



Accokeek Stroke Technique Swim Team

Disciplinary Policy

Purpose: The swim team disciplinary policy is designed to maintain a positive and productive environment for all athletes, coaches, and staff. It is the goal of ASTS swim team to ensure the physical safety and mental health of our athletes. ASTS disciplinary policy is necessary to enforce civility and team unity. It outlines expectations for behavior, consequences for violations, and the process for addressing disciplinary issues.

Behavior Expectations:

- **Sportsmanship:** Athletes are expected to demonstrate good sportsmanship at all times, both in and out of the pool.
- **Respect:** Respect for coaches, teammates, officials, and opponents is mandatory.

INFRACTIONS:

Minor Infractions:

1. Overt Splashing of a teammate
2. Disruptive behavior that interferes with teammates ability to learn
3. Uncooperative actions in practice and at meets
4. Refusal to listen to a coach

First Offense: Verbal warning from coach.

Second Offense: athlete will be asked to sit out of practice for 5 minutes

Third Offense: Parent(s) will be notified in person of ongoing minor disciplinary issues and the athlete will be sent home from practice.

Fourth Offense: First, the athlete will be immediately removed from practice. Second, the parents will be notified in person. If a parent is not available at practice, they will be notified in writing exclusively. The written communication will include information regarding when the athlete can return to practice and any requirements for their return. Information in that written communication will include:

Athletes will be removed from practice for a week.

No credit on the account for practices missed.

Serious Infractions

The infractions below are offenses that go against the ASTS Athletes Code of Conduct. All parties involved will result in one week suspension on the first offense. No credit on the account for practices missed.

1. Name Calling
2. Unsportsmanlike Conduct
3. Inappropriate physical behavior against another athlete
4. Disrespecting Coaches, Officials, and Parents
5. Threats
6. Throwing equipment or any disrespectful action of equipment

First Offense:

- All athletes involved will be asked to leave practice and suspended for a week.
- Parents will be notified in person and in writing. If a parent is not available at practice, they will be notified in writing exclusively.
- Meeting with athletes and parents will occur after the week suspension

Second Offense: If an athlete is engaged in another incident with a similar offense.

- Athletes will be asked to leave practice and will be suspended for a month.
- Parents will be notified in person and in writing. If a parent is not available at practice, they will be notified in writing exclusively.
- Meeting with athletes and parents will occur after one week of the suspension and athletes involved will finish out the remaining portion of the suspension

Third Offense: athlete will be asked to leave the team.

Absolute Suspension/Expulsion Infractions - Incident Report email is sent out with Site Coach and Coach Banks included. These infractions will automatically result in suspension from the team for a month or expulsion on the first offense. No credit on the account for practices missed. In addition per the USA Swimming Code of Conduct, a report will be filed with the US Center for Safe Sport or USA Swimming National Board of Review.

1. Bringing a weapon
2. Bringing or caught doing drugs including performance enhancement
3. Sexual Harassment
4. Full fights
5. Causing bodily harm or threatening bodily harm to Coaches or athletes
6. Social media threats

Appeal Process:

1. Athletes may appeal disciplinary actions in writing to the head coach/owner within 2 days of notification.
2. The head coach/owner will review the appeal and provide a final decision within 2 days.

Final Notes:

1. The swim team reserves the right to adjust disciplinary actions based on the severity of the offense and the athlete's history.
2. This policy is subject to review and revision as necessary.