



SWIMMERS' RESPONSIBILITIES / CODE OF ETHICS

Swimmers are to know their team's training schedule. This includes all dry land practices as they apply (this may include scheduled dance/pilates/yoga/boot camp classes). Team holidays and breaks will be outlined at the beginning of the year. These holidays are subject to changes due to the pool schedules. **Attendance and participation at practice is mandatory unless a reasonable explanation for absence has been cleared with the team coach.**

The **swimmer is responsible for being on time for practice. This means she is to be on deck and ready at least 10 minutes before practice is to begin.**

Swimmers are expected to treat coaches, teammates, pool staff and Club volunteers with the same level of respect with which they wish to be treated. Swimmers are to represent the Club in a positive manner at all times with officials, judges, other clubs, and media personnel, etc. Swimmers are to participate in fundraising activities where appropriate. The swimmer has the responsibility to her and her team to represent the GSSC at all times in the best way possible.

Registration in the competitive level indicates a willingness on the swimmer's part to participate in all reasonable training assigned by the coach. Consequences to swimmers for non-participation may include a verbal warning, followed by a letter home and discussion with parents, followed by movement within the team to alternate status and in some cases, ejection from the team.

1. Respect and cooperate with your coach, teammates and opponents at all times:
 - Treat all athletes as you would like to be treated,
 - Be a good sport, cheer all performances, whether it is your Club's teams or your competitor's teams,
 - Work hard for yourself and your team – this will benefit your team's performance,
 - NO swearing and/or disrespectful language.
2. Never argue with the Judges' and Officials' decisions. Let your coach ask any necessary questions:
 - Never publicly criticize decisions made by Judges and Officials,
 - Never publicly criticize your coach,
 - Never publicly criticize your teammates, club mates, or swimmers and coaches from our Club or any other club
3. Make a commitment for the entire competitive year:
 - Your commitment includes attending all practices, meetings and meets.

Practice Commitments and Expectations:

- i. Always be on time and ready to begin,
- ii. Be respectful of your coach and team mates,
- iii. Adhere to the suggestions, rules and instructions of your coach, or her designate,
- iv. Adhere to the rules of the pool and its lifeguards,
- v. Give your best possible effort at all practices,
- vi. Swimmers must follow the Practice Participation Policy.
- vii. No practices are to be missed 2 weeks prior to each competition

Swim Meet Commitments and Expectations:

- i. Proper uniform at all times unless otherwise instructed,
- ii. Support all other members of GSSC,
- iii. Positive attitudes towards all other clubs,
- iv. All swimmers are responsible to their coach and their team rules for competition (i.e. nutrition, curfew, sleeping arrangements, team time),
- v. Guidelines set by coaches, and agreed to by parents/swimmers at meetings held prior to meet, are to be adhered to.

Meeting Commitments and Expectations:

- i. Meetings called should be attended. If you are unable to attend, it is your responsibility to get information,
- ii. Information/commitment requests passed out, discussed, and agreed to at meetings, will be adhered to.