

Paseo Aquatics Athlete Code of Conduct

Paseo Aquatic'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.

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

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

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

1. Conduct him/herself with dignity and respect for others and for the property of others. _____
2. 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. _____
3. 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. _____
4. Follow the code of conduct as outlined in the Paseo Aquatics Handbook with respect to team rules. _____
5. Conduct themselves in a dignified and respectful manner to meet hosts, pool facility operators and janitorial staff members by leaving the Paseo Aquatics team area in an organized and clean condition at the conclusion of each practice session and meet. _____
6. Practice and teach good sportsmanship. _____
7. Promote positive individual and team spirit and morale. _____
8. 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 Paseo Aquatics team spirit. _____

9. Follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any Paseo Aquatics swimmer be tolerated. _____
10. Respect the rights and space requirements of other groups using the swimming facility. _____
11. Follow Paseo Aquatics 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 Paseo Aquatics Swim Team. _____
 - 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. _____
12. 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:

1. First time violation will be a verbal warning by coach. Parents will be notified. _____
2. Second violation will result in a one day suspension from swim practice. Parents will be notified. _____

3. Third violation will result in a one week suspension from swim practice (without refund). Parents will be notified._____
4. Fourth violation will result in permanent expulsion from the Paseo Aquatics Swim Team._____

Paseo Aquatics 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 Paseo Aquatics swimmer is a member of a team, and each Paseo Aquatics swimmer represents the standard of excellence set by that team, both in and out of the pool.

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 _____