

Etna Police Activities League, Inc.

2025-2026

ANYONE WISHING TO BE a HEAD Coach

(or Stipend Assistant Coach)

for an ETNA P.A.L. PROGRAM

MAIL to: Etna PAL, PO Box 250, Etna, CA 96027

OR EMAIL to: etnapdpal@gmail.com

Name: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Employer: _____ Work Number: _____

Which program (circle)? Wrestling Basketball Swim Team Rec Swim
Soccer Flag Football Volleyball Mentor

I would like to be a Head Coach or Assistant (circle one) or Other: _____

If Assistant Coach, which Head Coach would you prefer assisting?

Reason why you want to be a coach (experience?):

Circle your Shirt Size: AS AM AL AXL AXXL AXXXL

Are you fingerprinted through Etna PAL (Live Scan)? Yes ☐ No ☐ If Yes, Date? _____

If you are able to donate your time and do not wish to take the stipend, please check here. ☐

I have received a copy of the Code of Conduct. ☐

Signature: _____ Date: _____

ADVISORY COMMITTEE USE ONLY

Programs Name: _____

Approved: _____ Denied: _____ Comments: _____

Executive Director or Liaison Signature: _____ Date: _____



Etna Police Activities League, Inc.

These Guidelines Are Designed To:

- **Protect P.A.L.**
 - **Protect The Kids**
 - **And Protect You**
 - **Remember The Welfare Of The Children Is Paramount. Young Athletes Have A Right To Expect Appropriate Management, Support, Personal And Social Development With Regard To Their Involvement In All Levels Of Athletics.**
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- **If You See Anything Unusual Or Feel That Something Is Wrong (Whether It's Another Coach, A Parent Or One Of The Kids), Report It.**
 - **Make Sure You Do Not Transport A Child In Your Car Without An Adult, Or At Least Another Child, In The Car With You. In Fact, Short Of An Emergency, There Is No Real Need To Transport A Child In Your Personal Vehicle.**
 - **All Incidents Of Suspicious Poor Practice And Allegations Of Abuse Will Be Taken Seriously And Responded To Swiftly And Appropriately.**

The Above Information was presented to you (the volunteer coach):

Today's Date: _____
(Please read, date & sign that you read this)

Print your name (coach's name): _____

Your signature: _____

Program: _____

Director, Etna P.A.L.



Etna Police Activities League, Inc.

Etna PAL Swim Coach's Code of Conduct

Purpose

- Protect P.A.L.
- Protect The Kids
- And Protect You
- Remember The Welfare of The Children Is Paramount. Young Athletes Have A Right To Expect Appropriate Management, Support, Personal And Social Development With Regard To Their Involvement In All Levels Of Athletics.

Communication

- ☐ If you see anything unusual or feel that something is wrong (whether it's another coach, a parent or one of the kids), report it.

Expectations

- ☐ At all times, adhere to USA Swimming's rules and code of conduct. Coaches who exhibit inappropriate behavior will be faced with consequences.
- ☐ Set a good example of respect and sportsmanship for participants and fans to follow.
- ☐ Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- ☐ Respect officials and their judgment and abide by the rules of the event. Treat opposing coaches, participants, and spectators with respect.
- ☐ Instruct participants in sportsmanship and demand that they display good sportsmanship.
- ☐ Coach in a positive manner and do not use derogatory comments or abusive language.
- ☐ Win with humility and lose with dignity.
- ☐ Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- ☐ Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- ☐ Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- ☐ Always maintain a professional separation between coach and athlete.
- ☐ You are not to transport any child on the team that you are not a parent to. If they need transportation the parent will need to set that up without your assistance.
- ☐ All incidents of suspicious poor practice and allegations of abuse will be taken seriously and responded to swiftly and appropriately.

Signature

