

ATHLETE CODE OF RESPONSIBILITY PLEDGE

As a member of BAC Swim Team, I acknowledge that following certain basic rules of conduct is important to my development as a swimmer, my relationship with my parents, coaches, and teammates, the community reputation of my team, and the preservation of the many relationships which contribute to the success of BAC Swimming. I realize that not acting in a proper way while engaged in team activities is harmful to myself and to my team, and prevents me from becoming the best swimmer and person I can be. I therefore pledge and commit to observe the following basic rules of conduct while involved in BAC Swimming related activities:

- I will treat others with courtesy and respect, including my fellow swimmers, coaches, team parents, aquatic center employees, meet officials, parent volunteers and swimmers, coaches and parents of other swim teams.
- I will not interfere with the workouts of other swimmers.
- I will obey the directions of adults with an appropriate attitude promptly and respectfully.
- My behavior at practices and meets will be safe and appropriate. This includes my behavior on deck, in the lock rooms and while cheering my teammates on.
- I will take responsibility of my actions and language at all times.
- I will care for others while striving to be a personal and team leader.
- I will exemplify sportsmanship by holding myself to the highest standards of fair play.

I do understand that in the case of discipline we have a three strikes and you're out policy. The first action of discipline will be a meeting between the swimmer, coach and a parent. The second action will result in an automatic 2 week suspension. The third action will result in a suspension for the remainder of the swim season.

If an infraction occurs that is extreme in severity the coaching staff or the BAC Swim Team board may elect to issue the discipline of a higher strike to meet the seriousness of the infraction.