



## **Athlete Code Of Conduct**

Phoenix Swim Club (PSC) is a USA swimming team and one of the most prestigious swim clubs in Arizona. PSC is proud of our history and reputation. We expect high standards and behavior from all people involved in all aspects of swimming, and it is vital the integrity of sport is respected. As a member of PSC, we believe in teamwork, integrity, respect, and good sportsmanship.

Any athlete participating with/for PSC agrees to abide by the guidelines outlined below in addition to those established by the coaching staff and board of directors.

- Always understand and follow the rules of Safe Sport which fall under our governing body, USA Swimming.
- Make every practice, meet participation, and team event an opportunity to learn.
- Swimmers are expected to remember that at practice, during swim meets, team events and in public, they are representing PSC. They should represent PSC with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected to follow the directions and show respect, common courtesies, and good sportsmanship always to the team members, coaches, staff, competitors, officials, parents, and for all facilities and other property used during practices, competitions, and team activities. Disrespect or failure to obey instructions will not be tolerated.
- Swimmers should be punctual and arrive on time for all practices, meets and team events. Pool time is very valuable.
- Always give your best.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse will not be accepted.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated.
- The use of foul language and/or inappropriate themed conversations will not be tolerated.
- Do not bully or take unfair advantage of another competitor.

- Cooperate with your coaches, teammates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background, or religion.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs, or any substances banned by USA Swimming
- Swimmers are expected to respect each other. Fighting, bullying, intentional touching or striking another athlete will subject the swimmer to disciplinary action.
- When wearing PSC branded apparel, you are expected to represent yourself according to this Code of Conduct. You are an ambassador of the organization.

## **VIOLATIONS**

### **Failure to uphold the Athlete Code of Conduct:**

Phoenix Swim club is a zero-tolerance organization. The coaches and leadership staff have the authority to impose penalties for violation of any PSC policies including the Athlete Code Of Conduct. Depending on the seriousness of the violation, consequences include, but are not limited to, the following:

- Swimmer will be given a verbal warning.
- Swimmer will need to be accompanied by a parent at practice for a time determined by the coach.
- Swimmer will be suspended from practice for a time determined by the coach.
- Swimmer will be permanently removed from PSC.

The purpose of the Athlete Code of Conduct is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I acknowledge the above statements and expectations.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by the coaches and the PSC board of directors.

---

Athlete Name

---

Date