should never compare their child to his/her teammates.

Role of the Coach

The coach is your swimmer's and the team's motivator and teacher. Your swimmer will develop a trust-based relationship with the coach, and this relationship will produce the best results when swimmer, parent, and coach all respect one another's roles. Stroke instruction and training regimen responsibilities rest with the coaching staff. Each practice at 757swim follows a positive and progressive training philosophy based on sound scientific principles and geared to the specific goals

of the group. Coaches make the final decisions about which meets swimmers will attend and which events swimmers will be entered in. At meets, coaches will conduct and supervise warm ups. Before each race, the coach will prepare and focus your swimmer. After each race, the coach will provide constructive feedback regarding performance. The building of a relay team is the sole responsibility of the coaching staff. The coaches reserve the right to change participant line up at any time to reflect what will be in the best interests of the team.

A successful swim program requires understanding and cooperation among parents, athletes, and coaches. In order to create a safe training environment where both individual athletes and the team as a whole can thrive, 757swim athletes and parents, as registered members of 757swim, will comply with the following **757swim Codes of Conduct: Athlete Code of Conduct** and **Parent Code of Conduct**.

757swim reserves the right to terminate the membership of any individual whose behavior places 757swim in an unfavorable light or jeopardizes our participation in any sporting event, or our continued partnership with any pool or facility. All athletes and parents are expected to act as appropriate ambassadors of our club and demonstrate good sportsmanship. It is everyone's responsibility to create a healthy team environment free of disrespect, hostility, intimidation, or harassment of any kind. Our swimmers should be role models to other athletes, and our parents should be role models to other parents.



Athlete Code of Conduct

1. Athletes will display proper respect and sportsmanship toward coaches, officials, administrators, fellow athletes, competitors, and the public. If an athlete is disrespectful, behaves inappropriately, displays poor sportsmanship, destroys property, or does not follow rules or direction stated by coaching staff, they will be asked to either sit out or leave for the day, and will be allowed to return to practice only after a parent meeting is held.
2. Conduct unbecoming to 757swim—even if it occurs outside of team events—may result in suspension or termination of membership at the discretion of the Head Coach, with approval by the Board of Directors in accordance with the team by-laws.
3. Abusive language, lying, theft, and/or vandalism will not be tolerated.
4. Athletes will not criticize, name-call, or use inappropriate gestures towards any other athletes, coaches, officials, or parents either in person or via social media. 757swim athletes must model good sportsmanship.
5. 757swim has a no tolerance drug and alcohol policy for all swimmers at home and away functions. The possession or use of alcohol, tobacco products, or controlled substances by any team member of 757swim is prohibited.
6. Athletes will not display inappropriate affection or physical contact with another athlete while at swim meets, on deck, or during swim practice. Any form of sexual misconduct or sexual harassment is strictly prohibited.
7. Team travel is a privilege. Athletes participating in team travel will comply with the Team Travel Policy.
8. During official team events, athletes will attend all team functions including meetings, warm-ups, competitions, practices, exhibitions, and other related events unless excused by the Head Coach.
9. To ensure the propriety of athletes and to protect coaches and staff, there will be no male athletes in female athlete rooms and no female athletes in male athlete rooms during travel events unless athletes are accompanied by a parent or guardian.
10. Support and promote your team! Athletes will wear the prescribed team apparel (including tshirt, warm-up (when appropriate), suit, and cap at all meets.
11. At all meets, athletes will check in with the coaches before and after every race, and before going to their parents.
12. In a meet with preliminaries and finals, athletes who qualify for a final are expected to swim that final unless excused by the Head Coach.

13. Relay swimmers are expected to warm up with their team regardless of the timeline unless otherwise discussed with the coaching staff.

14. Any athlete who is injured at practice or a meet must report this to their coach immediately following the injury.

15. Athletes understand that any coach at any time has the authority to ask an athlete to exit the pool for disciplinary or safety reasons.

16. Athletes will follow all directions given by coaches.

Implementation

All athletes, parents, and staff are apprised in writing of this policy. Annual signature of the Waiver, Release, Authorization and Agreement Form constitutes unconditional agreement to comply with the Code of Conduct as set forth by 757swim. Failure to comply with the Code of Conduct may result in disciplinary actions, which may include but are not limited to:

1. Removal from pool or training facility to sit out a practice.
2. Removal from training facility and dismissal from team for a period of days or weeks.
3. Dismissal from the team and immediate return home from an event at the expense of the parent.
4. Disqualification from one or more events, or all events of competitions.
5. Suspension from further team activities for a specified duration.
6. Disqualification from future meets.
7. Termination of membership.

Formal follow-up actions will be taken if an athlete is involved in any disciplinary action more severe than being required to sit out a portion of practice. If an athlete is involved in disciplinary actions #2-7 above, the following sequence of events will occur:

1. It is the responsibility of the coach to contact the Board President immediately or, if unavailable, the Board member next in line to inform the Board of any disciplinary action taken.
2. The athlete will be required to attend a meeting that will occur within seven days of the incident and will include the following: athlete, parent or guardian, head coach, additional coaching staff involved in incident, and available board members.
3. The athlete will be allowed to present any information or evidence at that time and a decision will be rendered as to any further course of disciplinary action.

Athletes and their parents or guardians must indicate their willingness to comply with this Code of Conduct by signing the appropriate section of the Waiver, Release, Authorization and Agreement Form.

I have read, understand, and agree to the 757swim Athlete Code of Conduct Policy.

Date

757swim Athlete Signature

Athlete Printed Name

757swim Parent (or Guardian) Signature

Parent Printed Name



Parent Code of Conduct

1. Parents will practice teamwork with all parents, athletes, and coaches by supporting 757swim team values of commitment, hard work, team spirit, and positive encouragement. Parents will use positive communications and actions.
2. Parents will not criticize, name-call, or use abusive language or gestures towards any coaches, athletes, officials, or other parent either in person or via social media. Parents must model good sportsmanship.
3. Parents understand that USA Swimming and Virginia Swimming are organizations made up of paid professional officials and trained volunteers and will treat all officials and meet volunteers with respect. Any issue involving a meet official decision or action will be resolved by the coaching staff only. Parents will never interfere with coaches or officials on the pool deck.
4. Parents will respect coach decisions regarding relay teams, event selections, etc., at meets.
5. Parents will not disrupt practices in any way. Parents will remain off deck during swim practices. Communications with coaches during practice is unsafe and detracts from the athlete-coach-team relationship and training environment.
6. Parents will not coach or instruct the team or any athlete in any way at practices or meets (from the stands or any other area).
7. Parents will communicate with their athlete's coach at the coach-prescribed times (office hours, email). Communication with your coach about your athlete is highly encouraged.
8. Parents will maintain self-control at all times. Parents will remember their role as parent is to parent. Swimmers swim; coaches coach; and officials officiate.
9. Families will not attend local or away meets not approved by 757swim. The 757swim coaching staff decides which meets will be attended by the team each year.
10. Parents understand they are expected to assist the team with timing requirements at meets and additional volunteer positions throughout the year. Parents who do not fulfill this obligation may be subject to financial penalty or disciplinary action.
11. Parents will keep non-swimming siblings from running around the deck unsupervised and will ensure non-swimming siblings are supervised by a responsible adult while present at any USA Swimming sanctioned activity.
12. Parents will pick up their athletes promptly from practice and other team events.

13. Parents understand that conduct bringing discredit or discord to 757swim will not be tolerated. 757swim maintains the right to terminate any membership with or without cause in the interest of our mission and objectives.

Implementation

All athletes, parents, and staff are apprised in writing of this policy. Annual signature of the Waiver, Release, Authorization and Agreement Form constitutes unconditional agreement to comply with the Code of Conduct as set forth by 757swim. Failure to comply with the Code of Conduct may result in disciplinary actions, which may include but are not limited to:

1. Suspension of membership for period of weeks, months, or years.
2. Termination of membership.
3. 757swim is not liable for refund or prorated membership fees due to suspension or termination.

If a parent or member family is involved in conduct resulting in disciplinary action, the following sequence of events will occur:

1. It is the responsibility of the individual (coach, member, volunteer, parent of athlete) recognizing an infraction to contact the 757swim Board President immediately or, if unavailable, the 757swim Board member next in line to inform the Board of an alleged infraction.
2. The parent members charged with an infraction will be required to attend a meeting that will occur within seven days of the incident and will include the following: parent member(s) and volunteer(s)/individual(s) involved in incident, head coach, additional coaching staff involved in incident, and available 757swim Board members.
3. The parent(s) involved in the incident will be allowed to present any information or evidence at that time and a decision will be rendered as to any course of disciplinary action.

Athletes and their parents or guardians must indicate their willingness to comply with this Code of Conduct by signing the appropriate section of the Waiver, Release, Authorization and Agreement Form.

I (We) have read, understand, and agree to the 757swim Parent Code of Conduct Policy.

Date

757swim Parent (or Guardian) Signature(s)

Printed Name(s)