



BULLDOG AQUATIC CLUB

Athlete Code of Conduct



As an athlete member of the Bulldog Aquatic Club I will abide by the following guidelines:

Practice conduct

- 1) Arrive at practice in a timely manner.
- 2) Take all required equipment with me on deck and be prepared to start at the designated time.
- 3) Show respect to all staff members, and swimmers, and adults involved with the BAC. Members will not bully physically or verbally or take unfair advantage of another swimmer of this club or any other. Members who are caught bullying face disciplinary action that could lead to suspension or expulsion from the team.
- 4) Demonstrate respect to the facilities used by BAC to hold practice, understanding the privilege we are provided with the use of the facilities.
- 5) Give full attention to the coaches when they are speaking or instructing.
- 6) Promise to put in my best effort during the workout and set an example for others to follow

Meet conduct/ Meet participation

- 1) Arrive at a meet at the beginning of warm-up.
- 2) Check myself in by the required time.
- 3) Talk to coach upon arrival on pool deck and prior to scratching any events.
- 4) Promise to give my best effort in every event I participate in.
- 5) Practice good sportsmanship in victory or defeat.
- 6) Act in a way that does not bring discredit to myself, my team, or USA Swimming.
- 7) Agree to participate in team effort meets preferably 1 meet /month

Team Travel

- 1) Possession or use of alcohol, tobacco products or controlled substances by any athlete is prohibited.
- 2) Rooms and travel vehicles are to be treated with respect and kept neat.
- 3) Swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.
- 4) At no time shall male and female athletes be in the same room together unless a coach or chaperone is in the room or has approved the situation.
- 5) Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and the rest time between prelims and finals.
- 6) The coaching staff holds the final word on any rules, regulations, or disciplinary action.

Athlete Name (print) _____

Athlete Signature _____

Date _____

Parent Signature _____

Date _____