

Code of Conduct

PineView HS, Desert Hills HS, Hurricane HS

As a member of PVHS, DHHS, or HHS, I must show the utmost RESPECT for my peers, my coaches, my competitors, and my parents if I am to achieve greatness in swimming.

In order to do this, I understand that:

I am part of a **TEAM**, and will show proper respect to my teammates. There is no place for fighting, demeaning, belittling, cussing or physically injuring another teammate. Depending on the severity of the offense, any of the above behaviors will result in my suspension from at least one meet, or from the team, and I will be reported to the appropriate authorities.

Participating in relays is a privilege of TEAM players. If I exhibit any of the above behaviors, I will lose my privilege of participating in relays for at least one meet, depending on the severity of the offense.

I am expected to uphold the highest standards of sportsmanship when dealing with members of other swim teams.

I will show respect for my coaches, including listening to and following instructions whenever I am under their direction. If I have a problem, I will discuss it with the coaching staff privately. I will also show the same respect for my team captains.

I should treat the facilities in which I practice and compete with respect, not vandalizing or abusing the equipment or facilities in any way. I will help maintain the appropriate team image by cleaning up my garbage on the decks I use.

I should show proper respect for my body. If I am found in possession of alcohol or illegal or banned substances I will be suspended from the team indefinitely and reported to appropriate school officials.

I understand that I must maintain a 2.0 GPA, no more than one , and at least 70% attendance to remain on the team.

I need to be on time for practices. Team Late Policy Any swimmer arriving later than 10 minutes after practice begins, will be deducted one-half of the points for that day. After 30 minutes, the swimmer will receive no points for that practice.

I must give my best every time I am at workout, including setting personal goals. I will seek to understand and complete the workouts in the manner in which they were prescribed, so that I may achieve my highest potential.

I am responsible for having my suit, cap, goggles and any other equipment needed for workouts and meets. At meets, I am responsible for getting to my events early enough to prepare for racing.

I need to talk to my coach before and after races and record what she or he says I need to do.

- I will support and cheer on my teammates at every opportunity. As they get better, it pushes me to improve as well. We are a team!

TRAVEL MEET CODE OF CONDUCT

→In addition to the preceding statements, I understand the following code applies to travel meets:

1. BEHAVIOR I will demonstrate respectful behavior toward my teammates, the coaching staff, chaperones and the bus driver at all times during the travel trip. I will refrain from using any type of vulgarity, profanity or demeaning behavior. I will not behave in any way that would be interpreted as sexual harassment by normal standards. I will not engage in any sort of improper physical contact with any of my teammates at any time during the trip.
2. CURFEW I will abide by the curfew set by the coaching staff at each of the meets. This means that after curfew I will not leave my hotel room for any reason (except in a life-threatening emergency).
3. DAMAGE TO PROPERTY I will not intentionally damage any part of the pool facility, hotel property, or bus used for the travel meet.
4. CELL PHONES if I am asked by coaches or the team captains, I will turn in my cell phone at the time of curfew to the coaching staff.
5. BUS I will ride the team bus to every swim meet (out of Washington County). I will be expected to ride the bus on the return trip unless my parent signs a Parental Release form and speaks with the coaches personally. I may NOT ride home with anyone other than my own parents.

Any infraction will result in my parent(s) being notified and asked to come to the meet to get me, as well as not being able to swim the remainder of the meet. Depending on the severity of the infraction, I will be suspended from team activities and workouts upon the coaches discretion.

I have read and understand the above principles and will follow them:

Signed: _____ Date: _____

As a Parent, I have read and understand the above principles and will abide by them:

Signed: _____ Date: _____

Parents Twenty-Four-Hour Rule:

If I have a problem with the coaching staff following a meet, I will wait at least 24 hours before confronting them about it.