

GUIDELINES FOR SWIMMERS AT MEETS

1. Swimmers must act in a responsible, honest and respectful manner at all times.
2. Swimmers must listen to and follow the instructions of the coaches and team chaperones.
3. Swimmers at all levels should be friendly and show good sportsmanship to other competitors and Clubs.
4. Look and act in a professional manner
5. Each swimmer is responsible for her own belongings, including equipment, clothing and money, unless otherwise determined by the Meet Coordinator and Team Chaperones.
6. **NO** junk food – including candy, chocolate bars, potato chips etc.
7. Swimmers are not allowed to leave the pool or hotel without the coach's permission.
8. Swimmers must always travel in pairs or groups, never alone. The "buddy system" is to be strictly enforced and adhered to at all times.
9. All swimmers are reminded that their behavior directly reflects on the reputation of the Club.
10. The hotel must be left in the same condition it was when you arrived. Unruly behavior will not be tolerated.
11. Only swimmers who are competing should be on the pool deck. Designated space will be assigned by the Head Coach/coach to be on deck to cheer for your club and other teams. Unless specifically given permission by the Head Coach in a meet schedule, ALL teams will be present to show support for all club teams/competitors. All other club members are strongly encouraged to come out to support all swimmers from the stands, throughout the competition.
12. Lights out at coach's or Team Chaperone's instruction. This includes television or any other device.

Failure to comply with any of the above guidelines may result in disciplinary action being taken, including the possibility of a swimmer's suspension from attending future competitions.