

# **SHARK TANK RACING SQUAD**

## **Code of Expectations for Swimmers**

**Shark Tank Racing Squad swimmers are handpicked due to a variety of factors, one being maturity and willingness to be a team player. Every swimmer is expected to comply with the Code of Expectations for Swimmers as set out below and required to comply with the Code of Conduct that follows.**

**Attending practice regularly is critical to taking full advantage of the training program. Please make every effort to arrange your schedule in order to maximize your attendance.**

All swimmers are expected to participate on a summer team (NVSL, DCCL, CSL), in order to maximize the training effect of the Shark Tank program.

Respect the rules of the team. Respect the staff of the team and the officials present at meets. Swimmers are to address all questions and concerns to the coaches or team manager.

Make eye contact with and listen to your coaches and team manager when they are speaking to you. Speak clearly and loud enough to be heard when answering or asking questions. Behave in a mature fashion at practice.

Be responsible for getting yourself and your gear to the pool deck. Make sure you have checked over your gear before leaving for practice. Check your gear bags regularly for broken or missing items. Also look for items which do not belong to you and return them to the team manager at the next practice.

Share each practice experience with your parents, both your individual compliments and challenges as well as what happened with the team overall. Be aware of goals that you have set with the coaches and team manager as well as goals that are set for you. When your meet events are shared with you, study them and commit them to memory.

Officials and timers are to be treated with respect. Make eye contact and be pleasant. Shake hands with both lane neighbors whenever possible at the completion of a race. Thank your timers and ask for your times.

Cheer for your team. Support and encourage your team mates, win or lose.

**All swimmers are strongly encouraged to attend the entire session of their meet in order to support their teammates.**

**Sportsmanship, maturity and compassion should be demonstrated at all times during practice and games, both to teammates and competing swimmers. Unkind words or actions toward a teammate are grounds for suspension.**

# SHARK TANK RACING SQUAD

## Code of Conduct for Swimmers

**Members of the Shark Tank Racing Squad are expected to be healthy in mind, body and spirit. Each swimmer, at every age, will be held to the highest standards of behavior and is expected to represent their family and their team in an exemplary fashion.**

Swimmers have a responsibility to the protection and betterment of their swim team. Any intentional or negligent harm to the team, brought on by grossly inappropriate behavior when representing the team or the use of social media to air concerns or private matters relating to the team, are grounds for dismissal from the team.

The use of recreational drugs or alcohol by any team member will result in immediate dismissal from the team.

If in a situation where recreational drugs or alcohol are in use by minors, Shark Tank team members are required to leave the premises. It is encouraged that all team members consider an arrangement with their parents where they are able to safely and quickly be retrieved from a location where these types of behaviors are taking place. If Shark Tank members are aware of the use of these items in their presence, whether visible or not, and do not immediately leave or ask for someone to help remove them from the location, that member is subject to suspension or dismissal from the team.

Members of the Shark Tank Racing Squad are not to "friend" or attempt to "friend" members of the staff of the team on social networks. The code of conduct for coaches forbids this type of interaction with swimmers.

Both USA Swimming and Shark Tank rules forbid dating between coaches and athletes **of any age**, including legal age, up until and for two years following membership on any swim team.

Swimmers' behavior should be appropriate and age appropriate in words and actions. This includes, but is not restricted to flirtatious behavior, vulgar language, and general use of language that may be accepted/common at certain ages, but inappropriate for younger team mates.

Social interaction and friendships are encouraged, but outside relationships between Shark Tank swim team members are to remain outside of practices, meets and any event where swimmers are representing their team.

**Swimmers are reminded that, in this day and age, every picture you take and share and every word you write and post is forever.**

**Your loving staff reminds you that, more often than not, less is more. A good rule of thumb to remember is that in your life, you can always add to your experiences but once something is experienced, it is with you for life.**

I (print name) \_\_\_\_\_,

\_\_\_\_\_ agree to abide by the above outlined rules and expectations.

I acknowledge that failure to follow the Code of Conduct may result in disciplinary action, which may include suspension or removal from the team.

(Signature) \_\_\_\_\_

(Signature) \_\_\_\_\_

(Signature) \_\_\_\_\_

# **SHARK TANK RACING SQUAD**

## **Code of Expectations for Parents and Guardians**

Every parent or guardian is expected to comply with the Code of Expectations for Parents and Guardians as set out below.

1. Respect the rules of the team. Respect the staff of the team and the officials present at meets. Address all questions and concerns to the Team Manager.
2. Follow all team policies and facility rules and regulations.
3. Reiterate at home the expectation of sportsmanship, maturity and compassion which should be demonstrated at all times during practices and meets, both to teammates and competing swimmers.
4. Encourage personal responsibility by allowing practice to your swimmer's time. Make you swimmer responsible for getting themselves to the pool deck prepared by insuring that their bag has the proper inventory and that it is in hand when they arrive.
5. Understand that your child is the team member. The coaches and team manager will work closely with your swimmer on what they need to improve, their goals and their behavior while under the supervision of the aforementioned. Please maintain a dialogue with your child of what occurred and what was discussed individually and as a group at swim practice. If there is a question about something your child communicates to you, please contact the team manager. Critical information, including closures, equipment needs, meet schedules, etc. is communicated via email and occasionally a flyer. As always, parents are in regular communication with the Team Manager.

Soreness or injury, depending upon the severity is reported during or at the end of practice.

At any time, parents may request, through the team manager, a conference with the staff to discuss their swimmer. Each individual swimmer is important and will continue to be coached in that spirit. However, the coaching staff has a responsibility to the betterment of the entire team. Parents are asked to understand that the staff is unable to discuss each swimmer's progress after each practice. Meetings for the entire team are scheduled during the season and, as stated, conferences are always available. Most importantly, swimmers can be certain to receive direction from their coaching staff during every practice and we are committed to each one's development.

Allow your child to grow and mature by having the responsibility of communicating any concerns, challenges and goals of their coaching staff to you. This is all about the kids. To that end, whenever possible the swimmers should direct their own questions and concerns to the staff themselves. This will build their confidence and improve communication. If a parent is concerned about the delivery of a message, that parent can reach out to the Team Rep to verify that the information was properly received.

6. Ensure that your child attends mandatory practices, arriving on time with the equipment needed.
7. Provide notice by text or phone to the team manager if your child will not be at practice or a meet.
8. Understand that all decisions for the team rest with the team manager and the coaches. This includes, but is not limited to meet entries. Questions and concerns should be directed to the team manager.

9. Allow the team staff to do their jobs. Please parent your child away from the pool and allow the staff to develop them while at practice and at meets.
10. Encourage a positive team atmosphere. If problems arise, discuss concerns with the team manager.
11. Cheer for the team in a positive manner and refrain from providing directives.
12. Demonstrate appropriate gestures of sportsmanship at the conclusion of events and meets, win or lose.
13. Parents are required to volunteer their time at swim meets.

Parents are to carry on the tradition, which began in our inaugural year of the Racing Squad, of sitting together whenever possible, rooting for the team as a whole and by parenting as a team as the coaches and team manager coach as a team. Camaraderie is encouraged and appreciated in the stands, as much as it is on the deck.

14. Membership to the Shark Tank is annual. The annual fee is offered to be broken into 12 monthly payments for your convenience. Please provide payments within one week of the due date or agreed date.

I (print name) \_\_\_\_\_, \_\_\_\_\_, agree to abide by the above outlined rules and expectations.

I acknowledge that failure to follow the Code of Expectations may result in disciplinary action, which may include suspension or removal of my child from the team.

(Signature) \_\_\_\_\_

(Signature) \_\_\_\_\_