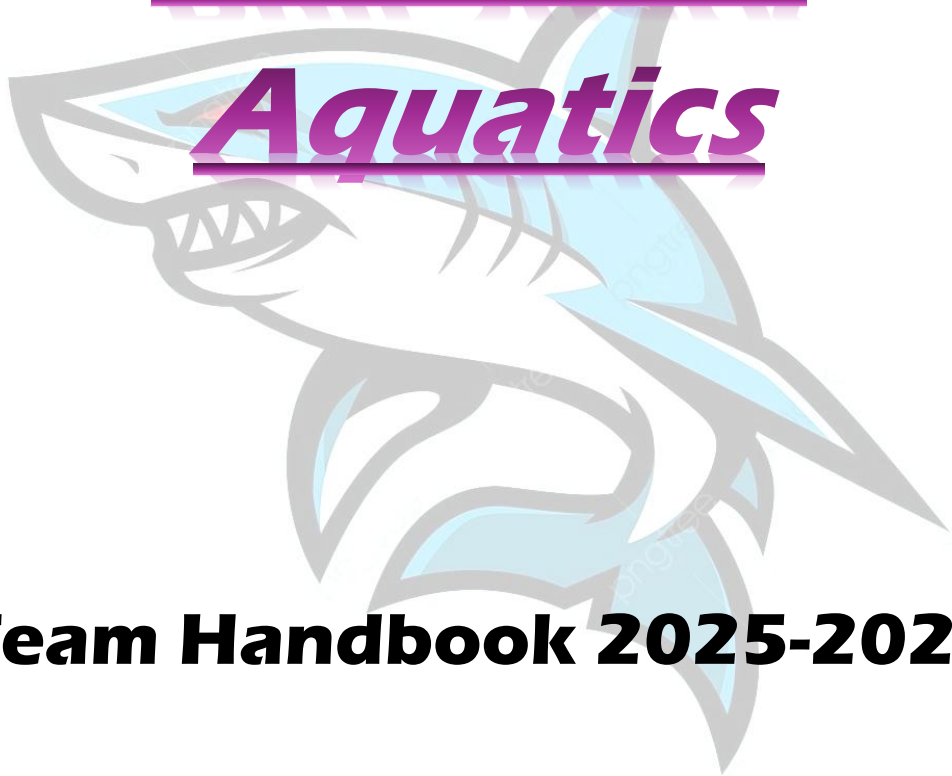


# **Bull Shark** **Aquatics**



**Team Handbook 2025-2026**

This handbook is designed to provide an overview of the Bull Shark Aquatics, our team policies and our team procedures in the following sections:

- Mission, Vision, Values, Goals, Safe Sport,
- Practice Groups and Requirements
- Competition
- Bull Shark Aquatics Financial Requirements
- Team Structure & Parental Roles
- Communication
- Team Equipment
- Code of Conduct – Swimmers and Parents

## **1. Bull Shark Aquatics Mission, Vision, Philosophy, Values, Goals**

### **What is Bull Shark Aquatics?**

Bull Shark Aquatics is a year-round swimming program that is coach owned. Our program is governed and sanctioned by USA Swimming and Connecticut Swimming organizations. Bull Shark Aquatics serves the Bridgeport and Fairfield County areas to provide athletes with a year-round swim program at a high level of competition.

### **Mission Statement**

Bull Shark Aquatics focuses on stroke development and conditioning of young athletes in a structured, fun, and safe environment.

### **Vision Statement**

Bull Shark Aquatics vision is to develop young athletes into well-rounded swimmers. Through competitive swimming these athletes will learn how to work as an individual and as a team to achieve success at all levels of competitive swimming.

### **Team Philosophy**

### **Coaching**

- Each coach at Bull Shark Aquatics will have expert knowledge of all four competitive strokes.
- Each coach will take leadership and ownership over their group and have an active role with every swimmer on the team.
- Coaches will work with swimmers to develop appropriate goals that are attainable given each swimmer's commitment level.

- Coaches will work together to achieve all goals for all team levels.

### **Swimmers**

- Our goal at Bull Shark Aquatics is to hold swimmers accountable for their success and teach them that all goals are achievable if they work hard and remain focused on those goals.
- Each swimmer has their own goals in swimming, and we want to make sure that swimmers are prepared for whatever those goals may be.
- Bull Shark Aquatics encourages swimmers to compete for local summer clubs, high schools, amongst other swim related activities.

### **TEAM GOALS**

#### **1. Engage and energize our membership**

- Create a fun, open and inclusive environment for all swimmers and ability levels
- Challenge swimmers so they learn how to set and achieve goals
- Improve timeliness and completeness of communication
- Develop a parent education process
- Encourage active parent involvement in all levels of USA Swimming

#### **2. Recruit new swimmers**

- Market club effectively through high quality recruiting material
- Enhance community awareness
- Increase team membership within pool space constraints

#### **3. Attract and retain high quality coaches**

- Ensure coaches are valued and respected by club members
- Provide continuing education
- Pay competitive salary and benefits

#### **4. Compete at a high level**

- Place among the top 8 Connecticut teams in USA Swimming's Virtual Club Championship & among the top teams at the Age Group and Senior Open championships consistently
- Regularly qualify a contingent of swimmers for zone and sectional competitions
- Send at least one swimmer annually to compete at the Junior or Senior Nationals

#### **5. Ensure the long-term stability of the club**

- Build long-term financial strength
- Guarantee facility access by maintaining strong relationships with area pools

## **SAFE SPORT**

We believe that the experience of children and young athletes in all organized sports should be guided by what is best for the safe and healthy development of the young person. Young athletes who participate in organized sports activities have a unique opportunity for learning. In working with each child, it is essential that we are mindful of their physical, emotional, and developmental needs. We must also be particularly diligent in recognizing the unique vulnerabilities that are an inherent part of childhood. It is the responsibility of adults to not only recognize these vulnerabilities, but to develop the knowledge and skills needed to create and maintain a safe and child-centered sports environment. Bull Shark Aquatics has adopted, and our swimmers, parents and coaches must comply with, USA Swimming's Safe Sport Code of Conduct and Athlete Protection Policies and Best Practice Guidelines, and the team's Bullying Policies, which are maintained on our team's website under the Documents Tab.

## **2. Bull Shark Aquatics Practice Groups and Requirements**

### **BULL SHARK AQUATICS LEVEL OF COMMITMENT**

Bull Shark Aquatics is a USA Swimming program, which is the premier competitive swimming program available to young athletes across the country. There are many other types of competitive and recreational swim programs, such as YMCA and summer league programs. It is important to understand that the nature of the Bull Shark Aquatics /USA Swimming program requires a higher level of commitment from its swimmers than those in other types of programs.

Bull Shark Aquatics Swimmers moving through the program levels are expected to demonstrate a progressively greater degree of commitment to competitive swimming. As progress is made, there will be an increase in the number and length of the training sessions as well as the intensity of the competition at meets.

### **TRAINING GROUPS & ATTENDANCE**

Regular practice attendance is vital to success. It is extremely difficult to effectively plan training sessions, set goals or achieve meet performances if a swimmer does not attend practice on a regular basis. Even short, unplanned absences can have an impact on conditioning, endurance, and swimming skills, which are vital and necessary to a swimmer's success. The number of practices per week that a swimmer is required to attend is determined by the training group to which a swimmer is assigned.

### **PRACTICE GROUPS**

#### **Mini Sharks– 8/Under Group**

- This group will practice 4 days a week. Each swimmer in this group will learn the skills it takes to be on the competitive team. Such as but not limited to starts, turns, legal and efficient strokes for all strokes.

- The coach of this group will teach competitive swimming techniques at a pace that is appropriate for the level of each group.

#### **Age Group Sharks**

- From the ages of 9-13 each swimmer will continue to build on the technique and abilities that were built on in the Mini Sharks group. This team will continue to improve and develop their competitive swimming abilities.
- Age Group Sharks will practice 5 days a week.
- The coach of this group will teach competitive swimming techniques at a pace that is appropriate for the level of each group.

#### **Senior Sharks**

- From the ages of 13-18 each swimmer on this team will be cared for and held accountable for their swimming. This practice group will be the most developed and most competitive on the Bull Shark Aquatics. Our goal with this group is to train and develop these swimmers to be able to compete and succeed at the top levels of competition in Connecticut and USA Swimming sanctioned swim meets.
- Seniors Sharks will practice 5 – 6 days a week.
- The coach of this group will teach competitive swimming techniques at a pace that is appropriate for the level of each group.

### **3. COMPETITION**

#### **MEET ATTENDANCE**

- As a competitive swimming team, competition at meets is an integral part of Bull Shark Aquatics program. Swimmers are entered in meets and events that are consistent with their ability levels, individual goals and team goals. Swimmers are expected to attend all meets in which they are entered. If a conflict exists with a meet on the schedule, it is the responsibility of the parents to notify both the Head Coach and the swimmer's individual coach as soon as any conflict comes up. In order for a swimmer to be scratched from a meet, parents must "scratch" or "un-commit" their child from the meet on the home page of the Bull Shark Aquatics website before the "scratch" deadline. Since schedules are issued well in advance of any competition, it is expected that swimmers will note meets on their calendars and not double schedule events. It is expected that once entries are submitted (approximately 30 days prior to the event) swimmers will be in attendance unless an unavoidable, last-minute situation develops. If a swimmer is unable to attend a meet after the entries have been submitted, they are still responsible for any fees connected with their entry. Failure to attend meets without notifying the proper staff personnel can be grounds for suspension from the program.

## **SWIM SEASONS**

- Each year is divided into two swimming seasons. From September through March, swimmers compete in the short course season, racing in pools that are 25 yards long. This is the same sized pool that is used for most high school and NCAA competitions. From April through early August, swimmers compete in the long course season, racing in pools that are 50 meters long. This is the same sized pool that is used for international meets, including the Olympics.
- Times and events differ from short course to long course. Different championship qualifying times apply to each season. The Connecticut Swimming FAST database permits you to see your swimmer's championship meet qualifications, meet-by-meet progress, and best times. FAST can be found via the "Links" section of Bull Shark Aquatics' website or on Connecticut Swimming's home page.
- Best times information may also be found in "My Meet Results" on the Bull Shark Aquatics' website and Meet Qualifications may be found on the "On Deck Parent" app which can be downloaded on your phone.
- To convert times in the different courses (e.g., from short course yards to long course meters), there is a straightforward time converter in the "Links" section of our website and online at <http://www.swiminfo.com/results/conversions.asp>.
- Finally, the University of Bridgeport pool is 25 meters long, which is a different length than swimmers will compete in during either the short course or long course season.

## **CHAMPIONSHIP COMPETITION**

Swimmers are required to attend all championship competitions for which they qualify in individual events or as part of a relay. The following meets are considered championship competitions and are held during both the short and long course seasons (except for 8 & under championships):

### **CHAMPIONSHIP MEETS**

- 8 & under championships – short course championships for younger swimmers who compete vs. other 6-, 7- or 8-year olds (each year is a single age group).
- LSC Regional Championships – last chance for swimmers to post qualifying times for the CT Age Group Championships.
- CT Age Group Championships – many of the team's swimmers train to be able to compete in these meets, held in March (short course) and July (long course), as their primary competition each season. To compete, swimmers must have swum at or faster than the published cut time for that event for their sex and age group. These times change annually and can be found on RAC's website in the "Links" tab under "Time Standards" or on Connecticut Swimming's website.



- **Eastern Zone AG Championships** – a championship age group meet for swimmers in the northeast region (Maryland to Maine). For the short course meet, Connecticut sends the top three 12/U swimmers (top two for 13/O) in each event to the meet. For the long course meet (held in mid-August), any swimmer who makes the cut-off times may compete in the meet.
- **Senior Championships** – swimmers of any age must qualify for this meet by achieving a single set of standards that are more stringent than those for the Age Group Championships. This is the primary competitive focus of most of the team's senior level swimmers. This meet is also held in March and July.
- **Eastern Zone Senior Championships** – a championship senior meet for swimmers in the Eastern Zone who make qualifying times to compete in the meet.
- **Speedo Sectional Championships** – the premier senior level meet hosted in each region of the country, this meet is designed as a qualifying meet for the USA National Swimming Championships.
- **USA National Championships** – a long course meet held twice each year, this is the most competitive USA Swimming meet, outside of Olympic Trials. The summer-long course meet has particularly difficult time standards. There is also a Junior National and Futures meet for swimmers aged 18 & under that has slightly slower time standards.

### **PHILOSOPHY OF COMPETITION**

In preparation for the swim season, here are some of the basic beliefs of Bull Shark Aquatics philosophy of competition:

- The team will enter each meet with a particular goal in mind. At most meets, we will emphasize improvement of one's times in each event. Certain meets (primarily championship level meets) will also stress racing and place finishes.
- In addition to seeking best times, the coaching staff will also attempt to have swimmers work on various race techniques and strategies that have been introduced in practice. When this happens, sometimes times do not improve the first time these new techniques are attempted. However, over the long haul with diligent practice, times will improve.
- The swimmers are taught to set realistic goals. As a swimmer gets older and more experienced, he or she is taught to relate performance in practice to his or her goal times.
- Often the coaching staff enters swimmers in different events. This not only helps promote versatility in swimmers but often helps in the swimmer's main events. Each coach is dedicated to developing well-rounded total swimmers that have not only mastered all 4 strokes but various races of varying distances.
- Good sportsmanship is a must. All swimmers are to respect the officials, other competitors, coaches and the facilities that we use. Bull Shark Aquatics will be

renowned in Connecticut Swimming for its team spirit - all swimmers are expected to encourage and support their teammates.

### **TRANSPORTATION TO SWIM MEETS/CHAPERONING**

- For most meets, Bull Shark Aquatics is not responsible for transporting and chaperoning the Bull Shark Aquatics swimmers at the meets or functions connected with the meet except for normal coaching activities. The exception to the above is a “team travel meet” which the team travels to the site together, is lodged together and does all activities together. For “team travel meets” all arrangements are handled by Bull Shark Aquatics and the coaching staff, and selected parents chaperone the trip. Any team member attending a team travel meet must comply with the team's Travel Policy and sign the Liability Waiver and Medication Waiver which are maintained on the team's website under the Documents Tab.
- For all other meets, it is the responsibility of each swimmer (or their parents) to have transportation to and from the pool site of competition and to handle their own lodging and meal requirements. At meets where lodging is necessary, Bull Shark Aquatics will block rooms at a team rate for the convenience of the swimmers, but it is the responsibility of each team member to make those reservations.
- At any meet, practice or team activity, swimmers must abide by the team's Code of Conduct which is signed each year upon registration and is maintained on the team's website under the Documents Tab. Among other things, swimmers are required to stay in proscribed areas and respect teammates, officials, and other competitors. Vandalism, smoking, alcohol/drug consumption, inappropriate language and disrupting practice will not be tolerated and may result in suspension or expulsion from the team.

### **SWIM MEET PROCEDURES**

- A meet schedule for the season is posted on the Bull Shark Aquatics web site during the first few weeks of the season. In most cases, this schedule is final, if there are any meet cancellations from this schedule, parents will be notified, and the team will look for alternate meets. Swimmers will be entered in each meet for which they meet the criteria for competition.
- As meets are uploaded onto the Bull Shark Aquatics home page, swimmers are committed to all sessions of the meet for which they qualify. If a child is unable to swim one, two or all days of the meet, the parent must sign into their account and click the "Commitment" button for the particular meet, click their child's name and "Un-commit" their swimmer for any day of the meet he/she is not swimming. If no action is taken by the parent, the swimmer will be entered into all days of the meet.



- Approximately 7 days prior to non-championship events and championship meets, entry information is posted on the team website and e-mailed to each swimmer regarding particular meets in which they have been entered. This information includes events entered, directions to the pool, times to arrive and any other information about the competition. If parents would like to get basic logistical information (starting time, directions, etc.) about a meet in which their child is entered, this information can usually be found on Bull Shark Aquatics Swim Meets / Events tab as well as on the Connecticut Swimming's website ([www.ctswim.org](http://www.ctswim.org)) in the "Meet Announcements" section.
- Swimmers are expected to arrive at the proper time and be on the pool deck ready to begin at the time listed in the meet information. It is critical that swimmers be stretched and ready to get in the pool for the start of warm-up, as a proper warm-up is instrumental to competing well. If parents encounter a problem in getting to the meet on time, they should contact a coach since the coaches have to scratch any swimmers who are not known to be competing.
- If no notification is sent to the coaches of any delays or issues with getting to the meet on time swimmers will be scratched if they are not at the pool prior to the beginning of warm up.
- Swimmers should stay warm during winter meets by wearing the team shirt and/or warm-ups on deck. During outdoor meets, team members should stay in the shade (team tent) as much as possible.
- Coaches will tell swimmers in which events, heats, and lanes they will be swimming. Swimmers should check in with their coach before and after each race, and they should report behind the blocks several heats ahead of time. All swimmers will be expected to swim each of the events in which they are entered. Only the coach can scratch a swimmer from an individual race(s). In the case of a prelim/finals meet, swimmers cannot scratch an event or session without the approval of the coach.
- Good nutrition is critical for swimmers to perform well. Swimmers should eat a sufficient, but not heavy, meal 2 to 4 hours before the competition. Meals should include plenty of carbohydrates, while meet snacks might include fruit or energy bars. Swimmers should bring a water bottle and drink plenty of water throughout the meet to remain well-hydrated in the often humid pool buildings.
- Electronic timing is provided in virtually all meets in where Bull Shark Aquatics participate. The times generated by the electronic timing system are the official times, while the buttons and stopwatches are used for back-up if the electronic system malfunctions. Only individual races or lead-off legs on relays count as official times, which are used as qualifying times, etc.
- Bull Shark Aquatics swimmers are expected to remain until the end of the session in which they are participating unless told differently by the coaching staff. In most cases, Bull Shark Aquatics will enter relays and most swimmers will be participating in these relays which usually occur as the last event of each session. As swimmers are expected to support one another, those not entered in relays will be counted upon to support their teammates until all events are completed. Swimmers are prohibited

from leaving a competition early without permission from a member of the coaching staff.

- Swimmers are expected to wear the appropriate team attire (suit, team t-shirt, cap, etc.) at the competition site.
- To comply with USA Swimming requirements, parents are not permitted on the pool deck unless they are serving in an official capacity at that time. While often the temptation is there for a parent to come on the pool deck to “check on their child”, this is not permitted. If you need to visit with your swimmer during the meet, please designate a time and place to meet and they can come into the stands to meet with you.

#### **4. BULL SHARK AQUATICS' FINANCIAL REQUIREMENTS**

To participate as a member of the Bull Shark Aquatics Club, all swimmers must be determined to be in good financial standing by meeting all financial responsibilities with the team.

The following are the financial requirements of the club;

- **Program Fee:** Each group has a particular program fee that covers participation in that group for the year. That fee may be made in one payment or by utilizing Bull Shark Aquatics' payment plan. All swimmers when they register are expected to remain with the team throughout the entire year which runs from September through early August. A late fee is assessed to those participating in the payment plan whose payment is not received by the fifteenth of the month.
- **Fund-Raising Obligation:** The CEO and Head Coach will establish a fund-raising obligation each year. This minimum amount is currently set at \$250 per swimmer for the Senior Sharks, \$200 for the Age Group Sharks, and \$150 for the Mini Sharks. The team will establish a fund-raising plan and it is the responsibility for each swimmer and family to meet their assigned amount. Currently, one of the top team fundraisers is a swim-a-thon each December and May as its primary fund-raising activity.
- **Registration Fee:** Each Bull Shark Aquatics swimmer is responsible for registering the Bull Shark Aquatics as well as with USA Swimming through Connecticut Swimming upon joining the team. This entitles the swimmer to participate in USA Swimming sanctioned events and provides insurance coverage to each swimmer. USA Swimming registration is a separate registration fee from the team fee. In addition, the team registration fees provides each swimmer with one team t-shirts and cap.
- **Swim Meet Fees:** Swimmers are charged for each individual and relay swim at each meet as set forth in the meet announcement. Bull Shark Aquatics will bill swimmers team account after each final meet entry is sent in. If the meet is outside of the driving distance and the coach needs to fly to the meet, a meet surcharge of \$50/swimmer will be charged to help cover the coaches travel expenses for that meet. Once a swimmer has been entered in an event, Bull Shark Aquatics is charged for that entry even if the swimmer is unable to attend the meet at the last minute. Therefore, the individual's meet account will still be charged if this should occur. Also, if a swimmer fails to attend a meet without notifying the coaching staff in advance or departs a meet early

and this causes a relay to be scratched due to a lack of available eligible swimmers, the absent swimmer will be charged the entire relay amount.

- **Refunds:** Any swimmer/family is entitled to a full refund (less registration fee) through the first week of the beginning of the competitive year; 75% refund (less registration fee) through the 2nd week of the competitive year; 50% refund (less registration fee) through the 3rd week of the competitive year. Thereafter, Bull Shark Aquatics does not refund program fees.
- **Prorating:** Bull Shark Aquatics does not prorate member fees for portions of the year. Exceptions are only made when a new family (which has not been involved with Bull Shark Aquatics in the past) joins the program after the starting date of the competitive year, or if that new family chooses to swim only short course.
- **Financial Hardship:** Bull Shark Aquatics convenes a financial hardship committee to address cases of documented financial hardship which make it difficult for a family to meet their Bull Shark Aquatics financial requirements. This committee will work with families to keep their children involved with the club and the sport.
- **Family Discounts** A 5% reduction on fees will be offered to families who have two or more swimmers active in the program.
- Swimmers may be held from competing in practice and at swim meets if the financial responsibilities are not met during the season.

## **5. TEAM STRUCTURE / PARENTAL ROLES**

### **Bull Shark Aquatics Team Structure**

- Bull Shark Aquatics is a coach owned team. The Head Coach and CEO are responsible for the day-to-day operations in the pool, along with everything that happens on the dry side. This includes, but is not limited to, maintaining relationships with the University of Bridgeport, providing regular team-building opportunities, planning social outings, fundraising, having a social media presence, and making sure that Bull Shark Aquatics is a safe and fun environment for each swimmer and parent member.

### **Coaches Roles**

- All Bull Shark Aquatics coaches must meet the criteria set forth by USA Swimming. Each coach is a Red Cross certified lifeguard and holds a current First Aid/CPR certification. Each coach has gone through mandatory Safe Sport courses and is held to the highest standard when it comes to professionalism on and off the pool deck. The main goal of each Bull Shark Aquatics coach is to build trust in our swimmers and give them the tools they need to be successful in all levels of competition. Coaches will build relationships with families and aquatic organizers in the Fairfield County area.

### **Parent Roles**

- As the parent/guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. All parents are expected to support the team by attending team sponsored events, participating in team social activities and

fundraisers, and volunteering their time. It is the nature of the sport of swimming that when a child joins a team, so do his/her parents.

#### **Parent Meetings**

- Bull Shark Aquatics will conduct two parents' meetings each year. There is an information meeting held within the first month of both fall/ winter and spring / summer practices. A parent from each family is expected to attend the Bull Shark Aquatics parent's meetings.

#### **Volunteering at Swim Meets**

- At most to all of the meets we attend; we are assigned worker positions in direct relation to the size of our entry. Each parent will be expected to assist at several meets during the season. Worker positions include meet officials (requires certification by Connecticut Swimming), timers, runners and marshals. The head coach will contact parents prior to or at the meets to ask for help.

#### **Other Volunteering Opportunities**

In addition to working at meets, there are numerous areas that parents can volunteer to help with, including:

- Parent Boster Club
- Swim-a-Thon
- Team publicity
- Spring banquet
- Social coordinators for each practice group
- Team Fund Raising Events
- Annual Membership Meeting and BBQ

## **6. COMMUNICATION**

#### **Bull Shark Aquatics Means Of Communications**

- Website - The Bull Shark Aquatics website and newsletter will be the primary source of consolidated information about the team.
- Bull Shark Aquatics Newsletter- The Bull Shark monthly newsletter is intended to keep members informed by providing information about what's happening at Bull Shark Aquatics that month such as practice changes, meet information, and other valuable information.
- Email – Bull Shark Aquatics will attempt to provide all necessary information through direct emails, but the website and newsletter will be the primary means of communication. It is each family's responsibility to provide Bull Shark Aquatics with proper email addresses and with any changes in email addresses.

- Texting – Bull Shark Aquatics will also use the option through the team website to send out texts for any last-minute announcements as well, such as practice cancellations or practice schedule updates.
- All team members, parents and coaches must comply with the team's Electronic Communication Policies which are maintained on our team's website under the Documents Tab.

#### **Practice Cancellations**

- In the case when inclement weather that causes practice to be canceled, all efforts will be made to send emails and to post the information on the website. However, due to the nature of fast developing weather, email the coaches when in doubt. If the practice is canceled, that information will be updated as soon as it is known

#### **Communication with the Coaches**

- A parent may have the need to talk with a member of the staff about his/her child during the season. The coaches are best qualified to answer those questions and are very interested in each swimmer. However, they cannot stop what they are doing to talk with parents while trying to coach others. The best way to speak with a coach is by arranging a time either prior to or after practice is completed. The coaches may generally be reached at the team office at University of Bridgeport pool on weekday afternoons. Emailing the staff at their email addresses to arrange a meeting is the best way to speak with the coaches. Often it may be best to set up a time to speak with the coach one on one. Parents are not permitted on the pool deck during practice, and they should not come on the pool deck to talk with a coach then or during a meet.

### **7. TEAM EQUIPMENT**

#### **Required Team Attire**

- Bull Shark Aquatics requires that all swimmers be outfitted in team attire at competitions. This shall include Bull Shark Aquatics cap, Bull Shark Aquatics meet suit and Bull Shark Aquatics T-shirt. At the senior level (13/over), a team warm-up suit is required. The warm-up is optional for all other groups. Bull Shark Aquatics will provide a t-shirt and a bathing cap to each swimmer at the beginning of the short course season.

#### **Required Training Equipment**

- Equipment needs by group are listed on the website under the Equipment tab. Swimmers will be expected to have that equipment within two weeks of the beginning of practice for that season. Equipment usually consists of kickboard, pull buoy, fins, snorkel and equipment to wear for dryland activities (t-shirt, shorts, and running shoes). Senior level swimmers are also required to obtain paddles.



- A team equipment day will be established during the early part of fall training. This will be an opportunity for all parents/swimmers to order necessary team equipment for the season.

## **8. Code Of Conduct**

### **Bull Shark Aquatics Swimmer Code of Conduct**

As a swimmer & member of the Fairfield Aquatics Swim Team, I will abide by the following code of conduct:

- I will be respectful of others and the property of others.
- I will be on time for practice, dryland training sessions, and meets.
- I will comply with all team and facility rules.
- As a matter of courtesy to meet hosts, pool facility operators, janitorial staff members and swimmers.
- I will leave the team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
- I will practice and teach good sportsmanship.
- I will promote positive team spirit and morale.
- I will offer congratulations and encouragement to opponents.
- I will support my teammates at practice and at competition.
- I will follow the directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
- I will respect the rights and space requirements of other groups using the swimming facility.
- I will follow the Code of Conduct at home, at away events and at any event where FA is represented.

### **Prohibited Behavior**

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

- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Destructive behavior.
- Inappropriate or unruly behavior, including fighting or striking another athlete.
- Inappropriate language (swearing or derogatory comments) including lying.
- Stealing and vandalism.
- Bullying or isolating another swimmer.
- 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 swimmers during practices, swim meets, and at team events. Disciplinary actions can range from, but are not limited to; 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 Head Coach/CEO 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 reasons for a maximum of six days. Coaches may also recommend to the Head Coach/CEO 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 Head Coach/CEO reserves the right to terminate the membership of any individual whose behavior places the Bull Shark Aquatics in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

#### **Bull Shark Aquatics Parent Code of Conduct**

- As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff must be arranged prior, or occur when the coach is not teaching.
- Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets & practices.
- Maintain self-control at all times & know my role.
- Swimmers– swim
- Coaches– coach
- Officials– officiate
- Parents– parent
- During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only and done so after the competition.
- As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, &/or any participating swimmer will not be permitted or tolerated.
- I understand and agree to the above terms and conditions, in exchange for the privilege of my child(ren), registered with this agreement, to participate in Bull Shark Aquatics. Should I conduct myself in such a way that brings discredit or discord to Bull Shark Aquatics, or USA Swimming I voluntarily subject myself to disciplinary action.

**Bull Shark Aquatics maintains the right to terminate any membership with or without cause at the discretion of the Head Coach/CEO**

**Agreement/Acknowledgment**

- **Upon making your annual registration payment, you are agreeing to abide by the Parent Code of Conduct and the Swimmer Code of Conduct**

