



Arizona Dolphins: Swimmer Code of Conduct

As a member of the Arizona Dolphins (AD), I am part of a swimming organization that believes Value, Integrity, Training, Racing, Attitude, Sportsmanship. As I read through this Code of Conduct, I agree to the following rules on behavior and sportsmanship while I am a member of AD. The following behavior guidelines state the principles that AD expects all members to demonstrate and uphold.

PART I – SWIMMER CODE of CONDUCT

- Make every team practice, meet participation and activity an opportunity to learn.
- Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing AD. They should represent AD with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected at all times to follow the directions of any member of the coaching staff, respect any instructions by officials and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable.
- Swimmers are expected to attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with their coach.
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers are expected to wear AD team caps, team swim suits at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.

- The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, they are to ask questions politely.
- Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Destructive behavior 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, intentional touching or striking another athlete will subject the swimmer to discipline.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

PART II – SWIMMER'S VIOLATION OF THE CODE

The coaches have the authority to impose the following penalties for violations of the Arizona Dolphins Swim Team Code of Conduct. The penalties include, but are not limited to, the following:

- The swimmer will be given a verbal warning.
- The swimmer will be pulled out of practice in addition to a verbal warning accompanied with a written warning to the parents'.
The swimmer will need to be accompanied by a parent at practice for four (4) consecutive days.
- If the swimmer continues his/her behavior, he/she will be suspended for one (1) week. (There will be NO prorated fee for monthly dues.)
- If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.
- The penalty assessed to a swimmer violating the code of conduct will be determined at the sole discretion of the coach based upon the severity of the violation.