



SWIMMER CONTRACT

Competitive swimming for Age Group swimmers should be fun and should also be a significant part of a sound educational program, embodying high standards of ethics and sportsmanship while developing good character and other important life skills. Essential elements of character building are intrinsic in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship. (the “Six Pillars of Character”). The highest potential of swimming is achieved when learning from the T.E.A.M. concept (Teaching, Enforcing, Advocating and Modeling these values) and by committing to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of the Swimmer Code of Conduct:

TRUSTWORTHINESS

- ❖ **Trustworthiness** –Be worthy of trust in all you do.
- ❖ **Integrity** - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor.
- ❖ **Honesty** - Live and compete honorably. Do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- ❖ **Reliability**- Fulfill commitments. Do what you say you will do. Be on time to practices and games.
- ❖ **Loyalty**- Be loyal to your team. Put the team above personal glory.

RESPECT

- ❖ **Respect** - Treat all people, including coaches and teammates, with respect at all times. Demonstrate an appropriate demeanor that reflects self-control and an unwavering commitment to fair play.
- ❖ **Class** - Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Help fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-meet rituals.
- ❖ **Conduct** - Do not engage in disrespectful conduct of any sort including profanity, obscene Disrespectful gestures, offensive remarks of a sexual nature, trash-talking, taunting, hazing, boastful celebrations, social media posts or other actions that demean individuals or the sport.
- ❖ **Respect for Officials** - Treat meet officials with respect. Do not complain about or argue with disqualifications or decisions during or after a swim meet.

RESPONSIBILITY

- ❖ **Importance of Education** - The primary responsibility of a swimmer is academic achievement. Be a student first. A diligent student represents a great deal more than his or her academics.

student-athletes who do not have a serious commitment to their education will never see a college career come to fruition.

- ❖ **Role Modeling** - Remember, participation in swimming is a privilege, not a right, and that you are expected to represent your team, coach, and teammates with honor, in and out of the pool. Consistently exhibit good character and conduct yourself as a positive role model.
- ❖ **Self-Control** - Exercise self-control. Do not show excessive displays of anger or frustration.
- ❖ **Healthy Lifestyle** - Safeguard your health. Do not use any illegal or unhealthy substances, including alcohol, tobacco, drugs, and nutritional supplements, or engage in any unhealthy techniques to gain, lose or maintain weight. Be informed about the health risks involved in the use of recreational and performance-enhancing drugs, tobacco, and alcohol, as well as eating disorders.
- ❖ **Integrity of the Sport** - Protect the integrity of the sport always.

FAIRNESS

Fairness and Openness - Live up to high standards of fair play. Be open-minded, always be willing to listen and learn.

CARING

- ❖ **Concern for Others**- Demonstrate concern for others. Never intentionally injure any swimmer or engage in reckless behavior that might cause injury to yourself or others.
- ❖ **Teammates**- Help promote the well-being of teammates through positive counseling and encouragement, and by reporting any unhealthy or dangerous or illegal conduct to a coach or board member.

CITIZENSHIP

- ❖ **Playing by the Rules** - Demonstrate and demand integrity.
- ❖ **Spirit of Rules** - Honor, observe and enforce the spirit and the letter of rules. Avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship. Do not engage in or allow any conduct designed to evade the rules governing fair competition.

I have read and understand the requirements of the Swimmers Code of Conduct and this Contract. I acknowledge that I may be disciplined or removed from a team if I violate any of their provisions.

Student Signature

Date

Print Name

Date

Group

