

### **3 STRIKE DISCIPLINE POLICY**

1. Swimmer will be spoken to by a coach and a witness as to what incident occurred. Parent(s) will be notified about incident and warning of second strike for the swimmer with the recurrence of another incident.
2. Swimmer AND parent(s) will be addressed about behavior by a coach and a witness and try to come up with a positive solution. A warning of a third strike will be issued at this time which could result in removal from the club.
3. Swimmer AND parent(s) meet with the coach(es) and club president to verify validity and facts of incident(s). If validated, swimmer will be removed from the club for remainder of the season. This also results in forfeiture of club dues.

Swimmer may apply for readmittance the next season. Coaches and board members will review readmittance and approve or deny.

This policy is to protect club members and swimmers from negative behaviors and influences that should not be tolerated.

**Parent's Signature:** \_\_\_\_\_

## **RULES OF BEHAVIOR FOR THE SWIMMERS**

1. Respect the coaches at all times
2. Respect the volunteers and parents whether at practice or at a meet
  - a. This means I will use manners when speaking to or being spoken to by a coach or parent.
  - b. It also means my language will not be inappropriate at any time, even when speaking to my teammates.
3. I will have a positive attitude toward my teammates AND my opponents.
4. I will respect others' property and belongings by keeping my hands off unless I am given permission.
  - a. This means I will clean up my area in the locker room after practice and at a meet, including any trash, even if it isn't mine.
  - b. Also, if I find an item not belonging to me, I will turn it in to an adult.
5. I will adhere to all pool rules, especially during a meet.
6. During practice I will put my best effort forward.
7. I agree to the **3 STRIKE DISCIPLINE POLICY** and will strive to be a positive influence to all those around me.
8. I will adhere to all meet rules and not be in areas I shouldn't be.
9. If I have a problem with something or someone, I will address it respectfully with a coach and/or board member so that there may be a quick and positive solution.
10. I will have team spirit, even at practice!

**Swimmer's signature** \_\_\_\_\_