



ATHLETE CODE OF CONDUCT

- Swimmers are expected to remember that at practices, during swim meets, team activities and in public club functions, they are representing CPSC. They should represent CPSC with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected at all times to follow the directions of any member of the coaching staff while during practices or at swim meets and respect any instructions by officials given to them at swim meets. Disrespect or failure to obey instructions will not be tolerated from any CPSC athlete and may result in removal from practice or meet.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to all team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- Swimmers should be punctual and arrive on time for all practices, meets, and team events. Pool time is very valuable.
- Swimmers are expected to remain in the pool area at all times once they arrive for club practices unless otherwise instructed to by a member of the coaching staff. No club member should be loitering in the school hallways or locker rooms, participating in horseplay in the school hallways, or throwing anything in the school hallways, that was not sanctioned by the CPSC coaching staff.
- Phones, if a swimmer has one, must remain in their swim bags throughout the duration of swim practices and swim meets unless directed to use by the coaching staff. It is expected that swimmers remained engaged at practices and meets and not distracted by their phones.
- Disruption of practice by an athlete will be grounds for removal from practice. Continual cheating in a practice will be considered a disruption of practice.
- The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is need, they are to ask questions politely.
- Swimmers will not talk while the coaching staff is giving instructions or any kind during practices.
- Swimmers will not interfere with other swimmers while practices are going on, for ANY reason.
- Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated and will result in removal from practice and an immediate meeting with parents.
- Swimmers are expected to avoid spreading rumors or gossip in a way that could be detrimental to their fellow teammates.
- Dishonesty, theft, and/or vandalism will not be tolerated. Such behavior may be reported to authorities as deemed necessary by coaching staff.
- Every effort should be made to avoid guilt by association.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another swimmer may result in the swimmer being removed from a practice per the CPSC discipline guidelines.





- Bullying or harassment of any teammate or competitor will absolutely NOT be tolerated and WILL result in disciplinary procedures being enacted per CPSC club discipline policies.
- Swimmers should always remember that they represent the swim club and should act in a way that represents the club in a good light. This includes ANY online or social media platforms. If any inappropriate behavior is deemed to have happened while at a club function, meet or practices, then the club discipline policy will be put into effect once a thorough investigation of the situation.
- Any social media or online issues that come up that are deemed to be out of club time are not within the jurisdiction of the club and should be handled between the families/parents.
- Swimmers are expected to recognize and celebrate the good performances and successes of fellow club and team members. Good sportsmanship.
- Coaches MUST be notified in advance, by a note from their parents, that they need to leave practices before the scheduled ending time and for what reason. No swimmer will be excused without said note or a parent coming in to pick them up.
- Swimmers agree to refrain from using and or participating in alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct or any other behavior deemed dishonest, discourteous, criminal, offensive or disrespectful of others during both Crown Point Swim Club sponsored events and in regular daily activities that are not sponsored or related to Crown Point Swim Club sponsored events. All members and swimmers of Crown Point Swim Club are representatives of the Club and are expected to conduct themselves appropriately both in and out of the pool.
- Swimmers and members of Crown Point Swim Club shall conduct themselves in a responsible and civil manner during Club sponsored events; and outside of Club sponsored events as all members and swimmers of Crown Point Swim Club are representatives of the Club.
- Swimmers and members of Crown Point Swim Club shall refrain from committing a criminal act under federal, state or municipal law, or supporting or assisting with the violation of any of those laws during Club sponsored events and outside of Club sponsored events as all members and swimmers of Crown Point Swim Club are representatives of the Club.
- Swimmers and members of Crown Point Swim Club shall refrain from the infliction, threat or incitement of bodily harm during Club sponsored events; and outside of Club sponsored events, which shall include, but not be limited to: (1) infliction of bodily harm upon any person; (2) any act that contributes to the risk of bodily harm to a person, and which includes but is not limited to physical or sexual assaults or threats thereof.
- Safety is first and foremost the coaching staff's main concern. The following may result in swimmers sitting out of a practice or being completely removed for the day:
 - Horseplay, such as dunking, pushing, shoving, or spitting
 - Running on the pool deck
 - Throwing of equipment or any object(s)
 - Verbal or physical abuse of a swimmer or coach
 - Sitting or hanging on the lane lines or diving boards, unless instructed to do so by the coaching staff
 - Improper entry into the pool
 - Entering in the pool area without a member of the coaching staff being on deck
 - Jumping into the stair area/handicap access to the pool





- Diving off the diving blocks without being properly certified and upon permission of the coaching staff
- Any other situation that the coaching staff feels presents an unsafe situation for all swimmers involved

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coaches must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's direction and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

DISCIPLINE.

General Policy.

- ❖ Routine disciplinary issues relating to swimmers will be handled directly by the coaching staff. Repeated or more serious infractions by swimmers, as well as any disciplinary issues relating to parents, will be resolved by the Board of Directors.

Disciplinary Procedure for General Misbehavior at Practices.

- ❖ While great effort will be made to give children the benefit of the doubt, constant misbehavior at practices or meets to the point of team disruption will not be taken lightly.
- ❖ Initially, the swimmer will be warned by the coach as to what he/she is doing wrong and be requested to stop.
- ❖ If after being warned the swimmer continues to misbehave, he/she will be removed from the pool for a period of 15 minutes.
- ❖ If the misbehavior continues, the swimmer will be dismissed from that practice and escorted to a telephone to call home. The swimmer must then wait poolside until his/her ride home arrives.
- ❖ Dismissal from a second practice will result in a meeting with the Head Coach & the swimmers parents to discuss ways to rectify the problem.
- ❖ If after a meeting with the parents and swimmer, the swimmer is excused from another practice, the matter will be brought to the Board's attention for a decision regarding a suspension or expulsion from the team.
- ❖ Any swimmer who does not immediately comply with a coach's enforcement of the above steps will be subject to the next level of discipline (e.g., a swimmer who refuses to leave pool when directed will be immediately dismissed from practice; a swimmer who refuses to leave practice and call home when directed will have their matter brought before the board).

Notes on Disciplinary Procedures.

- ❖ Any type of physical altercations or verbal abuse of teammates or opposing team athletes will not be tolerated. After gathering all facts from any witnesses to incidents, if it is found that a Crown Point Swim Club member did physically or verbally abuse anyone while at practices or at meets, they will immediately be suspended for....
 - A minimum of one month for 11 & over swimmers
 - A minimum of two weeks for 9-10 year old swimmers





- A minimum of one week for 8 & under swimmers and must ask the permission of the Head Coach to remain a member of the Crown Point Swim Club.
- ❖ The discipline policy is aimed primarily at the upper level training groups, and is not intended to punish young children acting like young children.
- ❖ All of our children have bad days, and it is possible that your swimmer will be sent home. You are encouraged to discuss the incident first with the coaches, and then with the Board if necessary.





In signing this CPSC Code of Conduct, the athlete and parent(s), acknowledge that practices and meets are a time in which to learn and grow as an athlete and productive member of society, that disruptive and disrespectful behavior will be avoided at all cost, and the athlete will focus to make the valuable time of the staff work best for all involved.

Athlete Name (printed): _____

Athlete Signature: _____

Parent Name (printed): _____

Parent Signature: _____

Date: _____

