

PAUL LAURENCE DUNBAR SWIMMING & DIVING CODE OF CONDUCT

PART 1 – SWIMMERS & DIVERS

- I. Attendance
 - a. Swimmers/Divers are required to attend 2 practices per week, either with PLD, or with their respective club teams. If unable to attend due to illness or other conflicts, a coach needs to be notified in advance in order for the absence to be excused. Please note that homework does not count as an excused absence – it is your responsibility to get work done in a timely fashion and keep your commitments to the swim and dive team.
 - b. Disciplinary Action: The head coach has the authority to remove a swimmer/diver from the team if the attendance policy is not followed.
 - c. Athletes are required to attend at least 4 meets during the regular season to fulfill the requirements of being on the varsity swim & dive team.
 - d. Disciplinary Action: A swimmer/diver who does not fulfill their meet requirements will not be considered as having completed a year on the swim and dive team. They will not be eligible to receive a letter or bar. The head coach has the authority to remove a swimmer/diver from the team for violating the meet attendance policy.
- II. Conduct
 - a. Swimmers/Divers are to conduct themselves in a dignified and respectful manner during all team activities, including at practices, team social functions, while traveling, at meets, in hotels at meets, or during fundraising activities, or any other time while representing PLD Swim & Dive. **This includes things you post on social media!** Remember that nothing online is private.
 - b. Swimmers/Divers are to follow directions closely and arrive on time to all practices, meets, and team functions. Failure to follow coaches' directions will result in disciplinary action, including removal/suspension from meets or practices and possible removal from the team. Arriving to practice more than 15 minutes late will be considered an unexcused absence.
 - c. Swimmers/Divers are expected to be supportive of teammates at all times. Swimmers/Divers are to be respectful of coaches, opponents, meet officials, volunteers, parents, etc. Any disrespectful, inappropriate, or unsportsmanlike conduct will result in immediate removal from the event or practice and possible removal from the team.
 - d. After practice, all athletes are to stay in the designated area until they have been picked up. Any other location is not approved.
- III. Swim/Dive Meets
 - a. High school swimming is much more of a team-oriented sport than club or summer league swimming. Swimmers are expected to be willing to compete in whichever events the coaches think will provide the best outcome for the team. This means that you will not always get to swim your best events! Swimmers are more than welcome to request events in advance, though we cannot always guarantee them.
 - b. Regional Team – We have a large, competitive team and have a limited team size for the regional meet. The entire team will not qualify for regionals. Selection is done on a competitive basis – please keep in mind that being a year-round swimmer does not guarantee you a spot on the regional team. Also keep in mind that we are much stronger in some events than in others.
 - c. Relays – Relay decisions are at the sole discretion of the coaching staff. Relays can change AT ANY TIME, AT ANY MEET! For example, swimming on a relay at prelims does not mean you are automatically swimming that same relay at finals. Likewise, if you swam on a relay at regionals that qualified for state, you are not automatically entered into that relay at state.

- d. Absences – If you cannot attend a meet, please notify Coach Cole well in advance. The coaching staff will assume that you are attending if we do not hear anything, and you will be entered in the meet. Entries are typically due 3-7 days in advance of the meet. If something such as illness or injury comes up at the last minute and entries have already been submitted, please CALL Coach Cole at 859-797-8236.
- IV. Communication
- a. Swimmers/Divers are expected to be independent in communicating with teammates and the coaching staff. Please do not rely on your parents to communicate to the coaches! YOU are on the team – they are not!
 - b. If any issues arise, please contact Coach Cole. You will have access to his cell phone number and email address. Coaches are willing to meet one-on-one with you before practices.
 - c. Swimmers/Divers are responsible for turning in all paperwork in a timely fashion. If your parents plan on turning it in for you, please check over paperwork to make sure it is completed and follow up with Coach Cole to make sure it was received.
- V. Academics
- a. Students are expected to maintain a satisfactory grade point average. The school will submit a weekly ineligibility report for students not maintaining these standards. Students will be ineligible for a period of one week if they do not get their grades corrected within 1 day of the submission of the report.
 - b. Students who miss 2 or more meets or 2 or more weeks of practice due to academic ineligibility may be removed from the team.

PART 2 – PARENTS

- I. Expectations of Parents
- a. Parents are expected to be supportive of the team at all times. Parents are expected to be respectful of swimmers, coaches, other parents, and meet officials/volunteers.
 - b. Parents are to make sure that all fees and paperwork are filled out promptly so that the swimmer can turn them in on time. Please make arrangements to have a sports physical done as soon as possible if your child's will expire before March 1st.
 - c. Parents are expected to help the team by supporting fundraising efforts, taking and submitting photos for our banquet slideshow, and volunteering to work at meets.
 - d. Parents who plan on driving their children to practices or meets must make sure to arrive 10 minutes or more before the start time. Please make sure that you are on time picking them up from practice, as the facility closes immediately after the conclusion of our workout.
 - e. PARENTS – PLEASE MAKE SURE YOU UNDERSTAND THE POLICIES ON ATTENDANCE, MEETS, AND RELAYS LISTED ABOVE. CONTACT COACH COLE FOR CLARIFICATION.
- II. Communication
- a. The primary method of communication to parents will be through email and Remind 101. We will also utilize text messages and social media in some circumstances. Please make sure to provide a valid email address, and notify Coach Cole if you are not receiving emails. (william.pleasants@fayette.kyschools.us)
 - b. Parents are to encourage their swimmers to be proactive and independent in communicating with the coaching staff. Swimmers should first try to resolve any issues with the coaches personally

before parents get involved. If parent involvement is warranted, please do not hesitate to email or call. I am also happy to answer any questions parents might have!

- c. Parents are expected to refrain from talking to coaches during practice/meets. If there is an important issue to discuss, it is best to schedule a specific time to discuss these conversations.
- III. "24-Hour" Policy
- a. Parents agree to wait a period of 1 day before bringing any problems, concerns, or grievances to the coaches' attention.
 - b. This gives the parents time to discuss the problem with their swimmer/diver and reflect on the issue at hand. This will allow the conversation to be constructive, providing the best possible outcome for the swimmer/diver, parent, and team.
- IV. Disciplinary Action
- a. Any rude, threatening, or inappropriate behavior or language of a parent toward a coach, another athlete, or another parent will not be tolerated. Harassment of any nature will not be tolerated.
 - b. Failure to comply with parental conduct expectations can result in suspension from meets and practices.

PART 3 – COACHES

- I. General Expectations
- a. It is the responsibility of the coaches to ensure the safety and well-being of each and every swimmer/diver on the team. Coaches are trained on sports safety, injury prevention, and CPR.
 - b. Coaches will do their best to utilize several forms of communication, including emails, phone (calls and/or texts), the team website, social media, and occasionally school announcements.
 - c. Coaches agree to be on time to practices and meets.
- II. Practices/Meets
- a. The goal of the coaching staff is to provide the best possible outcome for the TEAM. Individual meet entries and training regimens will reflect where the swimmer/diver is most needed – though preferences may occasionally be taken into account.
 - b. Coaches will do their best to provide individual attention to swimmers/divers.
 - c. Coaches will not make meet decisions based on swimmers/divers age or club team. Meet decisions may be based upon best times, current times, practice attendance, injury status, training type, behavior/attitude, and experience with a particular event/situation.
 - d. Coaches have the authority to change the members or order of a relay team at any time.

****By being on the Paul Laurence Dunbar Swim & Dive Team, you are agreeing as an athlete, parent, or coach to abide by this code of conduct.**

NOTE: This contract will be emailed to the entire team so that you will have access to it throughout the season. A copy will also be available of the team website: www.dunbarswimdive.weebly.com.

KHSAA rules can be found online at <https://khsaa.org/sports/winter/swimming/>