

Heidelberg Sea Lions Swim Team Swimmer's Code of Conduct:

As a member of the Heidelberg Sea Lions Swim Team, I agree:

- To be modest in success and gracious in defeat
- To show respect for authority to the officials and coaches
- That the use of alcoholic beverages and smoking is strictly prohibited.
- That the use of drugs not prescribed by my physician is unacceptable at any time.
- That there will be zero tolerance for fighting, verbal abuse, physical abuse, or sexual harassment toward any swimmer, coach, official or parent.
- That refusing to participate in practice could result in suspension or dismissal from the next meet or from the team.
- To respect the property of others and common property and public facilities as I travel with the team and visit other pools.
- To demonstrate good sportsmanship before, during and after a practice or a meet.

If a violation to the Swimmers Code of Conduct occurs, the following penalties will be applied, depending on the severity of the violation.

AT PRACTICE:

- Swimmer will be given a verbal warning.
- Swimmer will be excused from practice, and will be responsible to explain to his/her parent why.
- Swimmer will be suspended from the team for a minimum of 10 days/2 weeks.
- Swimmer will be removed from the team permanently.

AT A MEET:

- Swimmer will be given a verbal warning.
- Swimmer will be scratched from the meet.
- Swimmer will be sent home immediately at his/her own expense.
- Swimmer will be suspended from the team for 10 days/2 weeks, and the parent(s) must have a conference with the Head Coach before the swimmer is allowed back on the deck.
- Swimmer will be removed from the team permanently.