



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.**