

Athlete Code

As an OA Swimmer, I am expected to:

- Respect all OA coaches. I realize that the coaches design practices to meet my goals, and will provide me with suggestions and criticism to improve my skills. I will not take these criticisms negatively, but will make every attempt to implement what my coaches ask of me. I will speak to my coach respectfully, and follow directions given to me.
- Attend practice regularly, and with a positive attitude so that I can meet my goals.
- Encourage and support my teammates, rather than bragging about my own accomplishments, or putting them down.
- Treat teammates, coaches, officials with respect regardless of race, sex, creed, or ability.
- To demand a sports environment that is free of drugs, tobacco, alcohol, verbal and/or physical aggression, or any other activity that is unsafe or inappropriate around children.
- Be respectful to coaches, board members, families, and teammates. This includes not engaging in threatening or abusive behavior or use inappropriate/foul language when speaking to or about others.
- To respect the property, equipment, and facilities made available for use.
- Keep hands, feet, and other objects to myself. Offenses may incur the following consequences: warning, parent conference, meeting with Head Swim Coach and/or President, expulsion.
- Remain out of the office at all times.

I understand and agree to the above terms and conditions of the Oakdale Aquatics in exchange for the privilege of participating in the activities and swimming/water polo program of the Oakdale Aquatics. Should I choose to disregard any of these rules, or conduct myself in such a way that brings discredit or discord to OA or USA Swimming, I voluntarily subject myself to disciplinary action that may include verbal warnings, removal from practice/meet, suspensions, or termination of membership with/without cause.