



Ravensong Waterdancers

Competitive Athlete Code of Conduct

As a member of the Ravensong Waterdancers Synchronized Swimming Club, I understand that I am a valuable member of a team, and that, in order to have a fun and successful season, all team members must be held accountable for what they bring to every meeting, practice, and competition. To attain this goal, as a Competitive Athlete, I am responsible for:

- Following all rules and guidelines outlined in the Daily Attestation signed before each practice
- Arriving on-time and ready to start practices and meets with a positive “can do” attitude. Competitive swimmers are expected to attend ALL practices and meets with little exception.
- Focusing on tasks set out each practice and pay attention to coach’s instructions
- Communicating with coach(es) and/or Club President, if any problems or issues arise, for example, but not limited to: injuries, knowledge of upcoming conflicts for scheduling or interpersonal issues with ANY club members. In the case of some illnesses, sometimes a modified practice can be arranged
- Acknowledging that coaches have final say on matters such as team configurations, routine music and choreography, though we encourage athletes to share any thoughts and ideas they may have
- Contributing to a healthy, supportive and inclusive environment for ALL members of the Ravensong Waterdancers’ club, including everything from spectating each other’s routines at Meets and Watershows, to speaking and listening in a respectful manner
- Representing a positive image of the Club, when at meets, club events, during team travel etc, in terms of behaviour and language and presentation
- Ensuring all club and team uniform components are clean and in good condition, and uniform is worn as per outline from Coaches
- Leaving electronics put away while on deck, at meets and during land drill sessions

If these responsibilities are breached, I understand that any or all of the following could occur:

- Sit-down talk with Coach and/or Club President, with acknowledgement of infraction and proposed/enacted resolution(s), dated and signed on the back of this Code of Conduct sheet
- Removal from practice - to be followed by documented sit-down, as mentioned above
- Phone call/email/meeting set-up with parents to discuss infraction(s) of responsibilities (documented)
- Removal from routines (Board decision)
- Expulsion from club for documented, continuous breach of conduct; causing willful injury to other swimmers or engaging in unlawful or inappropriate behaviours (Board decision)

Athlete’s Name:

Signature:

Date:

Witness: