

## **SPORTSMANSHIP CODE**

### **SWIMMERS**

I will listen and follow my coaches' instructions.

I will respect my teammates, opposing swimmers and coaches, and the decisions of the officials.

I will agree to stay in my bench area when not swimming.

I will come prepared with suit, cap, and goggles.

I will accept defeat gracefully and victory humbly.

I will use only appropriate language.

I will demonstrate good manners at all times.

### **PARENTS**

I will set a positive role model for the swimmers.

I will support my child's coaches and their decisions.

I will support the decisions of the officials.

I agree to restrict my comments and actions to those that will encourage rather than discourage the swimmers.

I will use only appropriate language.

I will respect opposing swimmers and their fans.

I will demonstrate good manners at all times.