



SWIMMER CODE OF CONDUCT

As a member of the Lakeside Aquatics Team (LAT), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By acknowledging that you have read this Code of Conduct during registration, I agree to follow the rules for behavior and sportsmanship while I am a member of LAT. The following behavior guidelines state the principles LAT expects all members to demonstrate and uphold.

LAT is dedicated to having experienced, professional coaches working to develop your children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with LAT ends.

As parents, it is essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff.

Pursuant to USA Swimming's Code of Conduct Article 305-Athlete Protection Policies, § 305.3, "Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms."

PART III – SWIMMER CODE of CONDUCT

- ✓ Swim for the fun of it, not just to please your parents or coach.
- ✓ Make every team practice, meet participation and activity is an opportunity to learn.
- ✓ Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing LAT. They should represent LAT with excellence, respect, team spirit, good sportsmanship, and politeness.
- ✓ Swimmers are expected at all times to follow the directions of any member of the coaching staff, respect any instructions by officials and any person who is a chaperone/parent. Disrespect or failure to obey instructions will not be tolerate from any athlete on LAT.

- ✓ Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- ✓ Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable. Every minute in the pool and during dryland is an opportunity for improvement.
- ✓ Swimmers are required to attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with their coach.
- ✓ Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- ✓ Swimmers are expected to wear LAT team caps at all practices and team swim suits and team caps at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water. If for any reason there is an issue complying with this standard, please speak to the coach.
- ✓ Swimmers will come to all team sponsored events in the appropriate team attire.
- ✓ Swimmers should be an active participant in all team practices, competitions, fundraising events and other team ^{[[]]}_{SEP}activities.
- ✓ Focus on every drill and every set. Be committed to putting forth your best effort every time you step onto the pool deck. An honest effort ^{[[]]}_{SEP}does not include cutting laps, pulling on lane lines or missing send offs/sets.
- ✓ Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be ^{[[]]}_{SEP}considered a disruption of practice.
- ✓ The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all of the coach's instructions ^{[[]]}_{SEP}completely and exactly. If any clarification is needed, they are to ask questions respectfully.
- ✓ Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated. Doing so will result in removal from the pool deck.
- ✓ Dishonesty, theft, and/or vandalism will not be tolerated.
- ✓ Indiscreet or destructive behavior will not be tolerated
- ✓ Every effort should be made to avoid guilt by association with such activities as those listed above.

- ✓ There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by USA Swimming.
- ✓ Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline. Racist, sexist, homophobic, or otherwise inappropriate behavior will not be tolerated.
- ✓ Swimmers are expected to follow all of USA Swimming's rules and codes of conduct at all times.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all. Coaches are always trying to act in the best interests of the team as a whole, as well as each individual.

PART IV – VIOLATION OF THE CODE – SWIMMERS

The coaches have the authority to impose the following penalties for violation of the LAT Code of Conduct. The penalties include, but are not limited to, the following:

1st Offense: The swimmer will be given one (1) verbal warning.

2nd Offense: The swimmer will be pulled out of practice and the coach will contact the parent.

3rd Offense: If the swimmer continues his/her unacceptable behavior, he/she will be suspended from ALL team activities for one (1) week. (There will be NO prorated fee for monthly dues.)

4th and final offense: ^[1]_[SEP] If the swimmer's disciplinary problem continues, the swimmer will be removed from the team. If the swimmer wishes to be considered part of the team again in the future, they may do so after a four (4) week suspension and after setting up a meeting with between the athlete, coach, and parent. The coach has the sole discretion and power to refuse any athlete's request to be a part of the team based on any past or present code of conduct violations.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.

By registering for LAT, you agree that you have reviewed the Lakeside Aquatics Team, LLC Code of Conduct with the registered athlete and the athlete understands the Lakeside Aquatics Team, LLC Code of Conduct and that you (the parent/guardian) and the swimmer agree to abide by this Code and accept the penalties for not abiding by these.