



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

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). In practice as well as at meets.
- I will respect other members property.
- I will respect other members in the locker room and dry off after leaving the shower area, leaving it as it was before I came.
- 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.

Mini Level = 2 -3 Practices per week

Level 1 = 2-4 Practices per week

Level 2 = 3- 4 Practices per week

Level 3= 4 –5 Practices per week

Jr National = 5 - 6Practices per week.

National Team = 6 - 7 Practices per week

- I will bring all necessary equipment to practice: goggles, swim cap, flippers, swimsuit, towel and water bottle.

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