**Spruce Creek Swimmers’ Code of Conduct** (Designed to promote the physical, mental, moral, social, and emotional well-being of all team members)

* We cheer for teammates and offer congratulations to opponents, win or lose.
* We promote positive team spirit by encouraging teammates before, during, and after practice and by avoiding rumors or gossip detrimental to team culture.
* We encourage leadership, initiative, and good judgment by all swimmers.
* As a source of pride, we wear the current team cap in all practices. We wear the current team cap and tee shirt for all meets. We wear the current team tee shirt to school on meet days.
* We refrain from inappropriate behaviors that detract from a positive image of the swim team. This includes illegal drugs, alcohol, smoking, bullying, gossiping, and offensive language.
* We avoid distractions (friends, cell phones, school issues) during practice.
* We endeavor to have a healthy diet and adequate fluids to support training and competition.
* We respect the YMCA facility and other facilities the team visits. This includes no smoking or vaping in any locker room. At the Port Orange Y, swimmers are to use only the locker rooms located directly off the pool deck. No Creek swimmer is to go into the adult member locker rooms during Creek practices or meets. Always be courteous, helpful, and friendly.
* We display proper respect and sportsmanship towards all swimmers, coaches, and officials. We stand at attention during the National Anthem at meets and line up to congratulate opposing swimmers after each meet.
* Because we are representing our school and our team, we will not post any inappropriate or hurtful material on social media sites.
* We will be on time for all practices and competitions and stay until the end of each.
* We understand that the coaches have final determination on meet entries.

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Name Signature

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Parent Signature