



Athlete Code of Conduct

Our Mission

Paseo Aquatics exists to provide world-class education, instruction, strength building, and conditioning in a positive, healthy environment where swimmers achieve their goals in the water and beyond.

Our Commitment

Our coaching staff is dedicated to the highest standards of teaching and training. Swimming with Paseo Aquatics is a privilege, earned through effort, respect, and partnership with your coach and teammates.

The PATH to Excellence

Excellence requires focus, determination, strong communication, acceptance, and the daily choice to bring your BEST effort—at every practice, every time.

Athlete Expectations

Please initial each code:

- Conduct yourself with dignity and respect for others and their property. _____
- Arrive on time. “On time” means ready to enter the water by the scheduled start of your group’s session. This includes arriving early, completing warm-ups, putting phones away, and preparing your mindset to train at your best. _____
- Dedicate yourself fully to practice. Focus on your own performance and learning. Socializing, conflicts, or distractions during practice will not be tolerated, as they interfere with your progress and that of your teammates. _____
- Follow all team rules as outlined in the Paseo Aquatics Handbook. _____
- Respect facilities, meet hosts, and staff by keeping team areas organized and clean at the end of every practice and competition. _____
- Practice and model good sportsmanship. _____
- Promote positive team spirit and morale. _____



- Encourage and support teammates in practice and competition. Team success is built together. _____
- Follow verbal directions of the coaching staff at all times. Disrespectful behavior will not be tolerated. _____
- Respect the rights and space of other groups using the facility. _____

Communication Policy

- Communicate positively, listen actively, and seek to understand. _____
- Speak with your coach before or after practice—not during. _____
- Athletes age 12 and older must take the lead in discussing their swimming questions directly with their coach. Parents may join only after the athlete has spoken with the coach, and then only if additional resolution is needed. _____

Prohibited Behaviors

The following are strictly forbidden:

- Use or possession of illegal substances (*e.g., arriving at practice or competition under the influence of alcohol, drugs, or tobacco*). _____
- Destructive behavior (*e.g., breaking lane lines, damaging starting blocks, throwing equipment, graffiti, or intentionally misusing facility property*). _____
- Fighting, striking, or unruly conduct. (*e.g., pushing, hitting, shoving, or any physical aggression toward another swimmer, coach, official, or spectator; yelling aggressively; or creating unsafe conditions in or out of the pool*). _____
- Inappropriate language, swearing, or derogatory remarks (*e.g., swearing, name-calling, mocking, or derogatory comments toward teammates, coaches, officials, or competitors*). _____
- Interfering with another swimmer's progress (*e.g., grabbing or pulling on another swimmer during practice or competition; intentionally splashing, dunking, or blocking a swimmer's path; disrupting drills; distracting or taunting others while they are receiving instruction*). _____
- Theft or vandalism (*e.g., taking property belonging to teammates, staff, or the facility; damaging lockers, restrooms, or personal belongings*). _____



- Bullying, isolating, or intimidating another swimmer (e.g., *spreading rumors, excluding someone intentionally, cyberbullying via text or social media, repeated teasing, or any behavior designed to belittle or isolate*). _____

Athletes also agree:

- To address disruptive behavior honestly and directly, as it threatens the culture, mission, and vision of Paseo Aquatics. _____
- To comply with disciplinary actions related to policy, Code of Conduct, and SafeSport/MAAPP matters. _____
- That dishonesty in addressing team matters undermines trust and may result in dismissal from the team. _____

Consequences

- **First violation:** Verbal warning from coach. Parents notified. _____
- **Second violation:** One-day suspension from practice. Parents notified. _____
- **Third violation:** One-week suspension from practice (*no refund*). Parents notified. _____
- **Fourth violation:** Permanent dismissal from the team. _____

Commitment to Excellence

Paseo Aquatics cares deeply about every swimmer's success. While swimming is an individual sport, every athlete represents the team's standard of excellence, in and out of the pool. Together, we pursue greatness.

Acknowledgment

I have read, understand, and agree to comply with the responsibilities stated above. If a parent initials in error, the rules and expectations still apply directly to the athlete.

Athlete Signature _____

Athlete Printed Name _____ **Date** _____

Parent Signature _____

Parent Printed Name _____ **Date** _____