

## SWIM TEAM RULES

1. If you are on the swim team you can not be a lifeguard during practice. It is your time to practice not to work.
2. If you do not listen or misbehave during practice a repercussion at that time will be given (I.e. push ups or sit ups).
3. There is absolutely not to be any bullying on the team.
4. There is not to be any bragging about how good you are at swimming at anytime.
5. There is no gum chewing during practice.
6. There is no running on the pool deck.
7. You must wear a swim cap and goggles to every practice.
8. Girls must wear a one piece swim suit to practice and swim meets.
9. Boy must wear a jammer, brief, or speedo swim suit to practice and swim meets.
10. If you have a boy friend or girl friend that is not on the swim team they are not allowed on deck during practice.
11. If you bring your boyfriend or girlfriend to a swim meet there is not to be any inappropriate behavior. Please keep your hands to yourself. You will be given one warning, after that they will not be allowed to come to a meet for the rest of the season.
12. If your boyfriend or girlfriend is on the swim team there is to be no inappropriate behavior during practice or meets. Please keep your hands to yourself, if not you will be separated and not allowed to be or sit next each other during practice and or meets.
13. You must respect the equipment. You did not buy it but if you intentionally break it you will pay for it.
14. You will not mess with or take something that is not yours.
15. There is not to be any back talk to the coach or any adult.

Note: I have implemented the rules about boyfriends and girlfriends because there are young children on the team. If you have any questions about the rules please do not hesitate to ask me.

**Signatures:**

Swimmer \_\_\_\_\_

Parent \_\_\_\_\_

Coaches \_\_\_\_\_

Date \_\_\_\_\_

“The future starts today not tomorrow.” - Pope John Paul II