

PARENT & SWIMMER CODE OF CONDUCT

As a member of the Trails Swim Team, I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning or setting records. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of Trails. The following guidelines state the principles Trails expects all members to demonstrate and uphold.

The goal of our summer league program is to stimulate an interest in competitive swimming and provide a means through which swimmers may learn leadership, the principles of good sportsmanship, values of physical fitness, advanced aquatic skills, encourage and develop teamwork, establish a love for the sport of swimming, and community spirit.

Trails is also a safe place for competitive swimmers who don't want to lose fitness but need a break from the demands of a more aggressive winter league.

We hope that each swimmer will develop a lifetime love for swimming, basic skills, and new friendships with great memories.

In order to provide swimmers and families with a positive recreational swim team experience, Trails considers its coaches intentionally. Our community is unique and we often promote coaches from within the team who know and have experienced its culture. Our coaches are often college students, generally those who are swimming and excelling on collegiate level teams. They are passionate about Trails and swimming and combine a love for competition with fun. Trails coaches are reviewed with a background check and an interview process that is approved by the parent board before each season.

It is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team.

PARENT CODE of CONDUCT

The undersigned guardian of participating athlete with/for the Trails Swim Team agrees to abide by the guidelines outlined below in addition to those established by the board or coaching staff.

Team Community

- Create a positive atmosphere for swimmers and families. Avoid criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and build swim community with.
- Get involved: be an official, volunteer at meets, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy that serves our team and the swimmers!
- Be an active participant in all fundraising events and other team activities and encourage and support your child by ensuring your child is timely for all Trails events.
- Parental help at meets is required. You will be scheduled to work half of each home meet. Manpower will assign roles and work with you for special situations. Please let the Manpower representative know if you have limits to when or how you can work. Lack of support for a meet, without agreement from Manpower, may result in the swimmer(s) suspension from the next meet.
- Pay your fees on time.

Respect

- Respect team members, parents and families with politeness.
- Respect the board members as volunteers who care as much about the team and your kids as you do.
- Respect coaches and their decisions.
 - Swimmers benefit most from positive reinforcement of the coaching staff's instructions and advice.
 - 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. Set up a time via email to meet. 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. (The coaches spend quite a bit of time preparing the line-ups for meets trying to balance out the number of events each swimmer is allowed to swim. Also, not showing up to a meet they have committed to can cause a relay to be scratched which is unfair to other team members.)
- Respect officials. Only coaches may approach meet officials for questions or concerns.
- Respect all facilities and property used during practice or competition.

- Respect your swimmer. Do not impose your ambitions on your child.

Attitude

- Demonstrate good sportsmanship during all practices, competitions and team activities. Trials wins gracefully, loses graciously and congratulations opponents either way.
- Support your swimmers with unconditional love and support before and after races.
- 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 proactive about communication. Check email, Facebook and poolside mailbox regularly, since during a short season things happen quickly and changes do occur.
- Promote healthy participation and sportsmanship. Positive verbal praise and correction is the best gift of motivation you can give to your swimmer.
- Avoid using negative statements or bribes as encouragement. Likewise, overzealous parents and/or spectators that are detrimental or embarrassing to our team will not be tolerated.

Integrity

- Address any concerns with the appropriate person. Reach out to coaches via email or address with a Trails board member in private.
- Maintain open and honest communication among all members of the Trails family. We reach our common goals by working together. If you have an issue with another parent, it is your responsibility to first address it directly with them privately.
- If you have an issue with another parent's child, please contact a coach or board member. If necessary, the board member or coach will approach the child's parent.

Leadership

- Guide your child in his or her behavior, such that they are courteous and respectful of others and following the code of conduct.
- Know your role: Swimmers swim, Coaches coach, Officials officiate and Parents parent.
- 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 and warm-ups.
- Know and uphold Trails rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.

SWIMMER CODE of CONDUCT

The undersigned athlete participating with/for the Trails Swim Team agrees to abide by the guidelines outlined below in addition to those established by the board or coaching staff.

Team Community

- Represent Trails with excellence, respect, team spirit and politeness.
- 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.

Respect

- Respect team members, parents and families with politeness.
- Respect teammates. Fighting, intentional touching or striking another athlete will not be tolerated..
- Respect coaches. Follow the directions of the coaching staff and respect official instructions. Disrespect or failure to obey instructions will not be tolerated from any athlete. Notify coaches ahead of time if you will not be at practice or if you need to leave early. If you cannot attend a meet previously signed up for, the swimmer or parent must inform a swim coach as soon as possible.
- Respect officials. Only coaches may approach meet officials for questions or concerns.
- Respect all facilities and property used during practice or competition, as well as follow the rules of each facility.
- Respect meets.
 - Arrive on time to check in.
 - Check in with your coach for feedback after swimming an event.
 - Notify coaches if you need leave the meet prior to their age group's last event, just in case they need to fill in for another swimmer!
- Respect the practice.
 - Use the restrooms before and after practice—not during.
 - Be dressed and on the pool deck ready to swim at least 15 minutes prior to practice start time.

Attitude

- Swim for the fun of it.
- Make every team practice, meet participation and activity an opportunity to learn.
- 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.
- Be committed to putting forth your best effort every day.
- Avoid disruption of practice or risk being removed.

Integrity

- Swimmers must notify the coach, in advance, if they are planning to leave practice or swim meets early.
- 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.
- Indiscreet or 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 USA Swimming.
- Refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.
- Do not remove or take any article that does not belong to you.
- All electronic communication between athletes and with non-athlete members should be appropriate, clear and direct, and free of hidden meaning or innuendo.
- All social media interaction between athletes and with non-athlete members should be respectful of teammates.

Leadership

- Swimmers are expected to follow the spirit of the rules as well as the specific rules.
- Set an example for all teammates by following the code of conduct and encouraging others to do so as well.
- Be a leader that helps maintain a productive practice environment for all.

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.