

Swimmer Agreements

1. Be on time

- I will quickly use the locker room before practice and be on the pool deck ready to go by the start of practice.
- After practice, I will quickly gather my belongings and exit the pool area.

2. Respect your teammates, opposing team members, parents, officials, and coaches

- I will not use inappropriate language.
- I will keep to myself in the locker rooms.
- I will not endanger others or myself.
- I will keep my cool when things do not go my way or as planned.
- I will talk to a coach right away when an issue happens during practice.
- I will not engage in physical behavior, even if it is "just for fun".
- I will not engage in verbal fights or use curse words.

3. Respect the environment

- I will use equipment as it is designed.
- I will put all equipment away when done using it.
- I will not throw or bend equipment.
- I will not vandalize facilities that we enter for practice or competition.

4. Follow the rules

- I will follow all the team rules outlined by parents, coaches, and the facility at all times.

5. Work hard

- At practice, I will work hard and complete tasks to the best of my ability.

6. Be coachable

- I will take directions, corrections, and advice from my coaches without argument.

Blaze Staff Agreements

1. Keep everyone safe

- We will give reminders about safety rules and keep a watchful eye on all swimmers while under our care.
- We will put a stop to any unsafe behavior that we see.

2. Show up

- We will have coaches available at practice and swim meets.

3. Be encouraging and positive

- We will give gentle reminders first before pursuing more drastic action.
- We will not yell or scream in a rude or condescending way.
- We will lift each swimmer up with positive words of encouragement!

4. Create a challenging yet attainable practice environment

- We will provide workouts to challenge swimmers.
- We will make practices achievable for all levels.

Discipline Policy Agreement

Any behavior which poses a safety threat or disrupts a scheduled activity will result in immediate ejection from the facility for that day. **The general escalation procedure is as follows; however, as stated above, this is at the coach's discretion and may not occur in this order.**

1. Verbal Warning - The coach will notify the individual of the issue as soon as possible after the incident occurs. The coach will also tell the individual the correction for the behavior. A notification may also be given to the parent/guardians.

2. Suspension - More serious or recurring incidents will result in temporary suspension from the practice, meet, activity, or team. The suspension may result in a removal from a practice, meet, activity, or team for that day or longer. Notification will be given to the parent/guardians. No refund will be given for the suspension period. Any extra expenses will be the responsibility of the individual, his/her parents, or legal guardians.

3. Expulsion - If the above actions do not remedy the situation, or the situation is deemed severe enough, the individual may be expelled from JBSC. Expulsion requires the approval of the Head Coach and Aquatics Coordinator. Refunds may or may not be given. Any extra expenses will be the responsibility of the individual, their parents or legal guardians. JBSC athletes, coaches, officials, administration, and parent/guardians are all expected to follow the Code of Conduct. Failure to follow the code may result in disciplinary action up to and including employment or membership termination. If an athlete, coach, official, administrator, or parent/guardian conducts themselves in such a way that brings discredit or discord to Blaze, Iowa Swimming Inc, and/or USA Swimming, that individual voluntarily subjects themselves to disciplinary action. As a private swim team, JBSC maintains the right to terminate any membership with or without cause in the interest of our vision, mission, and objectives. JBSC may also alter the process of the discipline policy based on the nature and severity of the incident.

I, _____, agree to this Code of Conduct and understand the consequences of breaking this Code of Conduct.