



ESC Swimmer and Parental Responsibilities, Code of Conduct & Disciplinary Policy

An athlete receives many benefits from training and competition: physical fitness, mental discipline, self-understanding, communication skills and friendships. The following code of conduct was created to ensure that we provide the best environment for a swimmer's development. The conduct of ESC swimmers and their parents shall always reflect positively and respectfully towards others and the ESC team. As a member of the ESC Team or Booster Club, I accept the following responsibilities and agree to the following:

1. Swimmers are prohibited from possessing or using:
 - alcohol, tobacco products, illegal drugs or controlled substance;
 - using profanity or obscene gestures;
 - inflicting physical abuse, sexual abuse, fighting, bullying or hazing;
 - destroying or stealing another's or facility property; and
 - any illegal activity or behavior not specified at all club activities (including practices and swim meets).

2. As an ESC Swimmer I agree to:
 - Respectfully comply with instructions of ESC coaches. They put forth a lot of effort to help you succeed;
 - Arrive timely, and conscientiously and enthusiastically apply myself to all practices, swim meets, team functions and meetings I attend; (Late arrivals and bad attitudes are very disruptive and detrimental to your team)
 - Conduct myself in an honest and respectful manner and with good sportsmanship towards coaches, officials, administrators, parents and fellow athletes;
 - Always maintain and display a positive and supportive attitude towards the ESC program, team, coaches and my teammates;
 - Refuse to participate in any behavior that could be considered detrimental to the ESC team, ESC coaches, or my teammates and refrain from any activity that could detract from a positive image of the ESC team;
 - Ensure that I care for my body (including proper nutrition and rest) and maintain a lifestyle to enable my body to operate at its maximum performance;
 - Show team spirit and make an effort to participate in all club activities. The club's success depends on the involvement of all of its swimmers and their families;
 - Obey all pool and locker room rules, including but are not restricted to the following:
 - a. No "horseplay" in the locker rooms or on deck;
 - b. No running on deck;
 - c. No throwing of objects in the pool; only objects specified by the coaches may be used in the pool;
 - d. Keep off the lane lines;
 - e. No squirting of any liquids (i.e. shampoo, drinks, etc.); and
 - f. No littering on deck or in the locker rooms.
 - Not leave practices or swim meets early without the coach's permission

3. At swim meets as and ESC Swimmer, I agree to:
 - Report to my coach upon arrival at the meet ;
 - Perform all warm up and warm down assignments given by the coaches;
 - Check-in in a timely manner and keep track of my heat/lane assignment and the meet progression;
 - Report to my coach before and after each of my events;
 - Show support for my teammates;
 - Enthusiastically participate in team cheers; and
 - Willingly participate in relays when possible.

ESC's Disciplinary Policy

ESC Swimmers choosing to behave inappropriately can expect the following potential consequences:

The swimmer may be suspended from practices and/or swim meets due to disruptive or inappropriate behavior and could result in the swimmer's dismissal from the club, depending upon the seriousness of the behavior.

Parents' Responsibilities

ESC's success depends also on the support and commitment of ESC parents. As the parent of an ESC Swimmer you are responsible for:

- Reinforcing the ESC Code of Conduct with your swimmer. Respectful and obedient swimmers allow our coaches to focus on assisting your swimmer(s) rather than disciplining them;
- Maintaining focus on what's best for your swimmer. Encourage and praise their hard work and accomplishments. Maintain reasonable expectations and foster a positive, supportive and productive relationship with ESC coaches and staff;
- The timely pick up and drop off of their swimmers. The coaches are not responsible, nor liable for swimmers left at the pool more than 15 minutes prior to and 15 minutes after practice times;
- Conduct myself in an honest and respectful manner and with good sportsmanship towards coaches, officials, administrators and the swimmers;
- Refuse to participate in any behavior that could be considered detrimental to the ESC team, ESC coaches, or ESC swimmers and refrain from any activity that could detract from a positive image of the ESC team;
- Refraining from disrupting practices by:
 - Arriving late
 - Staying on the pool deck rather than the designated viewing areas (bleachers on either side of the pool)
 - Talking to ESC coaches during practice. (The coaches have limited time with our swimmers so they need to maximize the time they do have by staying focused on their swimming. Although we may think that a quick question or comment is not disruptive, it detracts from the coaches and the swimmer's focus during practice.
- Always maintain and display a positive and supportive attitude towards the ESC program, team, coaches and ESC swimmers; and
- Ensuring that your swimmer(s) are wearing team sportswear (a.k.a. "team swag") at all meets; (Specifically, the ESC team logo swim suit and ESC t-shirt is the minimum expectation.)
- Providing your swimmer(s) with appropriate nutritional meals, snacks and beverages; and
- Ensuring your swimmer(s) are well rested for optimal performance at all meets and practices.

Thank you - we greatly appreciate your cooperation!

I have read and agree to comply with the above guidelines.

Swimmer's name, signature & date

Parent / Guardian's name, signature & date