



# GLYB Swim Team

## Athlete Code of Conduct

Swimmers are expected to be on their best behavior while representing the Greater Lowell YMCA Barracuda Swim Team. This includes practice sessions, meets, and ALL team-related functions. Remember you are always representing not only yourself, but the Lowell YMCA family as well.

The following behaviors WILL NOT be tolerated:

- Inappropriate language anywhere in the building or during team events
- Excessive horseplay or noise in the locker rooms and/or other areas of the YMCA
- Disrespect of Officials, Coaches, teammates, competitors, Y Staff, or Y members
- Intentional damage of facility, equipment, or swimmer/member property
- Theft
- Violent behavior

During practice hours, swim team members are not allowed unsupervised in areas considered “off-limits”. These areas include, but are not limited to, the fitness center, health centers, lifeguard room, and coaches’ office. The use of YMCA property belonging to other departments is off-limits unless otherwise given permission.

Multiple offences will not be tolerated, and may result in removal from practice and/or suspension from the team.

### Swim Practice Expectations

- All swimmers are expected to be on deck, dressed, and ready to swim **ON TIME**. Swimmers are expected to wear proper swim suits and goggles at practice. Swimmers with long hair must wear swim caps.
- Swimmers need a water bottle and goggles for every practice.
- Swimmers should attend as many practices as possible of their assigned group.
- Swimmers should not leave gear in the locker room unless it is in a locked locker. We are NOT responsible for lost/stolen gear. DO NOT LEAVE ANYTHING UNLOCKED! If the swimmer does not have a lock, they may bring their gear out onto the pool deck.
- Swimmers may not leave gear in the Lifeguard Office during practices or meets. That room is for lifeguards, coaches, and officials only.
- Swimmers should be using the bathrooms before practice, not during. We have a limited time in the pool, so we need to use it efficiently!
- No one under the age of 18 is allowed in the Men’s or Women’s locker rooms.

- As full members of the YMCA, swimmers may request a towel at the front desk. **It is the swimmer's responsibility to return the towel to the barrel at the front desk after practice.**
- In the event of a recurring injury, the coaches reserve the right to keep a child out of practice. If a swimmer complains of an injury more than three days in a row or five times in two weeks, they will be asked not to return to practice until cleared by a doctor.

## Swim Meet Expectations

- Swimmers are expected to sign up for the meets by the deadline via TeamUnify. Swimmers who do not sign up on time will not swim in official (scoring) events and may not be allowed to swim at all. It takes time to prepare the roster, and some meets do not permit last minute entries.
- Swimmers are expected to compete in as many meets as possible. The more people we have at meets, the better we do.
- Swimmers **MUST BE ON TIME** for swim meets. If swimmers are late, there runs the chance of them being scratched from the meet. Swimmers should let the coaches know ASAP in the event of running late, to avoid them being scratched.
- Swimmers should bring the following:
  - Team suit, team cap, and goggles
  - Extra caps and goggles
  - Towels
  - Warm clothes (t-shirts, sweatshirts, and sweatpants)
  - Shoes
  - Healthy snacks
  - Water bottles
- Swimmers are expected to compete in all events they are entered in. In the event that a swimmer knowingly skips an event, they will automatically forfeit the right to choose their events at the next swim meet.
- Every swimmer will compete in at least one relay event during the course of the season. Relays are group events, and everyone entered must participate in order for the relay to score. In the event that a swimmer knowingly skips their relay, thereby forcing the other three swimmers to disqualify, they will forfeit the right to participate in relays for the rest of the season.
- Swimmers are expected to sit with their teammates for the duration of the meet, and **they are expected to stay until the end of the meet.**