

Vicenza Mako Shark Swimmer's Code of Conduct

The purpose of this conduct policy is to ensure that every swimmer is provided an environment that allows them the opportunity to reach their individual goals. A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers. Each swimmer should be committed to striving to achieve their own goals and for the good of the team.

1. Arrive to practice early, prepared (stretched, caps & goggles on) to get in pool at the stated start time. Those arriving 10 minutes after the start of practice will NOT be allowed to practice and will be counted as tardy. 3 tardies will result in the start of the disciplinary consequences listed below.
2. Swimmers are expected to remember while at practice, swim meets and in public, they are representing the entire Vicenza Mako Sharks (VZA) Swim Team. They should represent VZA with excellence, team spirit, good sportsmanship, and courtesy.
3. Disrespectful behaviors or attitudes will NOT be tolerated. Swimmers will maintain a cooperative and respectful attitude with coaches and are expected to follow the directions of any member of the coaching staff, Mako volunteers, and lifeguards at all times.
4. Use of profane, abusive language or obscene gestures will not be tolerated.
5. Swimmers are expected to support and respect all team members regardless of their ability.
6. Respecting the personal belongings of others, pool property and that of the community is an expectation.
7. Swimmers will not leave the pool or dryland area during practice with the exception of approved bathroom breaks, unless approved by the coaches.
8. Late arrivals or early departure to/from practice must be pre-arranged with the lead group or head coach prior to practice or will be counted as unexcused. Parents may be contacted for confirmation if necessary.
9. Bullying, either physically or verbally or of any other fashion will NOT be tolerated.
10. Pool rules set and posted by the aquatics staff will be followed at all times.
11. Horseplay (IE: shoving, kicking, jumping or pushing others in pool) is prohibited on deck and in the locker room.
12. Proper lane etiquette, to include passing, will be displayed at all times. (No pulling on feet)

Violations of the above statements could result in the following disciplinary actions and do not have to be of the same category to be considered the next level:

Offense Consequence

First Offense

VERBAL Warning: The swimmer will be removed from the pool, receive a verbal warning from the coach, a time-out may be given and potential removal from practice may result (parent/s will be notified if removal occurs)

Second Offense

WRITTEN Warning: The swimmer will be verbally counseled, event will be documented and signed by the swimmer, parents will be notified via email (may result in removal from the pool)

Third Offense

PARENTAL MEETING: The Head Coach will call a meeting with the parents and the swimmer and the Executive Board Member at Large, may result in suspension from training to include meet participation, if applicable. (The executive board will be notified of the offense)

POTENTIAL Fourth

REMOVAL from Team: The swimmer will be referred to the Board for Offense consideration for dismissal from the team.

The following gross offenses will be immediately referred to the Board, in writing, for consideration for immediate dismissal from the team:

- (a) Stealing.
- (b) Vandalism
- (c) Violent behavior (to include fighting, throwing, hitting, etc)
- (d) Gross disrespect or defiance of team coaches
- (e) Bullying per DoDEA Policy

I, _____ agree to the terms listed above. I will do my best to remain respectful to my coaches, lifeguards and teammates at all times. I understand that failure to follow these guidelines will result in disciplinary actions that could cause removal from the team.

Swimmer signature: _____

Parent signature: _____

Date: _____

