

TSM coaches are committed to creating an environment in which athletes can meet and exceed expectations, and strive every day to be the best they can be. As such, by signing this contract, you are agreeing to abide by the Swimmer Code of Conduct, as stated below.

- Care for and support your teammates and coaches as you do yourself. TSM Aquatics is a program driven by high-character student-athletes and a culture of excellence. Swimmers will be respectful and courteous to their teammates and coaches at all times. We will act with integrity and honesty, and will operate on a basis of mutual trust and respect.
- TSM athletes will exhibit good sportsmanship at practice and meets, and will place the interests of the team ahead of self-interest at any team activity. We will maintain a positive attitude and will find growth opportunities in challenge and adversity.
 - Swimmers will be respectful.
 - 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.
- Swimmers must meet their group's requirements (please see team website).
- Give your best effort in every phase of every practice.
 - No cutting distances in practice.
 - No complaining.
- Strive for punctuality. Swimmers will be on time for all team activities.
 - Swimmers will be prepared to swim and will have suitable equipment ready before the start of each practice.
- Swim all events entered in meets without complaint.
 - No scratches.
 - TSM athletes are not allowed to attend, or register for, any meets without the coach's approval.
 - 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 their block prior to their race.
- 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.
- The use of drugs or alcohol by a swimmer will not be tolerated. The self-discipline of our 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 conduct, as set forth in this document, may result in disciplinary action. Such discipline may include but is not be 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 TSM Swimmer Code of Conduct with my parent(s) and I agree to follow the TSM Swimmer 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 TSM.

Swimmer Name _____

Swimmer Signature _____

Date _____