



## **Accokeek Stroke Technique Swim Team**

### **Athlete's Code of Conduct**

All ASTS swim team athlete members are expected to comply with the following Code of Conduct while taking part in any swim team activities. Similarly, it is expected that all members of ASTS including swimmers, coaches, volunteers, and parents adhere to a Swimmer-Centric philosophy.

**'Create an environment that allows swimmers the opportunity to reach their individual goals.'**

### **Team Philosophy:**

1. Athletes are encouraged and allowed to achieve
2. Athletes are part of a safe environment
3. Athletes are part of a successful swimming team
4. There is a **team** philosophy where individual swimmers support each other
5. An athlete's behavior and conduct at practices and in competition contributes to their achievement
6. Athletes should show a commitment and strive for their own goals and for the good of the team

### **Athlete's Code of Conduct**

As a swimmer and athlete member of Accokeek Stroke Technique Swim Team, I will abide by the following code of conduct:

1. Behave with care, courtesy and consideration at all times.
2. Work hard and let others work hard too.
3. Respect and take pride in your team.
4. Enjoy being part of a happy and successful team.
5. Abide by the 3 Rules of Improvement:

**SHOW UP**

**HONOR THY TEAMMATES**

**DO THINGS CORRECTLY**

*By Coach John Leonard*

**I will show my commitment to my team and good sportsmanship by:**

1. Conducting myself with dignity and respect for others and for the property of others.
2. Being on time for practice, training sessions, and meets. On time means arriving at least 10 minutes before the start time of the practice, training session, or designated meet warmup time with all required equipment including cap and goggles.
3. Complying with all team rules including the ASTS Anti-Bullying Policy.
4. Leaving the ASTS team area in a neat and clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. Practice and teach good sportsmanship by promoting positive team spirit and morale and offering congratulations and encouragement to my opponents.
6. Supporting my teammates at practice by being fully equipped and prepared for practice and completing all of the required work. Working together as a unit will benefit each team member and is an important part of the ASTS spirit.
7. Following verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
8. Respecting the rights and space requirements of other groups using the swimming facility.
9. Following the ASTS Athlete's Code of Conduct at home, at away events and at any event where ASTS is represented by being proud of myself and my team's achievements and supporting my team whenever and wherever possible.
10. Following the USADA Anti-Doping Policy.
11. Following all USA Swimming and State of Maryland laws regarding the use of alcohol, tobacco products, illegal drugs, and banned substances.
12. Following all State of Maryland and Federal Laws regarding any item that is or can be construed as a weapon to practice, swim meets, or ASTS sanctioned events. This includes but is not limited to knives, guns, lighters, etc.
13. Informing your coach if you are feeling unwell or have a medical condition that affects your ability to participate fully in practice, swim meets, or ASTS sanctioned events.

**Prohibited Behavior:**

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

**Consequences for Violation of the Code of Conduct:**

This code shall be in force for all ASTS athletes during practice, during swim meets, and at events sponsored by, or in which, the ASTS Swim Team is represented.

Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Owner deems necessary if a member fails to adhere to the Code in part or in whole.

**SUSPENSION:** Coaches may suspend a swimmer from practice for disciplinary reason for a maximum of three days. Coaches may also recommend to the Owner that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club Participation.

**Safety and Behavior**

The Accokeek Stroke Technique Swim Team Owner reserves the right to terminate the membership of any individual whose behavior places ASTS in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All athletes are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other athletes at all times.