

SWIMMER CODE OF CONDUCT

1. Respect your teammates, coaches, officials and opponents at all times.
2. Give 100% effort at each practice and meet.
3. Support and encourage your teammates.
4. Set a positive example; have a positive mindset.
5. Make every team practice, meet participation and activity an opportunity to improve.
6. Follow the directions of the coaching staff, respect instructions; listen to and learn from coaches.
7. Be punctual and arrive on time for all practices and meets and team events
8. Swimmers are expected to wear Peak Swim Team team caps and shirts at swim meets (in addition to their competitive/performance suits and goggles). This displays team pride and makes it easier to identify swimmers on the blocks and in the water.
9. Focus on every drill and every set. Be committed to putting forth your best effort everyday. An honest effort does not include cutting laps, pulling on lane lines, interrupting other swimmers' practice or efforts, "floating around" or ignoring instruction, or missing send offs/sets.
10. Disruption of practice by an athlete will be grounds for removal.
11. Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
12. There shall be no drinking of alcohol, use of tobacco, marijuana products, or illegal drugs or any substances banned by USA Swimming
13. Dishonestly, theft, and/or vandalism will not be tolerated. Swimmers will respect the facilities.
14. Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
15. Don't be afraid to make a mistake; that's part of learning.
16. Be modest in victory and gracious in defeat.
17. Remain in the competitive pool of the Aquatics Center: Athletes must change in the locker rooms, not in the family changing cabanas. Athletes may not swim in the leisure pool without checking in with the Aquatic Center and paying the daily rate (or provide your pass).

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.

VIOLATION OF THE CODE

The coaches have the authority to impose the following penalties for violation of the Peak 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 and the coach will contact the parent.
- The swimmer may be moved to the level below, until effort or behavior allows for return to upper level.
- The swimmer will need to be accompanied by a parent at practice for four (4) consecutive days.
- If misconduct continues, swimmer will be suspended for one (1) week. (There will be NO prorated fee for monthly dues.)
- If the swimmers disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

By joining and remaining on the team, I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.