

PALOS VERDES AQUATIC CLUB CODE OF CONDUCT: SWIMMER-ATHLETE

The purpose of a Code of Conduct for Swimmer-Athlete is to establish consistent expectations for swimmer's behavior. By signing this Code of Conduct for Athletes, I agree to the following statements.

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
 - Swimmers who exhibit inappropriate behavior will be excused from practice or a meet and will be subject to a disciplinary process as determined by the Head Coach. Any coach at any time has the authority to dismiss a swimmer from
 - practice, or meets, for disciplinary reasons.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will give my best effort in every phase of every practice.
 - No cutting distances in practice.
 - No complaining.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- I will swim all events entered in meets without complaint.
 - No scratches
 - Coaches will make all final entry decisions as best suited for each swimmer's training needs.
 - Swimmers are responsible for checking in, checking postings and heat & lane assignments, reporting to their coach before and after each race, and for being behind the block prior to their race.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

Swimmers and parents will never confront an official or stroke & turn judge at a meet, and will be respectful and courteous to meet volunteers at all times.

It will be a coach's responsibility to initiate conversation with an official.

If a parent or swimmer has a problem with a coach, it is that individual's responsibility to communicate the problem with that coach. If the problem can't be resolved this way, the parent or swimmer should discuss the issue with the Head Coach, who will facilitate resolution. If the problem persists or the problem rests with the Head Coach, the Board of Directors will intervene and resolve the matter.

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The use of drugs or alcohol by a swimmer will not be tolerated. The self-discipline of our swimmer-athletes will promote healthy and appropriate personal choices and will, therefore, enhance the quality and culture of our team.

Failure to comply with team rules about swimmer-athlete conduct, as set forth in their document, may result in disciplinary action. Such discipline may include but is not limited to:

- Dismissal from training.
- Disqualification from competition.
- Dismissal from a trip; disqualification from future team travel meets.
- Dismissal from the team.

I have discussed the PVAC Swimmer-Athlete Code of Conduct with my parent(s)/guardian(s) and I agree to follow the PVAC Swimmer-Athlete Code of Conduct as well as USA Swimming Rules and Regulations. I understand that failure to abide by these guidelines may result in disciplinary action, including the termination of my membership with PVAC.

Swimmer's signature

Date

Parent/Guardian signature

Date