

LCY Competitive Swimming Swimmer Code of Conduct

BEHAVIOR

1. Swimmers should reflect the core values of the YMCA in their interaction with teammates, coaches and opponents: Caring, Honesty, Respect and Responsibility.
2. Swimmers will display good sportsmanship at all times when representing the Lionville Community YMCA.
3. Swimmers will refrain from inappropriate physical contact with others. (i.e. hitting, kicking, etc.)
4. Swimmers will refrain from speaking with crude or offensive language.
5. Swimmers will refrain from the use of tobacco, drugs and alcohol.
6. Swimmers are permitted on deck during a meet ONLY if swimming in the meet.
7. Swimmers will not litter at our facility, other facilities or on the team bus.

PRACTICE

1. Swimmers should attend the recommended number of practices for their group each week.
2. Swimmers should arrive at practice and be ready to swim at the designated start time.
3. Swimmers will focus their attention on the coach; no talking when the coach is talking.
4. Swimmers should minimize interruptions during practices by using bathroom facilities prior to and after practice.

COMPETITION

1. Swimmers are required to participate in all dual meets.
2. Swimmers are required to travel to all away dual meets on the provided team bus.
3. Swimmers are required to provide written notice to a coach, prior to departing for a dual meet, if they will not be returning to Lionville on the team bus.
4. Swimmers are required to wear the designated team suit and team cap while representing the Lionville Community YMCA in competition. (See *Team Suit Exception*)

Team Suit Exception:

Swimmers may wear a solid royal, navy or black racing suit (i.e. Aquablade, Fastskin, etc.) when representing the Lionville Community YMCA in the following competitions:

- Penn-Del League Championship
- YMCA District, State and National Championships
- Future YMCA/USA Swimming competitions designated by the head coach

DISCIPLINE POLICY

Swimmers who fail to follow the above rules and regulations, or who display any form of irresponsible behavior before, during or after practice and meets (including travel time), will be subject to one of the following actions:

- 1) Swimmer will be given a verbal warning.
- 2) Swimming will not be allowed to return to practice until they and their parents have met with the Head Coach.
- 3) Swimmer will not be permitted to return to the team.

I HAVE READ AND UNDERSTAND THE ABOVE RULES AND REGULATIONS AND AGREE TO ABIDE BY THIS CODE OF CONDUCT.

Signature of Swimmer