

Westerly Pawcatuck YMCA Dolphins Team Code of Conduct

The Westerly Pawcatuck YMCA Dolphins Swim Team abides by a strict Code of Conduct governing all coaches, swimmers, parents, and volunteers. The purpose of the Code is to ensure that all those associated with Dolphin competitive swim team honor the YMCA core values of caring, honesty, respect, and responsibility. Violations of this Code may result in disciplinary action, up to and including dismissal from the team. Roles and responsibilities include:

EVERYONE:

1. Behave in accordance with the Ocean Community YMCA Member Code of Conduct. The details are posted on the YMCA web site <http://oceancommunityymca.org/join-the-y/guidelines-policies/>

SWIMMERS:

1. Be a good teammate.
2. Attend practice on a regular schedule and strive to improve.
3. Set goals which help you grow as a swimmer-athlete.
4. Communicate with coaches when conflicts arise.
5. Follow thru on swim meet commitments – your teammates depend upon it
6. Participate in the Dolphin annual swim-a-thon
7. Display good sportsmanship at all times both on and off the pool deck.
8. Don't be afraid to make a mistake; that's part of learning.
9. Win with humility and lose with dignity.
10. Have fun and enjoy being a swimmer-athlete.

PARENTS:

1. Teach and practice good sportsmanship and respect at all meets and practices. You are role models!
2. Help your swimmer to attend practice on a regular schedule. Developing a consistent practice attendance habit is the easiest way to ensure steady athletic development.
3. Emphasize healthy eating and sleeping habits because these are fundamental building blocks to becoming a good swimmer.
4. Do not coach your child. Let swimmers swim and coaches coach, and support both positively.
5. Communicate with coaches as needed. We encourage parents to have an active interest in their child's swimming development.
6. Emphasize the benefits of training, competing and putting forth effort at all times. While winning races is exciting and important, the Dolphin team continually focuses on the swimmers trend of improvements in swimming skills and personal-best race times.
7. Please volunteer some of your time – we need your help. See coaches or Board members for roles that will match your skills.

COACHES:

1. Be role models and act with the highest moral character possible. All Dolphin coaches have earned certifications in fundamentals of coaching, water safety, and athlete protection.
2. Provide a training program to improve the swimmer's skill and speed.
3. Practice and reinforce behavior that creates respect, desire to improve, and good teammates.
4. Win with humility and lose with dignity.