



Brandywine YMCA Tiger Sharks

Athlete Code of Conduct

As a valued swimmer of the Brandywine YMCA Swim Team, we ask all swimmers to agree to the following Code of Conduct:

Character Values

- I will respect all swimmers (BCY and away Teams).
- I will respect other members property.
- I will respect other members use in the locker room and dry off after leaving the shower area.
- I will respect the housekeeping staff and pick-up and dispose of my trash.
- I will respect all officials & not argue.
- I will demonstrate caring towards all swimmers.
- I will demonstrate caring by cheering for all swimmers no matter their swimming ability.
- I will be honest in my expectations for my goals.
- I will take responsibility for my actions at the YMCA, practice, and away meets.

Practice

- I will be at practice on time.
- I will be prepared to swim at every practice or meet.
- I will put 100% effort into my training workout, both in and out of the water.
- I understand that my coach is there to support my goals and I will listen to their instructions.
- I understand if I am late for practice must have a note from my parent or guardian.
- I understand that in order to improve as a swimmer I should make the commitment to my sport and attend the recommended practices that the coaches have set.
 - Swim Academy = 2 Practices per week
 - Level 1 = 3 Practices per week
 - Level 2 & 3 = 4 Practices per week
 - Jr National & National Team = 5/6 Practices per week
- I will bring all necessary equipment to practice: goggles, swim cap, flippers, swimsuit, towel and water bottle. (National Team: snorkel)

Swim Meets

- I will be prepared for competition by bringing my equipment: : 2 suits, 2 goggles, 2 caps, water or sports drink bottle, 2-3 towels, and warm/dry clothes for between events, snacks or snack money.
- I will know my event /be ready (events are hung on deck at the meet)
- I will participate in team cheer before the meet starts (dual meets)
- I will encourage & congratulate my teammates
- I will congratulate the swimmer in the next lane after a race

Signature & Date



We Build Strong Kids, Strong Families, Strong Communities