



Sidney - Shelby Co. YMCA Stingrays Swim Team Code of Conduct

As a responsible athlete of the Sidney Shelby Co. YMCA Stingray Swim Team, I agree to conform to the following Code of Conduct at all times while representing the Sidney Stingray Swim Team and the Sidney Shelby Co. YMCA:

At Practice / Meets I will:

- Be on time for practice and warmups.
- Assist in setup / tear down of the swimming pool.
- Respect all lifeguards, coaches, swimmers, officials, and visitors while representing our team.
- Ask questions when I am not sure of coaches instructions.
- Assist other team members when they are lost or confused.
- Cheer for teammates during races.
- Offer congratulations to my opponents win or lose.
- Be humble in victory and honest in defeat.
- Strive to do my best, and encourage all team members to do the same.
- Encourage YMCA core values caring, honesty, respect, and responsibility.
- Drink only water, with closable lid, during practice
- Abide by the Sidney-Shelby County YMCA Code of Conduct

At Practice / Meets I will NOT:

- cause physical harm or threaten physical harm to a fellow team member, coach, or parent.
- possess, use or be under the influence of alcoholic beverages, chemical, or illegal drugs.
- behave in a manner, that in the opinion of the coaches or team representative is contrary to normally accepted behavior.
- Use portable music devices before or during practice or meet warm-ups
- Eat anything on the pool deck

All coaches and assisting staff will follow the agreed upon discipline pattern

- 1 verbal warning
- 10 minutes timeout
- Removal from event, with parental follow from the coach

I understand that violation of these guidelines may cause dismissal from practice, meets, and / or the team, at my parent's expense. I understand that the values contained in this Code of Conduct, remains in effect for as long as I am a member of the Sidney Shelby Co. YMCA Stingray Swim Team.

Swimmer Signature

Parent Signature

Date

Coach's Signature