



# Itasca YMCA Sea Turtles Code of Conduct

## **Caring**

- Be encouraging to all teammates
- Have a positive attitude toward coaches and teammates
- Include everybody
- Help other teammates succeed

## **Honesty**

- Be truthful
- Admit your mistakes
- Do what is right
- Be accountable for your own actions and decisions
- Avoid gossip and unkind words about others
- Be honest about your work and abilities (example: workout completion)

## **Respect**

- Treat all others as you would like to be treated
- Be courteous and respectful of coaches, teammates, facility staff, and parents
- Show good sportsmanship to your teammates and toward other teams
- Congratulate your competitors
- Treat others the way they would like to be treated.

## **Responsibility**

- Bullying in any form is not part of or team and will not be tolerated. Reporting bullying is expected. The swimmer and parents will refrain from any nonconsensual contact, obscene language or gesture, or other threatening language or conduct directed toward any swimmer, coach, parent, or Y staff.
- Follow all pool and facility rules. This includes the locker rooms where coaches are not supervising.
- Make good choices in and out of the pool.
- Show up to practice on time, get in the pool on time, and be prepared to do what is asked of you by coaching staff re: setup, workouts, and takedown, WITHOUT COMPLAINT. Complaining is not acceptable.

## **Consequences for Violation of the Swimmer's Code**

### **During one given meet or practice**

1. One verbal warning
2. Sit out for a period of time
3. Removed from practice

Parents will be informed

The second time a swimmer is removed from practice or a meet, there will be a conference with the coach, parent, and swimmer.

The third time a swimmer is removed from a practice or meet, they may be asked to leave the swim team for the rest of the season without a refund or fees paid.

## Sea Turtle Code of Conduct

I, \_\_\_\_\_ and my swimmer, \_\_\_\_\_, read and  
(parent/guardian)

understand the Sea Turtles Code of Conduct.

I will contact the coaches or YMCA Sea Turtles administrator with any questions about the code of conduct.

**Parent Signature** \_\_\_\_\_

**Swimmer's Signature** \_\_\_\_\_

**Coach's Signature** \_\_\_\_\_

**Thank you for your support and adherence to the YMCA Sea Turtles code of conduct code.**