

Mentor Marlins Swim Team
Swimmer's Code of Conduct

1. I will respect all members of the coaching staff and parent board by listening and following directions. If not, I am aware of the disciplinary actions that could include being removed from the team.
2. I will treat other members of the team how I would like to be treated.
3. I will show GOOD sportsmanship toward any and all opposing teams.
4. I will treat pools, equipment and facilities home or away with respect and care. (ex. pick up trash, turn off showers, etc.)
5. I will be respectful to MY parents or guardian as well as other parents when asked TO DO or NOT to do something.
6. I will come to the coaches if I have any problems with another swimmer or parent and will not try to take care of alone.
7. I will come to practice ready to SWIM! (ex. goggles, suit, towel, shoes, clothes, water bottle, etc.)
8. I will help my parents, guardian or car pool driver by being ready for practice on time.
9. I will remember this sport is about hard work and fun – all of the time!
10. I will treat my body with respect and love by eating good, healthy, and filling meals at least three times a day, and drink plenty of water.
11. I will get plenty of sleep at night and plenty of fun during the day!
12. I will do my best to help leave home on time for a swim meet and by being ready and helping where I can.
13. I will remember to check in with my coach when I get to the meet and then to check my events and warm up time.
14. I will remember to go and talk with my coach after I swim!
15. I will do everything with FUN and TEAM SPIRIT in mind!