



Hammonton Swim Club

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Hammonton Stingrays Swim Team

Code of Conduct for Coaches, Swimmers, and Parents/Guardians

1. We are one unified team in a competitive swim league. No matter a swimmer's age, gender, and/or swimming ability we are all teammates and will exhibit good sportsmanship.
2. We will refrain from judging, criticizing, or gossiping about each other. We will not discuss individuals when not in our presence.
3. We will treat all members of the team (coaches, swimmers, parents, officials) and opponents with dignity and respect. We understand that physically or verbally abusive behavior to anyone is unacceptable and may damage our team.
4. We will be dedicated and loyal to our club and teammates. We will be vocally supportive.
5. We will "praise in public and correct in private".
6. We will display our team pride by competing and personal appearance shall be neat, clean, and appropriate. Team swim caps and royal blue swimsuits must be worn when competing. Be proud to wear your Stingray colors!
7. We are encouraged to participate in all team activities, practices, and swim meets and we are expected to stay in the designated team area(s) at all swim meets.
8. We will arrive to practices, swim meets, and team events allowing enough time to begin on time. We will be prepared and have our swim cap, goggles, towel and refreshments/snacks ready.
9. We will be committed to putting forth our best effort every day. An honest and best effort does not include cutting laps, hanging/pulling on the lane lines, missing practices, and/or missing swim meets and team events.
10. We are all responsible for the care and proper use of swim team and Hammonton Swim Club equipment and facilities, as well as for such equipment and facilities when visiting other swim clubs for swim meets. Practice is not finished until all practice supplies are returned to the storage shed and lane lines are removed from the pool and properly stored. We are all responsible for cleaning up after ourselves, as well as after practice sessions and swim meets (this includes picking up trash, water bottles, arranging chairs and tables, etc.). Everyone helps!
11. We will check the swim team bulletin board and our mailbox each day of practice and during swim meets.
12. We will give the head coach at least 48-hours advance notice if unable to attend a swim meet. Preparation of the swim meet sheet and line-up(s) begins two-days prior to a swim meet and not showing up for a swim meet without notifying the head coach well in advance can hurt the team and other swimmers and it may create additional work for the coach(es).
13. We will refrain from using drugs, alcohol, tobacco, e-cigarettes/vaping and/or any other product(s) detrimental to our health and/or inappropriate for minors.

Failure to comply with the Code of Code may result in disciplinary action. Such discipline may include, but may not be limited to, the following:

- *Dismissal from a practice session and/or swim meet and asked to leave the swim club facilities/property;*
- *Disqualification from one or more swim meet events, or suspension from an entire swim meet;*
- *Dismissal from the swim team.*