

Saratoga Stingrays Swim Team - Swimmer Etiquette Contract

Swim Practice Etiquette

- There's a no tolerance rule for excessive talking, disruptive (pinching, splashing, slapping, hitting) or distracting behavior.
- There's a no tolerance rule for teasing and bullying of other swimmers or siblings.
- Constructive punitive actions will be used to curb disruptive behavior: (e.g., warnings, sit out a set, sit out a practice, lane switch, push-ups/sit-ups, extra laps, switch practice time, removal from the team).
- Your parents will be consulted if behavior doesn't improve after repeated warnings.

Competition Behavior and Etiquette

1. Learn appropriate competition behavior
 - To arrive on time for warm-ups
 - Not to eat right before an event to avoid digestion problems
 - Report to coaches to secure event cards
 - Keep your swim event card with your competition gear (goggles/cap) at all times
 - Review factors of event with assistance of Coach before your event
 - Pay attention to swim event order to be ready to proceed to Clerk of Course at appointed time
 - Report to the Head/Assistant Coach immediately following your event
 - Participate in cheers to boost team spirit during competition
2. Learn appropriate competition sportsmanship
 - Do not look around at competition
 - Direct attention to coach if told to do so
 - Remain in pool until all swimmers finish
 - **Shake hand of swimmers in lanes to left & right, especially if heat winner**
 - Exit water as directed by timers

Behavior in Restaurants and Other Venues

When you are in public with the team, you represent the team and should be on your best behavior. You are expected to show respect to authority figures, including coaches, waitresses and other parents. There is no tolerance for throwing food or spitballs, standing in chairs or yelling. If you can't abide by these rules, you will be forced to sit with your parents or asked to leave.

I have read and discussed these rules with my parent(s). I agree to follow these rules when practicing, competing or going out with the Saratoga Stingrays swim team

Swimmer Signature

Date

Parent Printed Name

Date

Parent Signature

Date