



RETURNING COLLEGE SWIMMER POLICY

- All PSC returning college swimmers shall abide by the PSC Athlete Code of Conduct.
- Returning college swimmers must follow the practice schedule set by the Head Coach. Make up or extra practices can be done by joining the PSC masters team practices.
- Swimmers who are new to PSC must fill out a registration packet.
- Returning college swimmers must be USA Swimming registered.
- Returning college swimmers must ensure they are safe sport trained.
- Returning college swimmers are encouraged to compete in meets.
- Returning college swimmers are expected to invest in and help their younger PSC teammates.
- Returning college swimmers may practice with PSC at no charge when home for periods less than 7 days.
- Returning college swimmers will pay the monthly group dues for the group they practice with.

Summer 2023

Option 1 - available to those who choose to compete in summer meets. The group options are gold or silver.

Option 2 - available to those who choose not to compete in summer meets. The group options are masters or silver.

_____, _____, _____
Swimmer Name Date of Birth Current College

_____, _____, _____
Swimmer Signature Date Chosen Group

I hereby acknowledge and agree to the PSC "Returning College Swimmer Policy".

PSC TEAM CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- ☐ I will respect and show courtesy to my teammates and coaches at all times.
- ☐ I will demonstrate good sportsmanship at all practices and meets.
- ☐ I will set a good example of behavior and work ethic for my younger teammates.
- ☐ I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- ☐ I will attend all team meetings and training sessions, unless I am excused by my coach.
- ☐ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ☐ I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- ☐ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ☐ I will obey all of USA Swimming's rules and codes of conduct.

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

Swimmer Name

Swimmer Signature

Date