

# Lakers Swimmer Code of Conduct

The coaching staff is responsible for maintaining order at the pool and at swim meets. The following guidelines have been established to help create an environment that allows both swimmers and coaches to have productive and successful practices and meets. All swimmers must review this Code of Conduct, initial each line, and sign at the bottom indicating you have reviewed, understand, and will abide by the rules set forth.

Lakers' Mission Statement: The Lakers Aquatic Club is an organization made up of committed swimmers, professional coaches and volunteer parents. The Lakers strive to excel by assisting every swimmer in reaching their potential through a series of tools that teach them to make healthy choices, to set goals and to encourage them to push themselves beyond where they believe they can go, to instill self pride in a positive, safe, team orientated, learning environment that inspires friendships and a lifelong love of the sport.

Lakers' Vision Statement: Each day the Lakers Aquatic Club is working towards becoming an elite level club. Beginning first with becoming an elite team within the state of Michigan while trying to continue to produce sectional, jr national and national level swimmers.

The following is a list of behaviors that will NOT be tolerated and are subject to disciplinary actions(s):

1. the use of tobacco products
2. the use of alcoholic beverages
3. the use of Lakers equipment without permission
4. drug use, other than those prescribed by your physician
5. sexual misconduct
6. theft, disrespect, destruction, or degradation of people, places, and/or objects
7. disrespectful behavior towards coaches, parents, or other swimmers
8. the use of audio or visual recording devices, including cell phones, in changing areas, rest rooms, or locker rooms

\_\_\_\_\_ (initial)

The following guidelines encourage members to practice appropriate behavior whenever they are at practice or at swim meets.

1. Arrive and leave at scheduled practice time or when dismissed
2. Notify coach of tardiness or absence (as far in advance as possible)
3. Follow direction given by coach (during practice and meets)
4. Swim the complete practice to the best of your ability
5. Bring your equipment to practice every day – it is NOT optional
6. Be positive and supportive of all swimmers
7. Do not leave food, garbage etc in locker room. Leave the locker room in the same or better condition as when you arrived

\_\_\_\_\_ (initial)

## Swim Meet Expectations

1. Be on time for warm-up and events
2. See coaches before and after each swim
3. Be supportive of all swimmers
4. Swim all the events you sign up for, unless excused by coach
5. Coaches will resolve any problems that will arise at meets

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6. Wear team uniform including swim cap
7. Lakers apparel should be worn when receiving an award on the podium

\_\_\_\_\_ (initial)

Appropriate behavior will be recognized and rewarded. Inappropriate behavior will also be recognized and dealt with in the following manner:

1. discipline will be enforced in a progressive manner depending on the severity and/or continued absence of expectations, rules and regulations
2. suspension from assigned swimming group and placed in another
3. temporary or permanent suspension from the team

\_\_\_\_\_ (initial)

## **Bullying is prohibited.**

Bullying is the severe or repeated use by one or more swimmers of an oral, written, or electronic expression, or a physical act or gesture, or any combination thereof, directed at any other swimmer that has the effect of:

1. Causing physical or emotional harm to the other swimmer or damage to the other swimmer's property
2. Placing the other swimmer in reasonable fear of harm to himself/herself or of damage to his/her property
3. Creating a hostile environment for the other swimmer at any swimming activity
4. Infringing on the rights of the other swimmer at any swimming activity; or
5. Materially and substantially disrupting the training process or the orderly operation of any swimming activity

A full version of the Lakers' bullying policy is available on the Lakers' website. I have reviewed, understand and agree with the full policy.

\_\_\_\_\_ (initial)

Electronic Communications - A full version of the Lakers' Electronic Communication policy is available on the website. I have reviewed, understand, and agree with the full policy.

\_\_\_\_\_ (initial)

**Sanctions:** Should I violate this code of conduct, or otherwise conduct myself in such a way that brings discredit or discord to the Lakers Aquatic Club, I voluntarily subject myself to disciplinary action up to and including permanent expulsion from the Lakers Aquatic Club. The Lakers Board of Directors reserves the right to terminate/refuse any membership with or without cause in the interest of our mission, vision, and objectives.

I have read the swimmers code of conduct and understand that abiding by it is a requirement to be a member of the Lakers Aquatic Club. *I understand that this agreement is effective for the duration of my time as a member of the Lakers Aquatic Club.*

Swimmer's Signature:

\_\_\_\_\_

Swimmer's Name *Printed*:

\_\_\_\_\_

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Date:

Parent's Signature: