

Swim Team Guidelines

Student Generated

Subject	Guideline
Off Campus Behavior	Behavior off campus reflects on our swim program <i>Violation of the law or the ethical code will result in consequences on the swim team ranging from suspension from a meet to being dropped from the team</i>
Sportsmanship	<ol style="list-style-type: none">1. Congratulate your opponent no matter the outcome2. Don't argue with the officials3. Remain in the water until every competitor finishes4. No temper tantrums or negative emotional displays5. Cheer for your teammates in every event6. Do not change your clothes after you've finished your races – Stay on the deck and cheer. Go to the locker room as a team7. Do not taunt, tease or ridicule the other team8. No teammate left behind
Workouts	<ol style="list-style-type: none">1. Don't talk when the coach is talking – listen!2. No horseplay when you should be swimming3. Do not use profanity4. No pouting5. Do nothing to disrupt the workout or interfere with a teammate's workout (pull at feet or stop in the middle of the pool or block a lane)
Workout Attendance	<ol style="list-style-type: none">1. Always be at workout2. Be on time3. If you are ill during the school day, talk to the coach first4. If you are absent you need a written note from a parent or guardian5. Schedule appointments and recreation around workouts6. Do not forget your suit or goggles – come prepared to swim <p><i>Swimmers who miss workouts will not be allowed to swim in meets. Chronic absences will result in being dropped from the team. Let the coaches know what's going on in your life if it interferes with swimming.</i></p>

Team Socializing

1. Do not talk behind your teammates back
2. Do not start hurtful rumors about others
3. Remember “*save the drama for your momma*” and “*don’t hate ... appreciate*”

Hazing & Harassment

1. Never use derogatory names
2. Never discriminate or exclude because of race
3. Never tease or joke about another’s religion, appearance, intelligence, grade or anything that ridicules or causes hurt to another
4. No unwanted physical contact
5. Never joke or tease with any sort of sexual connotation
6. Any type of team initiation or hazing is strictly prohibited

Violation of any of these will have the most severe team and school punishments

Behavior on the Bus

1. Obey the instructions of the driver. No food, spit balls, trash or loud rowdy behavior will be allowed. No rude or lewd songs or actions will be allowed

Violation of any of these rules will result in severe team and school punishments

Use of Illegal Substances

1. School rules and state laws strictly prohibit the use of alcohol, tobacco, steroids, non-prescription drugs or abuse of prescription drugs
2. Knowledge of such abuse should be reported to the coaches
3. Don’t put your teammates in the position to be a tattletale
4. Don’t let your teammates do stupid things

Violation of this guideline will result in the full prosecution of the law

Behavior at Meets

1. It’s all about team spirit – cheer for your teammates
No one is too cool for the pool. Cheer your hearts out
2. Be on time for your events – do not ever, never-ever miss your event
3. Don’t isolate yourself from the team – even if you are a transfer from a different high school
4. No horse-play during a meet – pay attention to what’s going on
5. Don’t be schmoozing with the other team during a meet
6. Always be true to your school!!
7. Always clean up after a meet

Behavior in the Locker Room

1. Boys – no deck changes, it's unsightly and is against city pool rules
2. No horseplay or destructive behavior in the locker room
3. Do not steal - **EVER**
4. Obey the lifeguards and the pool rules
5. Keep the locker room clean

Lifestyle

1. Keep up your grades
2. Eat healthy
3. Get proper sleep (no late nights)
4. Dress property (keep warm)
5. Drive safely
6. Be supportive of your teammates

Behavior on Campus

1. Follow all school rules
2. Do not give your teachers a hard time
3. Do not take advantage of early dismissal
4. You must attend all your classes on the day of a meet

Everything you do or say and your behavior reflects on the swim team. You are one of the pack and your actions (both good and bad) will reflect on the team

The simple guideline for all swimmers:

Strive to create a team atmosphere that is supportive of all of your teammates and one that values each individual's contribution to the program.

Never bring harm or shame to the school, the team or to a teammate.

Strive always to bring honor to yourself, to your team and to the school.

Hart Indians Rule The Pool