



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIMMER EXPECTATIONS

Swimmers are encouraged to attend two-three practices a week. Swim team participants must scan their membership card at the front desk upon entering the building and shall be courteous, respectful, efficient and safe while in the locker rooms. Swimmers will be on time, adequately fueled, and have proper swim apparel (cap, goggles, and swim suit) and attitude (positive, focused, coachable, and open-minded). Always give your best effort and full attention at practice. As a responsible member of the Y and the swim team, you are expected to help put away equipment after practice and keep the locker rooms clean and organized. Don't forget to bring a lock for your personal items.

During the regular season, swimmers must participate in three swim meets. Make sure coaches know if you will be attending OR NOT attending a meet so they can plan events and relays accordingly. Please practice good sportsmanship with competitors and teammates alike. At the Y, practices, home meets, away meets, and championship meets, you are representing our team. Your actions constantly reflect on our team as a whole. Displaying good sportsmanship and practicing the Y core values of honesty, respect, responsibility, and caring take precedence over winning.

Code of Conduct Contract

1. I will respect Y staff, space, and members by taking responsibility for my actions and my belongings.
2. I will come prepared and will always try my best at practices and meets.
3. I will display good sportsmanship and the core values of honesty, respect, caring, and responsibility at all times.
4. I will be safe and follow the pool rules and the rules set forth by the lifeguards, coaches, parents, and other staff members.

Consequences for non-compliance with this code include:

1st offense = verbal warning

2nd offense = sit out and phone call to parents

3rd offense = expelled from practice for the night, and a phone call home. Severe or repeated offenses will result in Conduct Committee review, possible suspension and/or termination of membership.)

Parents, coaches, Swim Team Manager and the Aquatics Director will work with the Conduct Committee to correct the issue/s. Depending on the severity of the behavior. The Head Coach or the Swim Team Manager reserve the right to place swimmers on probation during which time they are not allowed to participate in any meets. In extreme cases, swimmers will be removed from the team without refund or credit.

I have read and understand the above code of conduct and agree to follow this code at all times when representing the Duluth Y Northerns Swim Team.

Signature: _____ Date: _____

Please sign and return with your registration information and payment. Thank you