

Athlete Code of Conduct

TLM has implemented an athlete code of conduct to reinforce expectations for athletes participating on our team. Athletes and parents should read, understand, and sign this form prior to participating in our program.



By signing this code of conduct, I will:

- Be responsible for my own behavior and accept consequences for inappropriate behavior
- Be respectful of my teammates' feelings and personal space
- Be kind, courteous, respectful and polite to those with whom I interact
- Follow the directions of the TLM staff
- Stay within supervised areas and show respect for all facilities and other property (including locker rooms)
- Bring any concerns to my head level coach first and other TLM staff as necessary
- Obey all of USA Artistic Swimming's rules and codes of conduct
- Notify TLM staff if I have direct knowledge of a safety issue or code of conduct violation

I understand the following behaviors and actions are *not* permitted:

- Actions that bully, tease, dominate or display sexualized behavior toward others through any means including face-to-face interactions, spreading of rumors, texting or social media, etc.
- Actions that represent sexist, racist, homophobic, or otherwise offensive behavior
- Disrespect of others, unsportsmanlike, unethical and immoral conduct
- Improper language (e.g. profanity and gestures) or inappropriate conversation content
- Possession or consumption of alcohol and illegal drugs, including the use of tobacco
- Accessing unauthorized spaces including, but not limited to, unsupervised spaces, hallways, back rooms, etc.
- Destruction or theft of property including, moving items belonging to others with the intent to confuse or deceive
- Violation of team policies

- Other conduct determined to be inappropriate for youth development by TLM staff

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by TLM coaches and staff, including possible suspension from participation or revocation of privileges and facility access.

Parent Code of Conduct

TLM has implemented a parent code of conduct for the important message it holds about the proper role of parents in supporting their child in age group athletics. Parents should read, understand and sign this form prior to their children participating in our program.

Any parent who demonstrates improper conduct at any competition or practice may, depending on the type of infraction, be asked to leave the facility and suspended from future attendance. Repeated or egregious violations may result in longer suspensions or revocation of privileges for the parent and their children.

By signing this code of conduct, I will:

- Remember that children participate to have fun and that this program is for their enjoyment, not mine.
- Inform the coach of any physical disability or ailment that may affect the safety of my child.
- Be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and demonstrating positive support for all athletes, coaches, officials, facility staff, and spectators at every practice, meet or event.
- Demand that my child treat others with respect regardless of gender, race, creed, sexual orientation, or athletic or intellectual ability and will model the same for my child.
- Teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of an event or performance.
- Emphasize skill development and practices and how they affect my child over the long term.
- Respect the officials, coaches, and staff and their authority during competition and will never question, discuss, or confront coaches during the event, and will take time to speak with coaches at an agreed upon time and place.

- Refrain from coaching my child or other athletes during practices or at events, unless I am one of the official coaches for the team and meet all requirements for this role.
- Get involved by volunteering for the team, and cheering for all TLM athletes and routines at meets.
- Demonstrate positive sportsmanship and promote positive sportsmanship to my child.
- Remember that TEAM comes first.
- Talk with my child and their coach about my child's progress.
- Do all I can to ensure that the program is represented in the best light at all times.
- I will not put down other athletes or cheer against other athletes on the team.
- I will not participate in gossip or negativity, and if I have a concern, I will bring it to the attention of Head Coach Annemarie outside of practice and meets.
- I will not insert myself into an issue involving another parent, teammate and a Coach.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action determined by TLM coaches and staff, including possible revocation of privileges and facility access.