

## **Sheridan Team (SST) Code of Conduct**

As a **swimmer**, I understand that I must follow these rules to stay in good standing: I will

1. Respect the sport, swim fairly and follow its rules and regulations.
2. Show respect for authority to the officials of the sport.
3. Demonstrate good sportsmanship when representing SST, including before, during and after practices and meets as well as any fundraisers or other community events in which SST participates.
4. Respect and support our professional coaches. Strive to be my best through practices and meets.
5. Be courteous to opposing teams and treat all swimmers and coaches with respect.
6. Be modest when successful and be gracious in defeat.
7. Respect the privilege of the use of public facilities.
8. Refrain from the use of drugs, tobacco, alcohol and abusive language.

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

As a **parent/guardian**, I recognize that parents/guardians are the most important role models for their children, and that sports help to develop a sense of teamwork, self-worth and sportsmanship. As such, I agree to abide by the following:

1. Encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, fans and officials at meets, practices and other events. Only coaches may approach meet officials for clarifications of rulings.
2. Place the well being of my child before a personal desire to win.
3. Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment. Also assist in arriving at meets in time for check in, stretching and warm-ups.
4. Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first. **PARENTS ARE RESTRICTED FROM BEING ON DECK DURING PRACTICE OR SWIM MEETS BY USA SWIMMING RULES.**
5. Any swimmer competing under the SST name will work out with the SST team under the direction of the SST coaches.
6. Advocate a sports environment for my child that is free of drugs, tobacco, alcohol, and abusive language, and refrain from their use during swimming events.
7. Refrain from illegal or inappropriate behavior that detracts from a positive image of the team or is detrimental to SST's performance objectives. **THIS INCLUDES BUT IS NOT LIMITED TO: VERBAL ABUSE TO A COACH, PARENT OR SWIMMER; FORCEFULLY SHOVING OR OTHERWISE TOUCHING ANOTHER PARENT, COACH OR SWIMMER SO AS TO THREATEN OR CAUSE HARM.**

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

### **PROCEDURES FOR PARENTS REGARDING COACHING CONCERNS:**

1. Parents with swim related concerns should talk first directly with the coach of their child. If the issue remains unsolved and further discussion is needed, the parent may discuss the issue with the head coach. At no time should a parent be disrespectful to a coach.
2. Discussions regarding swim related concerns should take place before or after practice times. No discussions should take place during practice time, on the pool deck, or at a meet on the pool deck.
3. In the event that a problem should arise that a parent must call or send an email to the head coach because they are unable to meet before or after practice, discretion should be used before sending an email or calling (for example, consider the time you are calling).
4. In the event that a parent feels the concern is still not resolved with the child's coach and with the head coach, then the parent may address the concern by emailing all Board Members. Email addresses can be found on the SST website under the **SST BOARD**. The board will work quickly to help resolve the issue.

### **DUE PROCESS PROCEDURE FOR VIOLATIONS OF THE CODE OF CONDUCT**

Violations of the above code of conduct will result in:

1<sup>st</sup> Offense: Verbal and written warning from the Board

2<sup>nd</sup> Offense: Restriction from attendance at practices and/or meets

3<sup>rd</sup> Offense: Dismissal from the team with forfeiture of all fees, dues paid to that point whether part of the year or a whole year

\* Any action deemed severe enough by a 2/3 vote of the SST Board can, and will, be subject to immediate dismissal of the swimmer and family from the SST organization.

\*If a parent or swimmer wishes to appeal a Coach or Board decision you may be heard by the Board with the coaches present. All sides will be heard. In an Executive session(s), a decision will be made by the Board and communicated in writing, to all affected parties.