Welcome to the Chapin Swim Team! #RiseAsOne

*Mission Statement*

Chapin High School Swim Team’s mission is to provide a quality swim program to our student-athletes. This program will strive to teach and train our student athletes in all skills needed to reach their full potential in the sport of swimming. Chapin swim will maintain a team environment promoting sportsmanship, integrity, competition and hard work along with respect for teammates, coaches and competitors.

***Staff***

*Holly Amerena Head Coach*

*Clarissa Arguellas-Medrano Assistant Coach*

**CODE OF CONDUCT**

As a member of the Chapin High School Swim Team, We are part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. I agree to follow the rules for behavior and sportsmanship while I am a member of the CHST. The following behavior guidelines state the principles CHST expects all members to demonstrate and uphold.

**PARENTS**

• Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and facilities

• Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.

• Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Look for opportunities to build rapport with teams that we compete and work with.

• Demonstrate good sportsmanship during all competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise.

• Be an active participant in all fundraising events and other team activities

• Realize that swimmers benefit most from positive reinforcement. Your unconditional love and support before and after races will help them best.

• If you have concerns, you will address it with the coach in private.

• Maintain open and honest communication among all members of the Huskie family. We reach our common goals by working together.

• Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

• Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.

• Assist the coaches in conducting effective practices by ensuring swimmers arrive on time, and bring the proper equipment.

• Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of our campus and program

• Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent

• Call or meet with coaches during conference period if needed.

• Trust and support your swimmer’s and coach’s decisions around goal-setting, training commitments, swim event  entries, and meet schedules.

**SWIMMERS**

• Swim for the fun of it, we must enjoy what we do.

• Make every team practice, meet participation and activity an opportunity to learn.

• Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing CHST. They should represent CHST with excellence, respect, team spirit, good sportsmanship, and politeness.

• Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.

• Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable.

• Swimmers are required to attend and stay the entire duration at all team meetings, practice sessions and swim meets, unless they have made special arrangements with their coach.

• Swimmers are expected to wear proper uniform to all meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.

• Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.

• Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort will go a long way.

• Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.

• Dishonestly, theft, and/or vandalism will not be tolerated.

• Every effort should be made to avoid guilt by association with such activities as those listed above.

• There shall be no drinking of alcohol or use of tobacco products or illegal drugs while a member of the CHST.

• Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.

**Discipline Procedures**

All members must follow the school code of conduct, any violations of such during swim time will also be subject to disciplinary action deemed appropriate by campus administration. When the swimmer violates any rules or regulations of the program the coaches have the authority to impose the following order of penalties, if needed.

* *The swimmer will be given a verbal warning.*
* *The swimmer will be given a physical penalty (extra laps, pushups, Etc.)*
* *The swimmer will have a conference with coach and parent and possible suspension.*
* *The swimmer will be subject to a parent meeting with administration if behaviors are extreme.*

If the swimmer misses their race at a meet a physical penalty will be immediately imposed on the next practice date.

If there is a problem with tardies and or absences a physical penalty will immediately be imposed on the second occurrence “the one freebie rule”.

If at any time the swimmer has an issue it should follow this chain of command

* *Swimmer And parent try to resolve issue amongst themselves.*
* *Swimmer meets with coach*
* *Swimmer meets with parent and coach*
* *All parties meet with administration*

**Social Media Policy**

In the electronic age in which we live, every member of the Chapin Swim Team needs to be aware of the far-reaching effects of data posted to web sites, email, and other electronic media. This includes photos posted to web sites, text messages that contain inappropriate language or information that is private or confidential, blog sites, and messages posted to sites like Instagram, Facebook, Snap Chat, etc. The content and intent of all electronic

Communication should be in good taste. We cannot monitor all of our members’ social media accounts. What we can and will do is work to educate the parents, athletes, and membership on best social media practices. We, as your coaches, do not want to have any team member’s future or career jeopardized due to a careless or thoughtless impulsive action. We all recognize that the words and photos that we post on-line are there for everyone to read and view. We have seen the high price that people pay for careless mistakes and poor choices. Before posting anything to the Internet or texting to someone, we would like you to ask yourselves the following questions:

1. Would I send this message or photo to my parents?

2. Would I send it to my coach or teachers?

3. Could there be legal consequences to this post?