



Cohasset Swim Team

Guide to Sportsmanship

All members of the Cohasset Swim Team are expected to:

- Never be upset or complain about the races they've been asked to swim -- and be excited to represent the team in any way they can!
- Be excited to try an event that is new or unusual to them.
- Be just as excited to represent Cohasset as a member of the C relay as they would if they were a member of the A relay, because relay spots are limited and super fun!
- Wait for everyone in their heat to complete the race before exiting the pool.
- Shake hands and congratulate their competitors following the race, whether they win or lose.
- Be proud of themselves no matter what place they come in, as racing their own time is the most important.
- Never put down a teammate (even if they swim faster in a race).
- Never talk about another team/facility in a way that is hurtful to them. We will take pride in our team without putting our competitors down.
- Support their teammates and friends, as we all are members of the best team ever!
- Cheer for our entire team--even the swimmers who aren't in their age group.
- Pay attention to the meet and not use cell phones/gaming devices while their peers are competing.
- Be confident in themselves and all the hard work they put in daily!
- Be the best teammate they can be.