

Family name: _____



Sutter Lawn Tsunami Swimmer/Parent/Coach Contract

Code of Conduct and Team Rules for Sutter Lawn Tsunamis Swim Team

Please fill out one per family and return to Coach Maureen no later than the first day of practice

Commitment of the Coaches:

As Coaches of the Sutter Lawn Tsunamis Swim Team, we will abide by the following Code of Conduct:

- We will arrive on time to daily practices, swim meets, and social events.
- We will maintain positive attitudes.
- We will always coach in the best way we know how, and we will do whatever it takes for each and every swimmer to swim to the best of his/her ability. This includes creating workouts that improve each swimmer's strength, stroke, and speed, offering frequent feedback, and providing clinics focusing on specific swimming skills.
- We will work collaboratively with swimmers, parents, Sutter Lawn staff, fellow coaches, and the swim league in order to create a successful and productive season.
- We will always make ourselves available to swimmers and parents and listen to their concerns as long as instruction is not interrupted.
- We will always protect all Tsunami swimmers' safety, interests, and rights.

Commitment of the Parents:

As Parents on the Sutter Lawn Tsunamis Swim Team, we will abide by the following Code of Conduct:

- We will make sure our child is at practice on time. Additionally, we will ensure we drop off/pick up our child at the appropriate practice starting and ending times, as the coaches can only keep an eye on the swimmers in the pool.
- We will be responsible and actively supervise our children who are on the swim deck and not participating in swim practice or a swim meet.
- We will make sure our child arrives at the meet by the publicized time and understand that failure to arrive prior to the scratch meet without notifying the coaches will cause our child to be scratched from the meet.
- We will ensure one parent volunteers for one of two shifts at each meet, and the end-of-season championship meet.
- We will encourage our child to participate in Tsunami social events.
- We will be kind and supportive of all Tsunami teammates and opposing teammates both in and out of the water.
- We will refrain from the use of alcoholic beverages during all dual meets and at Championships.
- We understand that our child must follow pool rules so as to protect the safety, interests, and rights of all other swimmers and club members.

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- We will always be respectful of Sutter Lawn property. This includes picking up trash, keeping the clubhouse and locker room clean, and returning pool furniture to its proper location following use.
- We will always protect all Tsunami swimmers' safety, interests, and rights.

Parent's/Guardian's Signature

Commitment of the Swimmers:

As a Swimmer of the Sutter Lawn Tsunamis Swim Team, I will abide by the following Code of Conduct:

- I will always be on deck, with my cap and goggles on, water bottle filled, and ready to get in the water at the start of assigned group practice time. I will use the restroom prior to the start of practice.
- I will listen when my coach is talking. I will pay attention and participate in practice, knowing that distracting or bothersome behavior toward other swimmers is unacceptable.
- I will arrive at swim meets by the publicized time and understand that failure to arrive prior to the scratch meet without notifying the coaches will cause me to be scratched from the meet.
- I will always display excellent sportsmanship, being kind and supportive of all Tsunami and opposing teammates, in and out of the water.
- I will work hard, listen to my coaches, hold a positive attitude, and behave in the best way I know how. I will do whatever it takes for me and my teammates to swim our very best.
- I will always behave so as to protect the safety, interests, and rights of all Tsunami swimmers.
- I will always be respectful of Sutter Lawn property. This includes picking up trash, putting away equipment, keeping the locker room clean, and not hanging or sitting on lane ropes.
- I will work to leave our team's area neat and clean at the conclusion of each meet. I understand this applies to pool locker/restrooms, bleacher areas, pool decks, and set-up staging areas.
- I understand that if I don't follow through with my commitments, I may be excused from practice, lose team social privileges, and not be considered for the end-of-season awards.

Swimmers' Signature(s)

Consequences for Violation of the Code of Conduct:

This code shall be in force for all Tsunami parents and swimmers during practice, during swim meets, and at events sponsored by or in which the Sutter Lawn Tsunami Swim Team is represented. Disciplinary actions can range from but are not limited to, reprimands, being sent home from practice or meets, expulsion from the team without refund, being barred from competition, or receiving any other disciplinary action that the Swim Board deems necessary when a member fails to adhere to the Code of Conduct.