



**BILLINGS FAMILY YMCA**

**SEAHAWKS SWIM TEAM**

## **Parent and Swimmer Code of Conduct**

As a member of the Seahawks Swim Team, I am a part of a swimming organization that believes teamwork, integrity, respect, and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of the Seahawks. The following behavior guidelines state the principles the Seahawks expect all team members to demonstrate and uphold. Families, swimmers and coaches make up our team, each role is vital to the success of the Seahawks.

### **Parents Code of Conduct:**

- Support the Sport and Our Team by following all policies, rules, and regulations set forth by USA Swimming and Safe Sport.
- Set the right example for our children by showing respect and common courtesies at all times to team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help the Seahawks achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with the other teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and helping others to do likewise. Seahawks win gracefully, lose graciously, and congratulate their opponents either way.
- Be an active participant in building our team.
- Encourage and support your child by permitting them to be timely for practices and competitions.

- Support your coaches as they strive to do what is the best for each Seahawk swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities.
- When the Team is competing at a scheduled meet, you may not compete at another meet outside our meet schedule or during a previously scheduled meet without prior approval from the Coach.
- If you have concerns, address it with the appropriate coach or the aquatics director in private.
- Maintain open, honest and respectful communication among all members of the Seahawks family. We reach our common goals by working together.
- Practice teamwork with all parents, swimmers, and coaches by supporting the Core Values of Caring, Honesty, Respect, and Responsibility. Emphasizing commitment, hard work, discipline and loyalty.
- Assist coaches in conducting effective practices by ensuring swimmers arrive and leave on time and bring proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching, warm-ups and team meeting.
- Represent the Seahawks with excellence, team spirit, good sportsmanship, and politeness.
- Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.
- Call or meet with coaches during normal business hours before or after practice/meets to discuss any concerns.
- Direct any questions about disqualifications, judging, etc. to the coach.
- Be an active participant by volunteering to help at meets.

**The following behaviors will not be tolerated:**

- Abusive, obscene, or inappropriate language toward coaches, athletes, parents or officials at practices or meets.
- Violation of any policy, rule, or regulation set forth by USA Swimming or Safe Sport.
- Interference with the coach's ability to do their job at practices or meets.
- Interrupting or confronting the coach on the pool deck during practice or meets.
- \_\_\_\_\_ Parent initials here.)

**Unacceptable behavior will result in disciplinary action and possible suspension from the team.**

## **Swimmer Code of Conduct:**

- Support the Sport and Our Team by following all policies, rules, and regulations set forth by USA Swimming and Safe Sport.
- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Represent the Seahawks with Caring, Honesty, Respect, and Responsibility, Team Spirit, Good Sportsmanship, Excellence, and Politeness during practice, swim meets, team activities and in public.
- When the Team is competing at a scheduled meet, you may not compete at another meet outside our meet schedule or during a previously scheduled meet without prior approval from the Coach.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to team members, coaches, competitors, officials, parents as well as all facilities and other property used during practices, competitions, and team activities. Promote good sportsmanship by setting an example and helping others to do likewise. Seahawks win gracefully, lose graciously, and congratulate their opponents either way.
- Swimmers should be punctual and arrive on time and ready for all practices meets and team events.
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers are expected to wear their team caps and suits at all swim meets. This displays team pride while making it easier to identify swimmers on the blocks and in the water.
- Focus on every drill and every set. Be committed to putting forth your best effort every day.
- Swimmers are expected to be respectful and coachable at all practices and competitions and to pay attention and follow instructions.
- Swimmers are expected to be respectful toward themselves and each other.

### **The following behaviors will not be tolerated:**

- Fighting, intimidation, bullying (physical, verbal or via social media and technology).
- Violation of any policy, rule, or regulation set forth by USA Swimming or Safe Sport.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by USA Swimming.
- Abusive, obscene, or inappropriate language toward coaches, officials, athletes, parents or anyone at practices or meets.

- Arguing with or confronting the coach on the pool deck during practices or meets.
- \_\_\_\_\_(Swimmer initial here)

**Unacceptable behavior will result in disciplinary action and possible suspension from the team.**

At the Y strengthening the community is our cause. We believe that lasting personal and social change can only come about when we work together.

By placing your name(s) below you agree that you have reviewed the Seahawks Code of Conduct and that you agree to abide by this Code.

Parent/Guardian \_\_\_\_\_ date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ date \_\_\_\_\_

Swimmer \_\_\_\_\_ date \_\_\_\_\_

Swimmer \_\_\_\_\_ date \_\_\_\_\_

Swimmer \_\_\_\_\_ date \_\_\_\_\_

Swimmer \_\_\_\_\_ date \_\_\_\_\_