

The Benicia Stingray swim team is committed to developing athletes who represent themselves and their community with pride, respect and integrity. The Stingrays strive to foster a safe, supportive and inclusive environment where every swimmer can grow, compete and thrive.

As a member of the Benicia Stingrays, I, \_\_\_\_\_ agree to uphold the following standards of conduct to ensure a positive and respectful environment for all:

## 1. RESPECT FOR OTHERS

- I will treat my teammates, coaches, officials, competitors, and spectators with respect at all times.
- I will use appropriate language and behavior, avoiding profanity, insults, or bullying in any form—whether in person, online, or through social media.
- I will respect personal boundaries and help create a safe space for all swimmers.

## 2. RESPONSIBILITY AND INTEGRITY

- I will arrive on time, prepared, and ready to participate fully in practices and meets.
- I will give my best effort in training and competitions, showing commitment to my personal goals and the team's success.
- I will follow team rules, practice expectations, and the instructions of my coaches.

## 3. APPROPRIATE BEHAVIOR IN THE WATER

- I will behave responsibly and respectfully while in the pool.
- I understand that horseplay, roughhousing, dunking, or unsafe behavior in or around the water is not acceptable.
- I will stay focused during practice and avoid actions that could distract or endanger myself or others.



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## 4. POSITIVE ATTITUDE AND TEAM SPIRIT

- I will support and encourage my teammates, celebrating their successes and helping them through challenges.
- I will be open to feedback from coaches and strive to learn and improve.
- I will contribute to a positive team environment by being kind, inclusive, and enthusiastic.

## 5. CONSEQUENCES

I understand that failure to follow this Code of Conduct may result in disciplinary action, including but not limited to:

- Verbal or written warnings
- Temporary suspension from practices or meets
- Parent/guardian meetings
- Removal from the team

**Athlete Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_

**Date:** \_\_\_\_\_

