

SwimStrong Honor Code

Behavior at practice and at meets:

- 1) SwimStrong team members should be respectful of their peers, coaches, and parents. Failure to act in a respectful manner will result in any or all of these disciplinary actions:
 - verbal warning
 - sitting out the remainder of practice
 - meeting with coach, swimmer, parent and board member
 - suspension from practice and meets for up to 2 weeks
 - expulsion from team
- 2) SwimStrong athletes will compete in many swim meets. Parents and swimmers are expected to behave in an exemplary manner. The reputation of SwimStrong, as well as the other athletes with you, is dependent on your behavior. When we compete we are ambassadors for our team and the cities we represent.

Zero Tolerance:

- 1) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or USOC banned substance of any kind is not allowed and will result in immediate expulsion from the team.
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SwimStrong Parental Expectations

Arriving Late/Leaving Early:

- 1) If a swimmer arrives more than 5 minutes late, the coach needs a note with the reason they are late to let them swim. No notification, no practice.
 - Frequent tardiness disrupts practice.
 - The warm-up which begins practice is an especially important part of practice.
 - If you know in advance that your child will be late, let the coach know via email.
- 2) If a swimmer needs to leave early, the coach needs a note with the reason they are leaving early.
 - For your child's safety, the coach needs to know that your swimmer has your permission to leave early.
 - If you know in advance that your child will be leaving early, let the coach know via email.
 - Except for an emergency, coaches and swimmers should not be interrupted during practice.

Missing Practice:

- 1) If a swimmer must miss practice, please email your child's coach with the date they will be missing and the reason they were absent.

Practice Etiquette:

- 1) Observers should sit in the bleachers or on the bleacher side of the pool and should not disrupt swimmers or coaches.
 - Please stay away from the pool.
 - No miming or signaling to your child during practice.
 - If parents become a distraction they will be removed from the practice.
 - The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. This will just confuse your child. Your job is to provide love and support.
- 2) Coaches are available to discuss concerns but not DURING practice.
 - Please contact your child's coach via email to set up a one on one meeting to discuss your concerns.
 - If, after discussion with your child's coach, you feel the problem has not been resolved, please contact the head coach via email to set up a one on one meeting to discuss your concerns.
 - If, after this second meeting, the problem still persists, the head coach will set up a meeting with you, the head coach, and a board member.

Financial:

- 1) If you are delinquent at the end of the season your child will not be able to enter any Championship meets or register for subsequent sessions until your account is brought current.

SwimStrong Signatures and Contact Information

Please return to SwimStrong along with your medical, registration, volunteer form and payment.

Swimmer's Agreement-

I understand my responsibility to follow the rules and requirements of SwimStrong. By signing my name, I acknowledge that I have read the Honor Code and agree to follow it to the best of my ability.

Swimmer's signature: _____

Dated _____

Swimmer's printed name: _____

Birthday _____ Gender _____

Swimmer's signature: _____

Dated _____

Swimmer's printed name: _____

Birthday _____ Gender _____

(If you have more than two swimmers, please complete an additional copy of the Swimmer's Agreement.)

Parental Agreement-

I understand my responsibility to follow the rules and requirements of SwimStrong. By signing my name, I acknowledge that I have read the Parental Expectations and agree to follow them to the best of my ability. Further, I acknowledge that I have read the Honor Code, discussed it with my child and agree that my child will follow it to the best of their ability.

Parent's signature: _____

Dated _____

Parent's printed name: _____

Cell Phone: _____

Work Phone: _____

Parent's signature: _____

Dated _____

Parent's printed name: _____

Cell Phone: _____

Work Phone: _____

Additional Contact Information-

Home Address: _____

Home Phone: _____

City: _____ Zip _____

E-mail addresses for:

Swimmer: _____

Swimmer: _____

Mom: _____

Dad: _____

Check boxes to indicate which emails to send team info. to. If none are checked, info will be sent to all addresses listed.

Please Answer:

I want my name, address, email and home phone included in a team directory. Yes No

Please return completed form to: SwimStrong PO Box 360524 Strongsville, OH 44136