

Athlete Code of Conduct

As an OST Swimmer, I am expected to:

- Respect all OST coaches. I realize that the coaches design practices to meet my goals, and will provide me with suggestions and criticism to improve my skills. I will not take these criticisms negatively, but will make every attempt to implement what my coaches ask of me. I will speak to my coach respectfully, and follow directions given to me.
- Attend practice regularly, and with a positive attitude so that I can meet my goals.
- Encourage and support my teammates, rather than bragging about my own accomplishments, or putting them down.
- Treat teammates, coaches, officials with respect regardless of race, sex, creed, or ability.
- To demand a sports environment that is free of drugs, tobacco, alcohol, verbal and/or physical aggression, or any other activity that is unsafe or inappropriate around children.
- Be respectful to coaches, board members, families, and teammates. This includes not engaging in threatening or abusive behavior or use inappropriate/foul language when speaking to or about others.
- To respect the property, equipment, and facilities made available for use.
- Keep hands, feet, and other objects to myself. Offenses may incur the following consequences: warning, parent conference, meeting with Head Coach and/or President, expulsion.
- Remain out of the office at all times.

I understand and agree to the above terms and conditions of the Oakdale Swim Team in exchange for the privilege of participating in the activities and swimming program of the Oakdale Swim Team. Should I choose to disregard any of these rules, or conduct myself in such a way that brings discredit or discord to OST or USA Swimming, I voluntarily subject myself to disciplinary action that may include verbal warnings, removal from practice/meet, suspensions, or termination of membership with/without cause.