



## Vallejo Aquatic Club Swimmer Code of Conduct

- Treat all swimmers, coaches, spectators and officials as you would like to be treated.
- Swim for the “fun of it” and not just to please your parents or coach.
- Never question or argue with a referee or coach.
- Control your temper. Physical or verbal abuse of other swimmers, coaches, officials or family members will not be tolerated.
- NEVER use foul or inappropriate language.
- Be on time to all practices and meets. Let the coach know in advance of any scheduling conflict.
- Appreciate good efforts -- of your teammates -- and even your opponent.
- Win (or lose) with GRACE. A quitter never wins and a winner never quits.
- Give 100% all the time, and know that how hard you try is more important than winning or losing.
- When unsupervised in the locker room, behave as you are expected to behave on the pool deck.
- In accordance with USA Swimming, the VJO pool entry rule for practice as well as meet warm-up is as follows - Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool. Failure to follow the 3-point entry rule will result in swimmer being asked to leave for the day. Multiple infractions could lead to a suspension or a complete dismissal from the team.

**I HAVE READ THE VALLEJO AQUATIC CLUB SWIMMER'S CODE OF CONDUCT AND AGREE TO FOLLOW THESE RULES AS THEY RELATE TO ME.**

Swimmer's Name(s):

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Swimmer's Signature(s):

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Signature

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