

Trails of Algonquin Good Sportsmanship Policy for Participants, Coaches, & Spectators

As a member of the Trails Swim Team, I am part of a swimming organization that believes in teamwork, respect, positive attitude, integrity and leadership are more important than winning or setting records. By signing this Code of Conduct, our family agrees to follow the rules for behavior and sportsmanship. Please read the entire Code of Conduct for additional guidelines as well as consequences, available on the Trails Swim Team web site.

Teamwork

- Represent Trails with excellence and team spirit.
- Wear Trails or non-team caps at all practices and appropriate swim suits and Trails or non-team caps at all swim meets.
- Promote positive team spirit and morale, which includes being humble in victory and courageous in defeat. Deal justly, kindly, impartially, and intelligently with all fellow team members. Cheer on and encourage your teammates, especially the younger swimmers and new team members.
- Parental help at meets is required. Lack of support for a meet, without agreement from Manpower, may result in the swimmer(s) suspension from the next meet.

Respect

- Respect team members, parents and families with politeness.
- Respect coaches and coaching decisions.
 - Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Violation of this rule will exclude your swimmer from an upcoming meet or relay.
 - If you cannot attend a meet previously signed up for, the swimmer or parent must inform a swim coach as soon as possible or risk being removed from a future meet or relay.
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- Respect officials.
- Respect all facilities and property used during practice or competition.
- Respect meets.
 - Arrive on time to check in.
 - Check in with your coach for feedback after swimming an event.
 - Notify coaches if you need to leave the meet early!
- Respect the practice.
 - Use the restrooms before and after practice—not during.
 - Be dressed and on the pool deck ready to swim at least 10 minutes prior to practice start time.
 - Swimmers who cannot participate in specific activities must have an email or note from a parent.
- Respect your swimmer. Do not impose your ambitions on your child.

Attitude

- Swim for the fun of it.
- Make every team practice, meet participation and activity an opportunity to learn.

Integrity

- Use appropriate language.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Do not remove or take any article that does not belong to you.
- All social media interaction between athletes and with non-athlete members should be respectful of teammates.

Leadership

- Know your role: Swimmers swim, Coaches coach, Officials officiate and Parents parent.
- Set an example by following the code of conduct and encouraging others to do so as well.

VIOLATION OF THE CODE of CONDUCT – SWIMMERS

The following penalties for violating the Trails Swim Team's Code of Conduct 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 will contact the parent.
- The swimmer will be excluded from an upcoming meet or relay.
- 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 his/her bad behavior, he/she will be suspended for one (1) week. (There will be NO prorated fee for monthly dues.)
- If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

VIOLATION OF THE CODE of CONDUCT – PARENTS

Violation by parents who fail to abide by the code of conduct, will be discussed and voted by the Board and may include, but not limited to, the following penalties:

- The Board will give the parent a written warning.
- The Board will inform parent that swimmer will not be allowed to practice in next four practices or next upcoming meet or participate in a relay.
- The Board will remove the parent and swimmer from the roster.
- Parent/swimmer will be banned from joining Trails in the future.

Your acknowledgement during registration indicated, you have reviewed the Trails Code of Conduct with the registered athlete(s) and the athlete(s) understands the Trails Code of Conduct. 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.