



# **2025 Swim Team**

**Handbook**

# About the Woodlands Township Swim Teams

Welcome to the 2025 season of The Woodlands Township Swim Teams. We are looking forward to a fun and exciting season and are glad that you have decided to be a part of our team!

The Woodlands Township Swim Teams are summer swim teams whose home pools are Lakeside Pool (Hurricanes), Creekwood Pool (Riptides), and Forestgate Pool (Waves). Pool addresses can be found below. Each of our teams is a member of the Northwest Aquatic League, or NWAL whose objective is to foster competitive swimming and good sportsmanship.

The goal of the NWAL is to promote a competitive program for community swimmers. The intent of the following rules regarding team representations is to promote the community concept and at the same time make provisions for situations where NWAL swimmers' families are Members of a Club or reside in an area that does not have a community team.

Please visit [www.nwal.org](http://www.nwal.org) for league rules and other information.

Team's web page for meet information:

- Hurricanes: <http://thewoodlandshurricanes.swimtopia.com>
- Riptides: <http://thewoodlandsriptides.swimtopia.com>
- Waves: <http://woodlandswaves.swimtopia.com>

The goals of the Woodlands Swim Teams each summer are to:

- Develop and enhance existing swimming skills
- Build swimmers self-confidence, discipline
- Develop new friendships and sense of teamwork
- Have fun!

We recognize that competitive swim teams are not for everyone. The Township also offers a Learn-To-Swim program and a Junior Swim Team for those who have other ability levels and needs.

## Registration

### Residency in the Woodlands

- In accordance with NWAL guidelines, both new and returning swimmers will be asked to verify residency in the Woodlands, or otherwise provide an approved NWAL waiver form when requested, in order to participate in this program in 2025. This will be addressed in detail below within the sections, "Eligibility" and "Waivers".

### Returning Swimmers

- If you are a returning swimmer from last season (2024) and would like to be on the same team this season, you may sign up at any time beginning February 1st. No new participants may enroll until your exclusive enrollment period ends on February 15<sup>th</sup>.
- *Returning swimmers will be required to swim for the team they swam for the previous year.* If a returning swimmer wishes to move to another team the Rec Specialist for both teams involved must be contacted. It is up to the discretion of the Rec Specialists to approve or deny requests to move teams. Returning swimmers wishing to transfer teams must wait until February 15<sup>th</sup>.

#### New Siblings of Returning Swimmers

- Provided that they agree to join the same swim team as the returning swimmer in their family, immediate family members (siblings, half-siblings, etc.) of a returning swimmer *living at the same address* will be allowed to register at the same time as the returning swimmer- during the exclusive enrollment period above.
- New sibling swimmers must have an evaluation prior to registration.
- Per NWAL Handbook, Participants must be at least 4 years old as of May 1<sup>st</sup>, 2025 to participate.

#### New Swimmers

- New swimmers may enroll beginning February 16<sup>th</sup>.
- Participants must be at least 4 years old as of May 1<sup>st</sup>, 2025 to participate.
- If you were on the Jr. Swim Team, Cyclones, or Advanced Learn to Swim classes in 2024 or 2025, an evaluation will still be required.
- All new swimmers will need to be evaluated before signing up and being placed on the team closest to their home address.

#### Evaluations Process

- If you have not been part of the Woodlands Township Swim Teams or another Aquatics Program you will need to be evaluated.
- Drop-in evaluations will be held at Creekwood Pool Saturdays in February from 10 a.m. to Noon and Saturdays in March from 11 a.m. to 1 p.m. (No Evaluations over Spring Break for March 8 and 15). No appointment required.
- All swimmers must be able to:
  - o Swim the length of the pool freestyle (25 yards) in 1:00 minute or less, without holding on to the lane line at any time. Proper stroke mechanism is preferred (ie – face in water, bilateral breathing).
    - Note – swim team is intended for individuals who are proficient in all strokes. The Woodlands Township offers programs for those needing to strengthen their stroke mechanisms.
  - o Swim 25 yards in both freestyle and backstroke (no time for the backstroke).
- Following the evaluation the swimmer and parent will be informed of their enrollment options by Township Aquatics staff.
- Any new swimmer who can complete the requirements above while visibly and audibly comfortable in the water and is able to follow basic coaching direction will be given the option to join a Township swim team, as long as space is available on that team and in your age group.

#### NWAL Requirement of Township Staff regarding Registration and Team Placement

- For new swimmers requiring “Evaluations”
  - o Evaluations will be held without the presence of NWAL swim team personnel –i.e., only Township persons, no NWAL team coaches, etc.
  - o No recruiting, influencing, biasing or general directing of these swimmers should occur such that they choose one team over another. Swimmers would subsequently be placed onto a team on the basis of first come-first served and individual swimmer preference.
- For swimmers not requiring an evaluation (2024 swim team participants)
  - o No recruiting, influencing, biasing or general directing of these swimmers should occur such that they choose one team over another. Swimmers would subsequently be placed onto a team on the basis of first come-first served and individual swimmer preference.

#### Volunteer Requirement/Deposit Process

- There will be a \$300 per family deposit due at the time of sign-ups. This will be refunded back after the season is over. This will only be for new parents or parents that did NOT meet their obligation in 2024).
  - o If you were not charged the volunteer fee and didn’t work the hour required, you will be charged \$300 at the end of the season.
  - o Allow 3 to 4 weeks after swim team is over to receive your refund.

## Eligibility

USA swimmers can now swim in NWAL while still participating in USA meets.

1. The NWAL season begins on the Thursday before the first sanctioned NWAL Meet and ends the Monday after the Divisional Meet.
2. This rule is not intended to preclude any type of organized practice.
3. For NWAL, the swimmer will participate in the age group of his or her age on May 1<sup>st</sup>. For TAAF, there is a one-day difference, the swimmer will participate in the age group of his or her age group on June 1.
4. All swimmers must be between 4 - 18 years old.
5. Swimmers interested in competing with TAAF may not be registered with practice or compete with any year-round program from January 1 of the current year to April 30<sup>th</sup>.

(Eligibility Exceptions: any school related activity, any family lap swimming program, any swimmer in division 15 & older, programs approved in writing by both Swim Commissioners and the TAAF State Office).

## Eligibility Waiver Policy

The Woodlands Township Swim Teams endeavor is to follow all NWAL waiver policies and other league rules. Further eligibility and waiver policy exceptions cannot be made if the Township wishes to continue our membership with the NWAL in future years. We believe NWAL offers the best possible swim team programs for our residents and are excited to offer 3 swim teams.

## Waivers

- All swimmers that have been on a Township swim team (Hurricanes, Riptides, or Waves) and would like to change teams within the Woodlands, will need approval from Township staff (both teams Rec specialists).
- Swimmers living outside of The Woodlands but within another team's "Core Area" will also need to consult Rec Specialists for approval to join the Hurricanes, Riptides, or Waves.
  - I.e. – Swimmers living in a neighborhood with their own NWAL swim team will need a waiver from their Core team releasing them from that team.

## Team Transfers after Registration

- Special transfer policies apply for certain Township programs and activities. Please thoroughly review your specific program/class information.
- Once enrolled in a Township swim team (new or returning), staff at the Woodlands Recreation Center will *not* be able to transfer you to a different team within this program. If you feel a mistake has been made, only the Aquatics Program Coordinator may process your request.

For further information, please contact Aquatics Program Coordinator, [aquatics@thewoodlandstownship-tx.gov](mailto:aquatics@thewoodlandstownship-tx.gov) or view policies at [www.nwal.org](http://www.nwal.org).

## **Swim Team Staffing**

Aquatics Program Coordinator (1) – Oversee all Township swim teams, aquatics programs, and staff.

Swim Team Aquatics Recreation Specialist (Lead Team Representative) (3- one for each team) - Oversees Coaches; attends and runs meets; attends practices to answer questions and help with handing out info; signing up swimmers for Meets; is the main point-of-contact for parents; organizes the roster, volunteers, Meets, swimmers, and parents.

Head Swim Coach (3- one for each team) – Oversee the assistant coaches, running practices and having meeting with staff. Coaches must be 18 years old or older and have been a Learn to Swim Instructor with The Woodlands Township for at least 1 year prior to becoming a Swim Team Coach. (Previous coaching experienced is looked for).

Assistant Swim Coach (6- two for each team) – to help support the head swim coach. Coaches must be 18 years old or older and have been a Learn to Swim Instructor with The Woodlands Township for at least 1 year prior to becoming a Swim Team Coach.

## **Swim Practices - Locations**

Practices are 4 days a week:

Hurricanes: Monday – Thursday

Riptides: Monday, Tuesday, Wednesday, Friday

Waves: Tuesday – Friday

*Note – practice times and age ranges are subject to change at any time.*

Evening Practice: April 14 – May 22, 2025 (Riptides and Hurricanes) April 15 – May 22 (Waves)  
No Practice April 18

4:30 – 5:15 p.m. (5 & 6)  
5:15 – 6:15 p.m. (7 & 8)  
6:15 – 7:15 p.m. (9 & 10)  
7:15 – 8:15 p.m. (11 & 12)  
8:15 – 9:15 p.m. (13 & over)

Morning Practice: May 28 – June 21, 2024 (no practice Monday, June 27)  
7 – 8 a.m. (13 & over)  
8 – 9 a.m. (11 & 12)  
9 – 10 a.m. (9 & 10)  
10 – 11 a.m. (7 & 8)  
11 – 11:45 a.m. (5 & 6)

- **Hurricanes:** Lakeside Pool, 5001 S. Alden Bridge Dr. (Pool is closed on Fridays)
- **Riptides:** Creekwood Pool, 3383 S. Panther Creek Dr. (Pool is closed on Thursdays)
- **Waves:** Forestgate Pool, 7505 S. Forestgate Dr. (Pool is closed on Mondays)

## Swim Meets – Locations

The Township teams will have both Home and Away swim meets, always on Saturday mornings.

- Home swim meets and the practice meet, or Time Trial, will be at the team's practice location.
- Away meets will be determined by the team's Division schedule as assigned by the NWAL and will be released separately.
- You will need to participate in 2 dual meets to be eligible to swim in the Divisional Meet

See the teams web page for Swim Meets and Locations

## Swimmers Will Need

Each swimmer will need a swimsuit, swim cap, towel, and fins (make sure the fins fit like shoes; you can wear socks to avoid blisters). Team swimsuits are ***not*** mandatory.

Team swimsuits can be purchased at:

- Team Reps will post the swimsuit in Swimtopia.

## Team Pictures

Team and individual pictures information to be announced. Swimmers and families will have the option of purchasing different photo packages. Each Team's Recreation Specialist will set up the individual and team pictures and will send out the information.

## Registration Fees\* and Meet Costs

### *The Woodlands Resident Fees*

Number of Swimmers	Season Fees per Swimmer
1 <sup>st</sup> Swimmer	\$225
2 <sup>nd</sup> Swimmer	\$210
3 and More Swimmers	\$195
15 & Over Aged Swimmers	\$225

### *Non-Resident Fees*

Number of Swimmers	Season Fees per Swimmer
1 <sup>st</sup> Swimmer	\$240
2 <sup>nd</sup> Swimmer	\$225
3 and More Swimmers	\$210
15 & Over Aged Swimmers	\$240

*\*After April 15th, the registration fee will go up \$10 per swimmer.*

#### Swim Invitationals

Note: Summer Heat, Summer Thunder, Pentathlon, Sizzler, Ponderosa, All Stars, Red, White and Blue and Trinity Summer Classic Meets, (or any other invitational meet) are not included in the basic program fee. Swimmers MUST sign up online and are responsible for their own meet fees. If a swimmer pays to attend an invitational and must back out after registration ends, no refund will be given.

Event fees are subject to change and will be posted on Swimtopia as details are determined.

## **Discount Program**

### **Ages 15 – 18 ONLY**

The discount program is in place to encourage swimmers ages 15-18 to get more involved with the team by participating in dual meets and volunteering to serve as a positive role model and mentor for younger swimmers.

- At the time of registration, the full registration fee of \$225 is due.
- Volunteer fees still apply and the additional \$300 will be required at time of sign up.
- Must participate in (AT LEAST) 2 dual meets.
- May qualify for the discount by assisting at either dual meets OR during practices.
  - a) DUAL MEET OPTION: Be available to assist at morning and afternoon relays at dual meets (leaving early or arriving late on the day of the meet will not qualify for the two-meet participation requirement.)

b) PRACTICE ASSISTANCE OPTION: Work 15 hours with the coaches (ask head coaches or team rep for more info)

- Swimmers who meet the requirements by the end of the season will receive a \$175 refund.
- Swimmers with siblings are eligible for the sibling discount.

## Coaching Communication

Coaching a swim team requires considerable concentration and effort, particularly during practice and at meets. Although the coaches are very approachable, we ask that you not interrupt them during practice or meets. Therefore, parents are asked to stay off the deck, outside the gate during practice. If you have questions for the coaches, please speak with the Team's Recreation Specialist. If you have concerns about the coaches that you wish to express to the Township, please speak with the Aquatics Program Coordinator.

## Team Communications

The primary method of communication from the team is via email and team website. Each team family must ensure that:

- The Township has the proper e-mail address for your family – if you are not receiving our e-mails, let your Rec Specialist know.
- The email address you have provided is functioning and is being checked frequently.
- It is highly recommended that the Rec Specialist and Aquatics Program Coordinator's email address be entered into your "Address Book" on your preferred email software. Given the high number of emails sent from the Township servers, some email services may mark our message as Spam!
- Optional text messaging notification information
  - See your Recreation Specialist for your team code
- LATER, TO CANCEL and stop receiving these updates, TEXT the same number as before stopall

## Event Information

### Time Trials

- All swimmers must swim in the team Time Trial Meet at the home pool of your team.
- All swimmers are required by NWAL to have a "seed time" in order to participate in a dual meet. Seed times from previous years or other leagues cannot be used.

### Meet and Event Participation, Minimums and Maximums



- Swimmers may swim in up to five (5) events at each meet, including:
  - o Three (3) individual events
  - o Two (2) relays

### Special Procedures for Relays

- There will be a maximum of three (3) relays per event: A, B and C for each age group.
  - o Relays A and B will be calculated on best times.
  - o Remaining swimmers will be rotated through Relay C so that every effort is made to get each swimmer on a relay.
- At their discretion, coaches may make changes to relays based on attendance at practice or effort.
- NWAL rules state that swimmers who are scratched from the meet due to late arrival cannot swim in their relay events.
- If your child is entered in a relay, please make every effort to arrive on time to EACH event. At times, entire relays have to be scratched because swimmers are not present on time.
- Parents should be respectful of coaches and their numerous duties at the meets and should refrain from questioning their decisions at the meets.

## Meet Registration

- Swimmers will have the ability to register for all meets at the beginning of the season. However, if the swimmer later decides, for any reason, NOT to attend the meet, you will need to let the coaches know, so they can make changes to the relay.
- Swimmers must register for all meets that they plan on attending in order to be entered in the meet via the appropriate link on the team website (listed above).
  - o The swimmer will be able to choose the events they would like to swim, but Head Coaches will have final discretion on meet entries.
  - o The deadline for meet entries for a Dual Meet is Sunday night, prior to the Saturday meet.
  - o Contact your Recreation Specialist if you miss this deadline.
- “Meet Exchanges” with the opposing team for Dual Meets is on Thursday evenings.
  - o NO CHANGES CAN BE MADE AFTER THIS DEADLINE.
- Individual and relay events will be posted on the team website and be available at the pool for review.
- Invitational Meet entry deadlines may vary; e-mails will keep you up to date on them.

## Further Meet Information

## Dual Meets

Make all efforts to check-in with the designated Age Group Parent between 6:45 to 7:15 a.m. (*Please note: if you sign up for the meet and don't sign in before 7:15 a.m., you will not be scratched until your event is "ready to swim"*). Make sure your swimmer comes prepared. They are responsible to take all belongings home with them.

Meets start at 8:30 A.M. Please stay for the entire meet to cheer for your teammates!

### Scoring for dual meets

#### *Individual events*

1st place: 7 points  
2nd place: 5 points  
3rd place: 4 points  
4th place: 3 points  
5th place: 2 points  
6th place: 1 point

#### *Relay events*

1st place: 7 points  
2nd place: 3 points

## Divisional Meets

- To participate in NWAL Dual Meet means the swimmer is entered in the meet during the exchange of entries.
- If all teams add all swimmers to the exchange, then all swimmer would have met this requirement.
- Swimmers still need to have an official time to swim in the Divisional Meet. (You need to participate in two (2) dual meets prior to the Divisional Meet).
- Parents must volunteer if their swimmer attends a divisional meet.

## Invitational Meets

- Invitational Meets - Each swimmer will be responsible for their meet fee for each individual event and relay events which must be paid at the time of signups.
- Meet fees may not be sent via Venmo or CashApp. Balances will be updated in ActiveNet.
- Swimmers **MUST** sign up online and are responsible for their own meet fees for each of the meets.
- If your swimmer commits to a relay they are expected to swim.

# Volunteers

The organization and execution of a successful swim team is a tremendous effort. Countless hours, both off- season and during the swim season are required to make the team a success.

- A mandatory Volunteer Fee of \$300 will be collected at the time of registration. Along with the swimmer registration fees, families are required to volunteer a minimum of 4 shifts throughout the swim season. (This will only be for new parents or parents that did NOT meet their obligation in 2024) All families that worked their hours in 2024 will *not be change* at the time of registration. If you do not fulfill your obligation in 2025, your account will be charged the \$300.
- Once the swimmer's family has fulfilled the volunteer requirement, they will be refunded their \$300 volunteer fee once the season is over. Please allow 3 to 4 weeks for The Township to go through all of the families and refund the money.
- Volunteer positions will be posted on the team website.
- Parents will have the opportunity to sign up online at the time of the meet registration.
- Volunteers are needed at each Dual Meet in the following areas:
  - o Announcer- Make updates on score, events, any information the teams may need to know before, during and after the meet
  - o Ready Bench- To make sure the swimmers are in the right lane and ready to swim
  - o Age-Group Parents (Lead Parents) – To check in swimmers, put their events on their arm, help let the coaches know who is not there at the meet, getting the swimmers together and make sure the swimmers make their events
  - o Runners – Papers back and forth between the scribes and computer person, hands out water to volunteers and officials and post the results for the meet
  - o Awards- Putting labels on ribbons
  - o Set-up/Clean-up- Putting out the tents, tables, chairs, roping off areas, putting out cones and putting everything away after the meet is done
  - o Data Entry Clerk/Computer Clerk - Helps enter times and relays then the computer person puts them in the computer
  - o Timers/Scribes – Timer will time the lane they are in and the scribe will record their time and take to the computer person
  - o Rec Specialist\* - Make sure the team has everything they need to run a smooth meet, works out any problems the team may have, has final say if the other team can put a swimmer in an event after the exchange, must be at the meet from its entirety. (This is a paid position)
  - o Officials\* (Referee, Starter, Stroke Judge, Turn Judge)- runs the meet

Please speak with your Recreational Specialist for more information on how to sign up.

In addition, each team has several Lead Parent positions that oversee and direct the volunteers. We need everyone to volunteer.

If you have registered to help at the meet and are not able to fulfill your duties, you will need to find someone to take your place. Please contact the Volunteer Coordinator with the name of your replacement.

After each home meet, we need to make sure we have everything put up, lane lines, starting blocks, backstroke flags and all swim team banners down and put away so we can open the pool to the public.

Away meets, please make sure you leave it cleaner than it was.

*\*All officials, rec specialist and coaches must be certified by NWAL – contact Rec Specialist if interested*

*\*If you become, or are an official, lead parent, or computer operator, you will not have to pay a deposit for your volunteer hours.*

## Parties

### End of Season Party

The End of Season Party and awards presentations for all three (3) teams will be held at their home pool, (Waves) Monday, June 16th, (Riptides) Thursday, June 19th, (Hurricanes) Friday June 20th from 5:00 – 9:00pm). Formal announcements will be made during the season.

Each team will have a party for the end of the season. Coaches will award trophies:

- **Most Improved Swimmer** – both male and female for each age group
- **High Point Scorer** – both male and female for each age group
- **Overall High Point Scorer** – both male and female

At the end of each season all awards will be recycled, if not picked up.

There is no cost to attend the End of Season Party! Please come!

### Kick-Off Party

Each team will host their open house at their home pool- this is a great chance to meet your coaches and ask any questions!

Hurricanes Sunday, April 14      from 3 – 5pm

Riptides Sunday, April 14      from 3-5pm

Waves Sunday, April 14      from 11 am – 1pm

## Awards

Dual Meets:

- Ribbons will be handed out 1<sup>st</sup> – 6<sup>th</sup> place for individual events, Ribbons will be handed out 1 & 2<sup>nd</sup> place for relays
- Best Time Ribbons will be handed out after each individual events only

Practice:

- Gold Caps will be handed out once a week to each age group male and female that has made a difference on the team. This is not all about swimming, but everyday life, to helping out others, being a leader, always smiling. (this is not just about swimming, but it can be)

## Refunds

Full refunds will be given to participants who have registered for a program that has been cancelled by The Woodlands Parks and Recreation Department. Otherwise, participants may request a refund minus applicable processing fees as described here. No Refunds will be given, if not in writing via email: [aquatics@thewoodlandstowship-tx.gov](mailto:aquatics@thewoodlandstowship-tx.gov)

- o Feb 15<sup>th</sup> – March 15<sup>th</sup>, to submit a refund request via *email only* to: [aquatics@thewoodlandstowship-tx.gov](mailto:aquatics@thewoodlandstowship-tx.gov), a full refunded will be provided, minus a \$5, per swimmer, processing fee.
- o After March 15<sup>th</sup>, to submit a refund request via *email only* to: [aquatics@thewoodlandstowship-tx.gov](mailto:aquatics@thewoodlandstowship-tx.gov), a full refund will be provided minus a \$30 per swimmer, processing fee.
- o After May 1<sup>st</sup>, no refunds will be provided.

Refunds may take up to three to four weeks to process.

# Northwest Aquatic League

## Parent/Coach Code of Conduct

Children's sports are supposed to be fun - for the children. Unfortunately, many parent, fans and coaches do not realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following **Code of Conduct** is for parents and spectators to abide by at every practice and meet.

### Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.

4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event.
5. I (and my guests) will not engage in any kind of unsportsman-like conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups.
13. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet suspension with written documentation of incident kept on file by organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.

## The Woodlands Township

### CODE OF CONDUCT for SWIMMERS

The Woodlands Township Aquatics Division staff wants this swim team season to be a fun, family-friendly, positive, and learning experience for everyone involved. This Code of Conduct was developed to help everyone (especially all the kids) have a better swim team experience this season, and is meant to be a positive guide for their behavior during both swim team practices and swim meets.

1. I will participate in swim team because I want to, not just because my parents or coaches want me to.
2. I will respect myself by coming to the pool with a great attitude and always doing my best in the water.
3. I will respect my teammates in the pool, on the deck, in the restrooms, and in public. I will cheer them on, congratulate great swims, and support them when they are upset.
4. I will respect my coaches by listening carefully and following their instructions.
5. I will respect my opponents, their team officials, and parents, by treating them all the same as I treat my own teammates, coaches, and parents.
6. I will respect everyone by controlling my temper. I know that fighting, splashing others in the pool in a distracting manner and "mouthing off" can spoil the fun for everyone. I know that I can expect discipline for these actions.
7. I will respect my pool by helping to keep the pool, deck, and bathrooms clean and safe.
8. I will remember that winning isn't everything – that having fun, improving my skills, making friends, being a good teammate, and doing my best are also important.
9. I will always follow the rules of the pool whether at my pool or visiting someone else's pool.
10. I will remember that coaches, officials, and lifeguards are there to help me learn and keep me safe. I will always accept their decisions and do my best for the team.

I, \_\_\_\_\_ (print swimmer's name) agree to follow the Swim Team Member Code of Conduct.

\_\_\_\_\_

Printed Name or Signature of Swimmer (by swimmer)

Signature of Parent/Guardian that helped review this Code  
with their child

***Failure to comply with the Code of Conduct for Swimmers will be discussed with parents.***