

Walnut Country Swim Team  
2010 Season  
**Youth Sports Swimmers' Code of Conduct**

**Preamble**

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and citizenship. The highest potential of sports is achieved when competition reflects these six core principles of sportsmanship.

I therefore agree:

1. I will always give my best effort in any competition or practice.
2. I will be at practice on time if at all possible. While at practice, I will listen to and follow the instructions of the coaches. I will not interrupt practice or distract the coaches from performing their duties.
3. I will follow all facility rules and the instructions of any official, such as pool lifeguards
4. I will always encourage and never ridicule my teammates or fellow competitors.
5. I will always conduct myself with the highest degree of sportsmanship by demonstrating positive support for all swimmers, officials, and coaches.
6. I will not engage in any behaviors or practices that would endanger the health and well-being of anyone including myself.
7. I will always play by the rules and resolve conflicts without resorting to hostility or violence.
8. I will treat other swimmers, coaches, officials, and spectators fairly with respect regardless of race, creed, color, sex, or ability.
9. I will respect the officials and their authority during meets.
10. I will refrain from the use of tobacco, alcohol, or illegal drugs at any time.
11. Any violation of this code may result in, but not be limited to, the following consequences:
  - I may be sent home from practice and not allowed to return until my parents discuss my issues with the head coach.
  - I may be suspended from all practices and meets, and I will not be allowed to re-join the team until my parents discuss my issues with the board and issue a written request for my return to the team.
  - I may be dismissed from the team.

Consequences may be enforced by the head coach and the board, based upon the severity of the infraction.

I have read and I understand the code of conduct.

**List all swimmers and sign:**

1. \_\_\_\_\_ 2. \_\_\_\_\_  
Swimmer's Name Swimmer's Name

3. \_\_\_\_\_ 4. \_\_\_\_\_  
Swimmer's Name Swimmer's Name

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date