



CODE OF CONDUCT

SWIM TEAM PRACTICES AND MEETS:

1. **General Safety Rules:** No running and rough play in the pool area. No food, glass bottles, soda, and gum in pool area. You must take a shower before entering the pool. Girls with long hair must wear a bathing cap. Enter feet first, unless otherwise instructed from the end of the pool and not the side. Shower and locker room area follow the same basic rules. You must enter locker room no earlier than 15 minutes before practice and meets and must leave no later than 15 minutes after the activity.
2. **Respect Your Teammates.** If a teammate requests you stop a specific action or verbal teasing, STOP. Do not touch other people's possessions.
3. **Be On Time.** Different talks and instructions will take place during the dry land sessions. We cover the workout and our expectations for performance. If a swimmer is late and misses the information, it is his/her responsibility to get it. They will be pulled out of the water if they are doing the workout incorrectly. The swimmer may return when they figure out the correct method. Coaches will not stop to explain to a latecomer and take time and attention from swimmers who show up on time.
4. **Be Prepared.** Have everything you need for the practice or meet with you. You MUST have a water bottle on deck to keep your fluid level up. We will start using two suits and leggings (stretchies) during practices. Put your name on the items belonging to you. If goggles break in the middle of a set or during a race, go without them until the finish.
5. Use bathroom BEFORE practice or during DAB (double arm backstroke), You will be swimming between sets, as recovery swimming.
6. **At a meet.** Be on time, follow the coaches' instructions. Everybody MUST COMPLETE proper warm up, stretching, before they get into the water. No drinking fluids other than water or sports drinks and eat only sports bars. Be mentally and physically ready for the race. See the coach BEFORE and after your race.

Remember your main winter meets are the Championships in March and the Long Course in July.