



## **HILLSBORO SWIM TEAM SWIMMER CODE OF CONDUCT**

### **Athletes will:**

#### **A. Be considerate, respectful and supportive of teammates.**

- Be encouraging to teammates. Swimming is a challenging sport. Negatively critical comments are not helpful to teammates; leave the evaluating to the coaches. Encouraging words during a hard set or before a race at a meet are helpful and have a positive effect.
- Recognize that squad mates are a training group and one swimmer's attitude and effort affects each member of the group. Attitude and effort also affect how far the group can progress as a whole.
  - A negative attitude in practice can and often does spread through the whole squad. Do not complain about practice sets or activities.
  - If a swimmer is not giving a best effort during a set, squad mates suffer because they do not get the benefit of a training/racing partner.
  - A positive attitude and effort can open the door to amazing, never-thought-possible results. Set sights high and then go get them!
  - When coaches set a training squad, they consider the benefits of having particular swimmers train together. Take advantage of this!
- Work out disagreements civilly, and ask the coach for help if it's needed.
  - A swimmer is not required to be friends with everyone on their squad; however, they are required to be courteous to everyone on their squad.
- Always think: How do I want to be treated? Then act in that manner toward others.

#### **B. Be respectful of the coaches and their decisions.**

- Be punctual and do not miss practice without communication to the coach.
- Listen without interrupting or arguing.
- Follow coaches' instructions and decisions.
- Do not complain about practice sets or activities.
- Do not cheat on sets.

#### **C. Be respectful and courteous to parents, pool facility staff and patrons, other competitors and their coaches.**

#### **D. Be respectful of other athletes' property, HEAT property and facility property and not engage in any vandalism or theft.**

- E. Maintain a high standard of behavior at all team activities. A swimmer is not only representing themselves but HEAT Swimming.**
  - Follow the rules of each pool/recreation facility and any venue attended for special events or outings.
- F. Avoid inappropriate language or actions when using social media outlets or participating in virtual communication. A swimmer is not only representing themselves, but HEAT Swimming. Remember that social media posts may feel temporary but often have lasting ramifications.**
- G. Avoid inappropriate physical contact or unruly behavior, including (but not limited to) fighting or striking another athlete.**
- H. Avoid participation in bullying or isolating another swimmer.**
- I. Refrain from smoking, drinking or using any controlled or illegal substances.**
- J. Follow the communication guidelines in the team handbook.**