

Sea Serpents Code of Conduct

On our team, everyone – coaches, swimmers, referees and parents – has a responsibility to make our practices and meets fun for everyone by embodying the principles of good sportsmanship set forth in this plan. From the most competitive to the most shy, there is a place for everyone on the Sea Serpents.

Swimmer's Code

- Treat all swimmers, coaches, spectators and referees as you would like to be treated.
- Swim for the “fun of it” and not just to please your parents or coach.
- Never question or argue with a referee or coach.
- Control your temper. Physical or verbal abuse of other swimmers, coaches or officials will not be tolerated.
- NEVER use foul or inappropriate language.
- Be on time to all practices and meets. Let the coach know of a scheduling conflict.
- Appreciate good efforts, whether by your team or your opponent.
- Win (or lose) with GRACE. A quitter never wins and a winner never quits.
- Give 100% all the time, and know that how hard you try is more important than winning or losing.
- When unsupervised in the locker room, behave as you are expected to behave on the pool deck.
- Join the team only if you want to commit to practices and meets.

Parent's and Family Code

- Exemplify good sportsmanship.
- Never ridicule or shout at your child, or others, for making a mistake or losing a competition.
- Applaud good efforts, whether by your team or your opponent, but refrain from coaching or directing players during the meet or practice.
- Let the swimmers swim, the coaches coach, and the judges officiate.
- Never question or argue with a referee or judge. Trust their judgment and integrity and recognize that they are volunteers.
- Recognize the value and importance of coaches who devote an enormous amount of their time to help and educate your child. Respect and trust their judgment and strategy.
- Communicate directly with the coach in a positive manner with concerns for your child, respecting their need to focus on the swimmers during meets or practice.
- Help ensure that players are on time to every meet and practice.
- Be on time and prepared for all your volunteer commitments
- Do not talk to your children while they are practicing. Instead, talk to the coach if you need to get your child's attention for some emergency. Otherwise, wait for the time between practices.
- NEVER use foul or inappropriate language.
- Support an alcohol, drug and smoke-free environment.
- Accept the results of each race. Encourage your child to

be gracious in victory and turn defeat to victory by working towards improvement.

■ Sign your child up for the Serpents only if you are all willing to commit to practices and meets. Be fair to the other swimmers and families who are waiting to join the Serpents.

Disciplinary Plan for Unsportsmanlike Behaviour

Any behavior by a swimmer or parent which does not meet the standards of the Code may be deemed

“Unsportsmanlike” and subject the individual to disciplinary action by the Sea Serpents Leadership Board. The Board will treat parent or swimmer misconduct and unsportsmanlike behavior very seriously. Our policy is intended to be “self-policing” in that we expect all Sea Serpents members to be on their best behavior at ALL times.

Parents and Swimmers are expected to comply with Sea Serpents Code of Conduct. Complaints or observations of behavior contrary to the Code should be documented and submitted to the Team President.