



CODE OF CONDUCT

Swimmers

- ✓ I will encourage good sportsmanship from fellow swimmers, coaches, officials and parents at all times.
- ✓ I will remember that swimming is an opportunity to learn and have fun.
- ✓ I will remember that practices and meets are equally important.
- ✓ I deserve to swim in an environment that is free of drugs, tobacco, and alcohol; and expect everyone to refrain from their use at all swimming practices and meets.
- ✓ I will do the best I can at each and every practice, remembering that all swimmers have talents and weaknesses the same as I do.
- ✓ I will treat my coaches, other swimmers and coaches, meet officials, other officials, volunteers, and fans with respect at all times; regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- ✓ I will concentrate on swimming; always giving my best effort.
- ✓ I will at all times control my temper.
- ✓ I will always exercise self-control.
- ✓ Conduct during swim meets towards the sport of swimming and all meet officials shall be in accordance with appropriate behavior and in adherence to US Swimming Rules.
- ✓ While traveling, I will conduct myself so as to be a credit to myself and to my swim team.
- ✓ I will be a team player
- ✓ I will respect the facilities that we use and leave them cleaner than I found them.
- ✓ I will have a positive attitude and thus a positive influence on my teammates, coaches and the STAR program.

Failure to comply may result in your suspension from STAR Aquatics' events or your dismissal from STAR Aquatics as determined by the coaches.

Parents/Volunteers

- ✓ I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, meet officials, other parents and volunteers at all times.
- ✓ I will place the emotional and physical well being of all swimmers ahead of any personal desire for my child or our team to win.
- ✓ I will support the coaches, meet officials, and volunteers working with my child in order to encourage a positive and enjoyable experience for all.
- ✓ I will remember that my child swims for her/his benefit, not mine.
- ✓ I will make sure that my child arrives on time for meets, practices and other team activities.
- ✓ I will remember that my child will learn based on the example that I set for them.
- ✓ I will ask my child to treat other swimmers, coaches, meet officials, other parents and volunteers with respect.
- ✓ I will always be positive and support the decisions of the coaches, and in doing so support the team.
- ✓ I will not coach my child in or out of the pool; that is the coach's role.
- ✓ I will not get into arguments with parents, swimmers, volunteers or coaches from my swim team or from any other swim team.
- ✓ I will not use abusive or insulting language. I will treat everyone with dignity.
- ✓ I will not criticize meet officials and volunteers, understanding that mistakes will be made.
- ✓ I will praise my child for their effort rather than the result of a race or meet.
- ✓ Alcohol, illegal drugs and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any practice or meet or at any other time at any STAR Aquatics' swimming facility or at any other swimming complex.

Failure to comply may result in your suspension from all STAR Aquatics' events as determined by the coaches.