



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **MANTA RAYS SWIM TEAM ATHLETE CODE OF CONDUCT**

Each athlete and a parent/guardian needs to read this section and discuss it together. When both the swimmer and the parent/guardian are satisfied that they fully understand what is expected and required of a Manta Rays Swim Team member, the athlete should sign and date this form. No swimmer will be allowed to participate in practices or meets until their signed Code of Conduct has been submitted.

### **As a representative of my team, my YMCA and my community, I WILL:**

- Demonstrate good sportsmanship at all practices and meets through my words and my actions. I will exemplify behavior that builds up and does not tear down.
- Set a good example of behavior and work ethic for my younger teammates.
- Be respectful and courteous to my coaches, swim meet officials and other volunteers.
- Be respectful of my teammates feelings and personal space. Swimmers who exhibit sexist, racist, homophobic or otherwise inappropriate behavior will be faced with consequences.
- Refrain from foul language, violence, behavior deemed dishonest, offensive or illegal.
- Arrive on time (that means ready to swim, equipment and self-ready) to all practices. This is very important as our time is limited and there is much to cover each and every practice session.
- Check in properly at the YMCA Welcome Center if practicing at the YMCA.
- Listen to and respect all YMCA staff (i.e. coaches, lifeguards, building supervisors, and other staff).
- Not enter the water until given permission by the coach.
- Observe all YMCA and Carver Swim Center swimming pool rules. Swimmers should not be in the water for Rec/Family swim prior to practice times.
- Observe all YMCA/Facility rules, regardless of what facility we may be swimming at. Swimmers are to be courteous and respectful at all meets, home or away.
- Use locker rooms only for their intended purposes. Respect others who may be using the locker rooms at the same time. Damage to locker rooms or other facilities at any swimming site will be assessed to the responsible swimmer's family. Offending swimmers will be ejected, and may be dismissed from the team and/or expelled from use of the YMCA.
- Set, plan and strive to achieve reasonable goals for myself and for my relay teammates.
- Share my successes and disappointments with my team and coaches.
- Communicate my needs with all involved.
- Uphold and practice the core values of the YMCA (caring, honesty, respect, responsibility).
- Listen and learn to the best of my ability and respect my coach's time and effort in what they are teaching me.

AT SWIM MEETS:





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- **AT HOME or AWAY:** Arrive and check in with the coaches, unless instructed otherwise, at least 15 minutes before our scheduled warm-up time.
- Wear shoes, sandals, socks at all times when walking around any facility.
- Go to our designated swimmer holding area and remain there except for: Warm-ups, Event calls (to report to Clerk of Course), Restroom visits, and/or Concession stand visits.
- Sit with the team whenever possible so coaches can locate me quickly.
- Stay off the pool deck unless there to swim in your event.
- Stay out of locker rooms unless showering, changing, or using the restroom facilities.
- Stay out of the spectator viewing area and "off-limit" areas.
- Talk to your coach after each event.
- Watch for your events being called and report to Clerk of Course promptly. Swimmers are expected to be courteous, respectful, and well-behaved while in Clerk of Course. Clerk of Course personnel have the authority to scratch swimmers from an event if they are misbehaving.
- Tell the head coach if you have to leave a meet before you complete all of the events you have entered. This is especially important if you are entered in a relay and cannot swim in that relay. Relay swimmers who "stand up" their teammates may be dropped from consideration for relay competition at the sectional, state, or regional levels.
- Clean up the holding areas before leaving the swimming meet. Wipe up spills and throw away trash in proper waste containers. This means **EVERYONE**. At our home swimming meets, remember that any food and drink other than water is to stay in the cafeteria and commons. PLEASE do not bring food and drink, other than water, into any other area of the building. For away meets, please eat in designated areas. Please respect the rules of our host facilities at all times.
- Make sure to take all personal belongings with you when you leave any practice or swim meet. YMCAs usually maintain "Lost and Found" areas, but please do not depend on your missing items being there.

Any swimmer who disrupts a practice or a meet, interferes with other swimmer's workouts, damages the property of others, or threatens, intimidates, or injures others will be ejected. A second incident, of any sort, will be cause for dismissal from the team. Courtesy, citizenship, and sportsmanship are as fundamental to our competitive swimming program as stroke, technique and speed. These qualities derive naturally from the YMCA core values: Caring, Honesty, Respect, and Responsibility. Please follow these rules and remember, when we are at other YMCA's and facilities we will be representing ourselves, our families, and our own Swim Team. Let's have fun, but let's also respect others and others' property.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the Aquatics Director.

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINT Swimmer Name

