

Novi Sturgeon Swimmers Code of Conduct



Philosophy

As coaches, our primary objective is to help each swimmer realize their full swimming potential. In order to do so, an environment that will encourage accomplishment must be established and maintained. A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers. With that in mind, we have developed the Swimmer Code of Conduct and expect all Sturgeon swimmers to do their best to follow it.

Conduct Expected of All Swimmers

Remember that at practice, during swim meets, in the Novi Sports Club facility and in public you are representing the Sturgeon Swim Team. You should represent the Sturgeons with excellence, team spirit, good sportsmanship and politeness.

- Think, speak and act positive at all times.
- Follow the directions of any member of the coaching staff, the Novi Sports Club staff, meet officials, meet volunteers and any person who is a chaperone.
- Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Try your best at practice and competitions.
- Be on time for practice and competitions. Have your equipment ready. Have extra goggles and caps.
- Remain until the completion of practice. Notify the coach ahead of time if you must leave practice or meets early.
- Follow the attendance policy set forth by the coaching staff.
- Wear team apparel at practice and meets. Sturgeon caps at practice and caps, suits, t-shirts etc. at meets.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substance banned by US Swimming or FINA.

The locker rooms at the Novi Sports Club are for the use of any member. Represent the Sturgeons with politeness and good sense.

- No horseplay. Running, pushing, throwing water or any other object will not be tolerated. Take your shower, get dressed and get out.
- No yelling.
- No phones. If you must use your phone step into the hallway.
- Clean up your area. Trash picked up and towels in the bins.
- Do not leave your belongings on the floor or benches. Put them in a locker or take them on deck.

Treat your fellow swimmers with respect for their feelings and personal space.

- Avoid spreading rumor and gossip.
- No foul language or obscene gestures.

- No trash talking.
- No hitting, spitting or splashing.
- Any behavior that is dangerous, spiteful, disrespectful or hurtful will not be tolerated and will be considered a disruption.
- Disruption of a practice will be grounds for removal from practice. Continual cheating or stopping at practice will be considered a disruption.

I have read the Sturgeon Code of Conduct with my parent and agree to abide by the rules and guidelines. I understand that a failure to abide by the rules and guidelines will result in disciplinary action that could include, but is not limited to:

1. A verbal warning.
2. Removal from practice.
3. Practice suspension.
4. Removal from the team.

Swimmer's Name, (please print) _____

Swimmer's Signature_____

Parent's Signature_____