

Anchor Bay Middle School Swim & Dive 2024

Code of Conduct: School & Team Requirements for both Parents & Swimmers

Required Items to Participate:

- A valid Physical within the year (April 19th, 2020 or later), signed by a medical doctor and submitted to your "home" school office.
- Athletes to submit an updated emergency contact form to the head coach prior to participating.
- Athletes & parents must sign the Code of Conduct form & give it to the coach before they practice.
- Athletes MUST be passing ALL academic classes to be eligible to participate in meets. Eligibility will be run according to the school schedule. Check with your own school for specific details.
- Athletes must follow team & school rules at all times. Violations will result in consequences ranging from a "time out" from the pool, to expulsion from the team. (See team rules).
- Athletes must have their own suit, goggles, water bottles & personal equipment (if necessary) with them at practice and meets.

Attendance/Absences:

- Roll call will be done each practice. Three or more unexcused absences could result in the swimmer being excluded from the next meet.
- Absences must be reported BY THE PARENT/GUARDIAN in advance or ASAP. Email or a phone call to the coach will suffice as long as it is BEFORE the missed practice. Acceptable absences include, illness, injury, family emergency, school planned activity, medical appointments, a need to study or keep up with homework.
- Swimmers will NOT be allowed to leave without parental consent. Please come inside & confirm with the coach that you are taking your child.

Individual Expectations:

- Be on time for all team practices & meets. The schedule will be on Team Snap & posted at the school & Aquatic center.
- Upon arrival set up the pool for practice. And before departure, switch lanes and clean up the pool deck & storage room.
- Have a positive attitude and show respect to teammates and coaches.
- Challenge yourself, make your best effort to face fears to reach your goals!
- Maintain healthy personal habits. Your body is like a car, if you put junk or fail to put anything in it, it will not run well!
- Be a Vocal Leader at practice, at school & in the community. If you hear or see something that does not seem right, SAY SOMETHING! Say something to the persons(s) AND/OR go to a teacher, coach or other adult to report.
- Demand quality & dedication from yourself and others. "Don't count laps, Make Laps Count!"
- Set realistic goals, but also don't be afraid to dream big! And remember failure is part of success! Embrace it, learn and move on better than you were before.
- Model motivation and experience success daily, whether it be in big or small ways.
- If you are injured or are not feeling well, come to the Head Coach immediately!

Swim Coach

Stephen Leopardi

Anchor Bay Middle School Swim & Dive 2024

- Communicate. There are no bad questions, always ask for clarification if you need it.
- Take care of the facility, clean up the pool deck, do not leave anything in the locker room.

Team Rules:

- Attendance is required at all practices and meets, unless previously arranged with the coach.
- Report all injuries to a Coach Immediately. We will decide how to proceed.
- Do not come to practice if you are ill! We want you to get better but do not want the whole team sick.
- During practice STAY IN THE POOL AREA unless you are excused to the restroom by a coach.
- Treat the facility with respect- behave yourself and clean up after yourself in locker rooms and on deck.
- Follow all Anchor Bay School District & Aquatic Center policies. If you violate any rules you may face disciplinary action.
- Profanity, harassment, bullying of any kind, will not be tolerated.
- Maintain academic eligibility throughout the season. Your team is counting on you!
- Notify a coach if you have a school conflict that will prevent you from practicing
- Think before you act or speak.
- Anyone who feels they are being treated inappropriately by another person or a group needs to report it immediately to a coach or other adult.
- Anchor Bay swimmers and divers take pride and responsibility in all aspects of their sport. They represent the school, coaches, and families at all times, including the time outside of practice. Any member of the team who does not live up to the responsibility of being a good team member will be subject to all school discipline policies, including being denied the right to participate in swimming and diving.

Swim Meet Etiquette:

- Transportation to meets is the responsibility of parents. The bus will still run from South to the pool at the normal time on home meet days.
- All swimmers will dress up for away meets.
- Athletes stay on deck during meets. You are not permitted to go to the bleachers or exit the pool deck without coach permission.
- The team warms up before, and cools down after, on deck and in pool together. The pool is not for play.
- Be prepared to go over the positive areas and areas of improvement from the event with coach.
- Sportsmanship is part of being a good leader, teammate and competitor. Cheer on your team, and any other swimmer needing encouragement. Be silent during the start and during dive.
- Electronics ARE NOT permitted to be used on the pool deck by swimmers.
- Inappropriate behavior at a meet can lead to disqualification of the swimmer, or team from the meet.

Swim Coach

Stephen Leopardi

Email- sleopardi@abs.misd.net

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I have read & understood ALL procedures & expectations of the Anchor Bay Middle School North & South, Swim & Dive program.

Please sign below:

Swimmer Name (Print) : _____

Swimmer Signature: _____

Parent Name (Print): _____

Parent Signature: _____

Swim Coach

Stephen Leopardi

Email- sleopardi@abs.misd.net