

Bettendorf Aquatics Club

Athlete Code of Conduct

Bettendorf Aquatics Club's mission is to provide the highest level of education, instruction, strength building, and conditioning to generate a positive and healthy environment for our swimmers to reach their short-term goals and achieve long-term success – both in the water and out.

Bettendorf Aquatics Club's coaching staff is committed to the highest standards and maintaining the best educational and training environment possible. Swimming for Bettendorf Aquatics Club is a privilege earned through effort in practice, in partnership with your coach and respect for all others.

The road to excellence requires focus, support, determination, acceptance, strong communication and exceeding your BEST every day at every practice.

Every swimmer is expected to: **(Initial each code):**

- _____ Conduct him/herself with dignity and respect for others and for the property of others.
- _____ Be on time for practice, training sessions and meets. (This means in the water by the scheduled start time of your group's session). It is expected that swimmers arrive before the expected practice time, put away all social media, do dynamic warm ups, have your mindset ready to work and achieve your best during practice.
- _____ Be dedicated to swim practice and the objectives set forth by the coach. Swimmers need to focus on their own swim performance and not interfere with others in their group. This is the swimmer's time to grow and learn from their coach. Socializing, personal conflicts and other non-swim-related issues will not be tolerated, as this detracts from valuable swimming and coaching time-- and interferes with the time of other individuals and groups.
- _____ Follow the code of conduct as outlined in the Bettendorf Aquatics Club Handbook with respect to team rules.
- _____ Conduct themselves in a dignified and respectful manner to meet hosts, pool facility operators and janitorial staff members by leaving the Bettendorf Aquatics Club area in an organized and clean condition at the conclusion of each practice session and meet.
- _____ Practice and teach good sportsmanship.
- _____ Promote positive individual and team spirit and morale.
- _____ Support, offer congratulations, and encouragement to teammates during practice and at competition. Working together as a unit will benefit each team member and is an important part of Bettendorf Aquatics Club team spirit.

Bettendorf Aquatics Club

Athlete Code of Conduct

- _____ Follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any Bettendorf Aquatics Club swimmer be tolerated.
- _____ Respect the rights and space requirements of other groups using the swimming facility
- _____ Follow Bettendorf Aquatics Club communication policy:
 - a. Practice positive communication, active listening, with the intention to understand and come to terms with what is in your best interest and that of Bettendorf Aquatics Club.
 - b. Communicate with the coaching staff either prior to the start of a coach's shift, or after the conclusion of his/her coaching day.
 - c. Questions regarding your swimming, program, practice or meets are to be discussed with your personal coach. If you are 12 or older, you are to discuss questions directly with your coach either before or after practice. If you have discussed a concern, problem, or issue with your personal coach and are not satisfied with the response, you may schedule a meeting with your coach and the Head Coach/Administration. If you are still not satisfied with the response, then your parent may schedule a meeting with you, your coach, and Head Coach/Administration with the intent to reach a resolution.
- _____ Do not participate in the following prohibited behavior:
 - a. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
 - b. Destructive behavior.
 - c. Inappropriate or unruly behavior, including fighting or striking another athlete.
 - d. Inappropriate language (swearing or derogatory comments).
 - e. Interference with the progress of another swimmer during practice or at any other time.
 - f. Stealing and/or vandalism.
 - g. Bullying or isolating another swimmer.
- _____ Consequences for violating the Code of Conduct are as follows:
 - a. First time violation will be a verbal warning by the coach. Parents will be notified.
 - b. Second violation will result in a one-day suspension from swim practice. Parents will be notified.
 - c. Third violation will result in a one-week suspension from swim practice (without refund). Parents will be notified.
 - d. Fourth violation will result in permanent expulsion from the Bettendorf Aquatics Club.

Bettendorf Aquatics Club truly cares about the success of each swimmer and the team. To this end the coaches will do everything possible to accomplish the highest level of success for both.

Bear in mind that while swimming is an individual sport, each Bettendorf Aquatics Club swimmer is a member of a team, and each Bettendorf Aquatics Club swimmer represents the standard of excellence set by that team, both in and out of the pool.

Bettendorf Aquatics Club

Athlete Code of Conduct

SWIMMER: I have read, understand, and agree to comply with the responsibilities stated above.

Signature _____

Printed Name _____ Date _____

Parent Signature _____

Parent's Printed Name _____ Date _____

