

Athlete Code of Conduct

In order for an athlete to participate in the Red Dragon Swim Club, a Code of Conduct signed by both the parent and the swimmer must be on file. As a club, we desire to teach and encourage good conduct and sportsmanship among our athletes, coaches, and fans. To help achieve that goal, a Code of Conduct for athletes is to establish a consistent expectation for athletes' behavior.

As an athlete member of the Red Dragon Swimming Club, I will abide by the following guidelines:

Practice Conduct

- I will do my best to arrive to practice in a timely manner.
- When I arrive at practice, I will have all required equipment with me, ready to be used at any time.
- I will give full attention when a coach is speaking; this includes eye contact and full mental involvement in the instruction or workout.
- I will attend all team meetings and training sessions, unless I am excused by my coach.

Meet Conduct

- I will arrive at a meet for warm up in a timely manner.
- I will be sure to check myself in by the required time.
- I will not scratch any events until first speaking with a coach.
- I will give my best effort in every event I participate in.
- I will maintain good sportsmanship in victory or defeat.
- I will act in a way that does not bring discredit to myself, my team, or USA Swimming.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.

Team Conduct

- I will be a good teammate at practice and at meets, displaying team spirit and team loyalty.
- I will take ownership in my performance and understand that my effort will be the cause for my success.
- I will respect the knowledge of the coaching staff and openly receive their input about stroke technique, training, and race strategy.
- I understand that it is my responsibility to attend practice and meets, and my progress will be directly affected by my level of attendance and participation.
- I will respect and show courtesy to all coaches, teammates, and adults involved with the Red Dragon Swimming Club at all times.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions and team activities by the Red Dragon Swimming Club; understanding the privilege we are provided with the use of the facilities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive or illegal.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will provide myself limitless opportunities by maintaining positive self-esteem, and using self-motivation, self-discipline and efficient time management skills to maximize my training experiences.
- I will obey all of USA Swimming's rules and codes and conduct.
- Above all I will HAVE FUN, and allow myself to benefit from all the lessons and joys brought through age group swimming.

Signatures

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer #1 signature

Swimmer #2 signature

Swimmer #3 signature

Parent/Guardian's signature

Date