



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SANFORD-SPRINGVALE YMCA Titans Swimmers Code of Conduct

As a member of the SSYMCA Titans, I understand that it's my responsibility to be an active and positive member of the team. The guidelines below help identify mostly behaviors to strive for and others to refrain from. By signing below, I state that I have read, understand and accept this code of conduct.

1. Team members will refrain from any illegal or inappropriate behavior that would detract from a positive image of the SSYMCA Titans, Maine Swimming, USA Swimming, or be detrimental to its performance objectives.
 - Remember as a Titan swimmer, you represent all Titans. Be polite, considerate and respectful of others while in the YMCA facility including the lobby and locker rooms.
 - YMCA locker rooms are for changing, showering and using the restroom only. No extra time should be spent in the locker rooms. All personal belongings must be placed in a locker. No food or drink is allowed.
 - Be respectful of Y members when using the facilities. Treat the facility and equipment with respect and care.
 - When entering the pool at the shallow end, everyone must sit and slide – no jumping.
 - Always respect personal boundaries and safety to keeping your hands to yourself.
2. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, the front desk staff, fellow competitors and the public.
3. Team members will act in a positive manner and lift up their teammates with positive words of encouragement, cheering and respect.
4. Team members will respect the program and its objectives by being on time to practices, warm-ups, meets, meetings, and events to the best of their ability.
5. Team members will be active participants in all practices, warm-ups, meets, meetings, and events held by the team or at which the team attends.
6. Team members will listen to their coaches and make their best efforts at every practice, warm-ups and meets.

7. Each swimmer will focus on his/her own personal progress and not compare him/herself to others.
8. Team members will be supportive of each other's abilities and encourage camaraderie and mutual respect among swimmers and coaches.
9. Team members will refrain from any behavior deemed to be discourteous, dishonest, disrespectful or offensive to others. We have zero tolerance for bullying behavior.
10. The coaching staff and Sanford-Springvale YMCA administration will hold the final say on rules or disciplinary action.
11. Any additional guidelines for the team will be established as needed by the head coach.

I hereby pledge to uphold the above statements while representing the Sanford-Springvale YMCA Titans. I understand that failure to do so may result in consequential actions such as dismissal from practice or suspension from team activities.

Swimmer's Printed Name

Swimmer's Signature

Date

Parent / Guardian Signature

Date

Parent / Guardian Signature

Date