



CRANSTON YMCA MARLINS' SWIMMERS CODE OF CONDUCT

1. Be Responsible:

- Get to practice early & get in the pool when you are supposed to. If practice starts at 6, don't show up at 6, be there 20 minutes early and be prepared for stretches.
- Have all your equipment (fins, goggles, buoys) and water bottles (filled) prepared prior to the start of warm up. Use the bathroom before practice, not during.
- Make sure your lane makes intervals and completes sets.

2. Be Respectful:

- Allow your team mates to pass when necessary without stopping in the middle of the pool.
- Make sure everyone in your lane can finish to the wall. Never stand in the middle of the pool or stop in the middle of the wall.
- Listen when your coaches are speaking. Eyes watching, ears above the water, mouths closed.
- At all team functions, whether practices, meets or social gatherings, we expect each swimmer and parent to behave in a way that reflects positively on the team and YMCA values.

3. Be Caring:

- Encourage your team mates.
- Put away all personal and YMCA equipment after practice.
- Treat others the way you would want to be treated.

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4. **Be Honest:**

- Don't skip laps. You may think no one notices, but in reality, everyone notices.
- Let your coaches know when something does not seem right.
- You are accountable for your actions. What you do now will decide if you get a best time, qualify for League Championships, New England's or Nationals.
- "Home" and "Away" meets are mandatory for each swimmer to attend and compete at. This will affect their eligibility to participate in "invitational" meets as well as "League Championships". Please encourage them to attend all meets. This will not only aid in their performance, but is also a way to improve team spirit and teammate support.
- Always try your best.

5. **Be Virtuous.**

There is zero tolerance on the Cranston Marlins Swim Team for the following:

- Inappropriate language.
- Disrespect towards team mates, coaches, other YMCA employees, and YMCA property.
- Verbal, physical, or mental abuse. This includes bullying and harassment in and out of YMCA property and most important social media.
- Inappropriate jokes, sharing of intimate details of one's personal life, and any kind of harassment in the presence of children or other parents are prohibited.
- Any and all of the above infractions will be grounds for disciplinary actions.
 1. Benched at practice but able to attend next practice.
 2. Benched at practice, suspended from next practice, and parent involvement.
 3. Suspended from practice and meets until further notice. With this last strike comes possible dismissal from team and unable to compete within YMCA league for a full season.

Parent's Signature _____

Swimmer's Signature _____