

DIXON DOLPHINS

Code of Conduct

for Parents and Swimmers



PARENT & SWIMMER CODE OF CONDUCT

As a member of the Dixon Dolphins, I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of Dixon Dolphins. The following guidelines state the principles the Dixon Dolphins Swim Team expects all members to demonstrate and uphold. The Dixon Dolphins Swim Team also abides by the NCSL Anti-Bullying Policy.

Dixon Dolphins is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline and sportsmanship. Your child will reap the benefits of swimming long after their participation with Dixon Dolphins ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff.

PART I – PARENT CODE of CONDUCT

- Set the right example for our children by showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help Dixon Dolphins achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. A Dixon Dolphins wins gracefully, loses graciously and congratulates their opponents either way.
- Support your coaches as they strive to do what is best for each swimmer. Our expectations and methods are based on USA Swimming and other recognized swimming authorities. Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.
- Represent Dixon Dolphins with excellence, respect, team spirit, good sportsmanship, and politeness.
- If you have coaching concerns, address it with the appropriate coach in private. If you have team concerns, address it with a Dixon Dolphins Board member in private.
- Maintain open and honest communication among all members of the Dixon Dolphins family. We reach our common goals by working together.
- Ensure that responses on any of the team's communications channels remain professional and considerate.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

PART II – PARENT RESPONSIBILITIES

- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Coaches are available before or after training, meets and competitions for feedback or to discuss issues.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Ensure that all your children, including non-swimmers, follow pool safety rules both at practices and at meets.
- Do not speak harshly or directly to a child who is not your own. Please contact a coach or a Board member if you have an issue with another parent's child. The Dixon Dolphins Board member or coach will approach the child's parent, if necessary.
- Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance.
- Be an active participant in fundraising events and other team activities and encourage and support your child by ensuring your child is timely for all Dixon Dolphins team events.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc. should be directed to your swimmer's coach.
- Get involved! Be an official, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Know and uphold Dixon Dolphins rules, regulations, and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.

PART III – SWIMMER CODE of CONDUCT

The undersigned athlete participating with/for the Dixon Dolphins agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Represent Dixon Dolphins with excellence, respect, team spirit and politeness.
- Follow the directions of the coaching staff, respect official instructions and designated chaperones. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Practice good sportsmanship at all times with team members, coaches, competitors, officials, parents and for all facilities and properties used during practices, competitions and team activities.
- Be punctual and arrive on time for all practices, meets and team events. Pool time is very valuable.
- Attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with a coach.
- Be an active participant in all team practices, competitions, fundraising events and other team activities.
- Swimmers must notify the coach, in advance, if they are planning to leave practice or swim meets early.
- Wear appropriate team swim suits and team caps at all swim meets.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.

- Repeated disruption of practice by an athlete will be grounds for disciplinary action.
- Pay attention and follow all of the coach's instructions completely and exactly. If clarifications are needed, ask questions politely.
- Use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Destructive behavior will not be tolerated.
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by NCSL.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete are violations of the Dixon Dolphins Zero Tolerance Policy.

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

PART IV – VIOLATION OF THE CODE of CONDUCT – SWIMMERS

Violations of the Code of Conduct will be subject to the Dixon Dolphins Disciplinary Policy. The following penalties for practice disruptions include, but are not limited to, the following penalties:

- The swimmer will be given a verbal warning.
- The swimmer will be pulled out of practice in addition to a verbal warning and the coach and/or a Board member will contact the parent.
- Before coming back to practice, the swimmer will need to be accompanied by a parent and the parent stay for the duration of practice for four (4) consecutive days.
- If the swimmer continues their behavior, they will be suspended for one (1) week. (There will be NO prorated registration fee for practices missed due to suspensions.) If the swimmer's behavior problem continues, the swimmer will be subject to the Dixon Dolphins Disciplinary Policy.

PART IV – VIOLATION OF THE CODE of CONDUCT – PARENTS

Violation by parents who fail to abide by the code of conduct, will be subject to the Dixon Dolphins Disciplinary Policy.

Your acknowledgement during registration indicated, you have reviewed and understand the Dixon Dolphins Code of Conduct and Disciplinary Policy, as well as reviewed them with your registered swimmers. You (the parent/guardian) and the swimmer(s) agree to abide by this Code and accept the penalties for not abiding by these rules. Any non-compliance may be subject to disciplinary action determined by the coaches and/or the Board, which may include expulsion from the team.