



Bear Valley Springs Grizzlies **Swim Team**



Policies & Procedures





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Bear Valley Springs Grizzlies Mission Statement

The ***Bear Valley Springs Grizzlies*** is a year-round, competitive swim team offering quality coaching and technique instruction for swimmers of all ability levels, from novice to the highest levels of competition.

Swimming offers an exciting and valuable experience in a person's life and the ***Bear Valley Springs Grizzlies*** swim team's mission is to promote an interest in competitive swimming among the mountain communities and to develop each swimmer to his or her fullest potential. The ***Bear Valley Springs Grizzlies*** is focused on excellence in training, character development, and family support where every swimmer has the opportunity to achieve his or her potential. Swimming is an individual sport, but also a team sport, and good sportsmanship is required, enjoyment of the sport is encouraged, personal integrity and self-discipline is developed, and teamwork is fundamental.

Swimming with the ***Bear Valley Springs Grizzlies*** allows a swimmer to become engaged in a sport that can be enjoyed for a lifetime with an emphasis placed on personal development and achievement. Swimmers learn sportsmanship and teamwork, achieve a level of physical fitness, and acquire lifelong skills.

The ***Bear Valley Springs Grizzlies*** has adopted five core objectives to achieve its primary mission of promoting an interest in competitive swimming:

- Provide year-round training;
- Work cooperatively with other mountain teams to provide secondary routes of competition;
- Provide USA Swimming access to those who desire a varying schedule of events;
- Actively recruit potential swimmers from the BVSA summer swimming lesson program;
- Promote USA Swimming among seasonal high school swimmers.

All members of the ***Bear Valley Springs Grizzlies*** swim team (athletes, parents, families, coaches) aspire to promote and achieve these values and objectives.



Bear Valley Springs Recreations has adopted the policy and guidelines of the National Alliance for Youth Sports for all of our Sports Leagues; including the BVSG Swim Team. Some standards are designed for league sports rather than the swim team but are listed in their entirety for a better overall understanding of its intent.

Philosophy of Youth Sports

The Bear Valley Youth Sports League strongly believes in the benefits of organized sports for our youth. Participation in sports has proven to be a great asset to the learning experience as children grow, building self-esteem, promoting teamwork, and promoting fitness and exercise opportunities.

The Bear Valley Youth Sports League has incorporated the philosophies set forth in “National Standards in Youth Sports,” a publication compiled by the National Alliance for Youth Sports (NAYS) based on an assembly of 48 of the nation’s leading experts representing a vast variety of disciplines affecting youth sports.

To view entire National Standards for Youth Sports document, please visit:

nays.org/TimeOut/National%20Standards.pdf.

Please note that all standards may not have been adopted verbatim. The Bear Valley Youth Sports League reserves the right to modify standards as it sees fit.

The following standards were established:

Standard #1- Proper Sports Equipment

Parents must consider and carefully choose the proper environment for their child, including the appropriate age and development for participation, the type of sport, the rules in the sport, the age range of the participants, and the proper level of physical and emotional stress.

Standard #2- Programs Based on Well-Being of Child

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children

Standard #3 – Drug, Tobacco and Alcohol-Free Environment



Parents must encourage a drug, tobacco and alcohol-free environment for their children.

Standard #4 – Part of Child’s Life

Parents must recognize that youth sports are only a small part of a child’s life.

Standard #5 – Training

Parents must insist that coaches be screened, trained and certified.

Standard #6- Parents’ Active Role

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as spectators, coaches, league administrators and/or caring parents.

Standard #7- Positive Role Models

Parents must be a positive role model exhibiting sportsmanlike behavior at sports, practices, and home while giving positive reinforcement to their child and supporting their child’s coaches.

Standard #8- Parental Commitment

Parents must demonstrate their commitment to their child’s youth sports experience by signing a parental code of ethics.

Standard #9- Safe Playing Situations

Parents must insist on safe playing facilities, healthful playing situations and proper first aid applications, should the need arise.

Standard #10- Equal Play Opportunity

Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.

Standard #11- Drug, Tobacco & Alcohol-Free Adults

Parents as coaches, fans, and league administrators must be drug, tobacco and alcohol- free at youth sports activities.



Creating a Protective Shield

The Bear Valley Youth Sports Leagues exists to help children in the development of positive life skills and self-concepts. Our goal is to provide safe, enjoyable recreational opportunities for participants.

We are against any forms of abuse or maltreatment of children in youth sports. We each have a responsibility to do what we can to prevent any and all forms of child abuse.

We intend to take reasonable and intentional action to protect participants from any form of abuse or maltreatment and to deal with any transgressions in a timely and appropriate manner.

The Bear Valley Youth Sports League uses all reasonable efforts to screen employees and/or volunteers using a reputable background screening firm (protectyouthsports.com) in order to avoid instances where young athletes may be endangered, neglected or abused.

Although no organization can make every participant 100 percent safe from all forms of abuse, through screening, training, supervision and steps to create a healthy environment for children to thrive in youth sports, we are taking critical steps toward protecting all of our participants.

It is our mission to teach the basic skills which young people need to play sports in a safe and nurturing environment, where all children get an equal chance to play regardless of skill level.

Every child in our leagues has the right to have fun while participating in our program. We will not tolerate any abusive behaviors that may jeopardize a child's well-being.

Adopted from the National Alliance for Youth Sports Child Abuse and Youth Sports: A Comprehensive Risk Management Program.

I. General Policies

A. Participation/Eligibility

1. All BVS youth are eligible to sign-up for the BVSG if they meet minimum requirements and maximum enrollment has not been reached.



2. The BVSG will permit eligible family members and sponsored non-residents to join the Team under the following conditions:
 - Property owners are in good standing at the time they are signing up their own children or sponsoring children.
 - All forms have been completed.
 - The resulting team size is within the maximum team size.
 - The swimmers and their guardians agree to abide by general operating and youth sport policies set forth.

Prospective swim team members must be able to complete 25 yards of freestyle consistent with the equivalent ability level of the American Red Cross Level 3 at the discretion of the Head Coach. Level 3 freestyle is defined as follows:

- Body Position – Trunk is horizontal to 30° from the surface; rudimentary body roll; some side-to-side motion of the trunk and legs is acceptable
- Legs – Continuous kicking; occasional bicycle action is acceptable; knee or hip flexion on the downbeat is acceptable; feet may break the surface
- Arms – Above water recovery; some underwater recovery is acceptable; Hands enter the water at the level of the head or above; arm straight during the power pull is acceptable
- Breathing and Timing – Face in the water and breathing to the side consistently; Occasional head lift is acceptable; arms and legs show general alternating patterns

B. Eligibility and Team Registration

The BVSG selection process adheres to the Bear Valley Youth Sports League Philosophy of Youth Sports in that it creates a safe swimming environment for children to have fun and progress their swimming skills. The maximum participants in each ability level is designed to give the swimmers the correct ratio of coach time and provide swim lanes that are not overcrowded which may hinder the progression of the swimmers.

1. Because of team size restrictions, signing up does not guarantee a position on the team roster. Therefore, the BVSG takes sign-ups on a first-come, first-serve basis. Reasonable efforts will be made to add additional members when available spaces open. Enrollment is available year-round. Priority is given to BVS residents over non-resident guests when the enrollment reaches capacity.



2. A maximum number of team members has been established based upon pool size and coach-to-swimmer ratios. This is done to assure reasonable levels of swimming time for each participant and to assure that each has the opportunity to receive appropriate amounts of direction from coaches.

From time to time, the maximum number of team members may change based on a number of factors, including, but not limited to the number of coaches, practice times and duration of workouts.

3. USA Swimming Registration Form – All prospective BVSG members must complete the USAS Athlete Registration form, regardless of the family's intention to participate in USA Swimming sanctioned swim meets. Only those intending to participate in USAS swim meets must pay the requisite \$75 fee, payable to SVSG.

The USAS Athlete Registration fee is an ANNUAL fee and is required for all swimmers participating in USA events.

4. Medical Form: An Emergency Medical Form must be completed if a child participates in BVSG.
4. Media Release Form: A Media Release Form must be completed if a child participates in any BVSG activity.
5. Proof of age may be required for participation in the BVSG. If so, only the following manners are acceptable:
 - A photocopy of the swimmer's birth record from the state, county or municipal bureau of vital statistics of the place of birth. HOSPITAL RECORDS NOT ACCEPTED.
 - A photocopy of the delayed registration of birth if the athlete's birth was not recorded on the day of birth, issued by the same bodies.
 - Consular Service Form FS240, "Report on Birth", issued by the U.S. State Department. Immigration and naturalization forms I151 and I25 and Form No. 43R3117 issued by the U.S. Department of Justice.
 - A valid passport, driver's license or Homeland Security card.

C. Fees



Participant dues for the BVSG are subject to change at any time. Non-residents fees are an additional \$20 per child. All non-residents must be sponsored by a Bear Valley Springs resident in good standing.

A monthly fee has established by the Finance committee for residents to participate in the swim team. Each subsequent child from the same family enrolling is given a discount. All dues must be made by credit card transaction, when the service is available, checks made payable to BVSA, or by cash.

See application for current fees.

D. Refund Policy

The following refund policy applies to the BVSG program:

- A credit or partial refund may be issued if the pool is shut down for more than 3 days. Any Association shut-downs not dependent on weather will be for maintenance issues or by the Health Department regulations and may be required without any advance notice.
- A credit may be issued when a participant becomes unable to swim because of a medical issue. The patron must present a doctor's statement and notify the coach within the first (5) five days of the month.
- A full refund may be issued when the participant moves from the area, if the department is notified with (5) five days of the month.
- A refund may be issued when the team is full.
- No refunds will be issued when a participant withdraws after the first week of the month.
- No refunds will be given for paid swim meet events after swim meet entry files have been submitted to the swim meet host.

E. Refund Payouts

Credits for residents will be compiled and refunds distributed by the Bear Valley Springs Association. Non-residents are not eligible for credits; therefore, the refund will be mailed to them.

- For resident-requested refunds \$50 and under, the patron will receive a credit for future use. This "immediate" refund method



will allow patrons to use the credit to pay for future sports programs.

- For refunds over \$50, a check will be issued by the BVSA finance department and sent to the patron.
- A \$5 service fee will be withheld, to cover processing costs, on all patron requested refunds over \$50.
- No cash refunds will be issued at any time. Refunds may take up to four weeks to process.

D. Competition:

The BVSG Swim Team is a year-round organization and an active member of USA Swimming, Central California Section. BVSG Swim Team members are strongly encouraged to participate in the Competitive activities, with one “TEAM MEET” designated monthly.

BVSG has a cooperative agreement with the Tehachapi Barracudas Swim Team to participate in local Kern Swim Council swim meets. The KSC season opens in late May and concludes in mid-July. Typical meets are hosted by various teams on Saturdays, with “B” meets included in the swim schedule for beginner competitors are scheduled on Tuesday evenings.

E. Seasons

USA Swimming generally splits any given year into two separate seasons, short and long course.

1. Short Course

This season is characterized by competition contested in a short-course pool, 25 yards long and offers events in “yards.” SC season begins in mid-August and concludes in mid-March.

2. Long Course

This season is characterized by competition swum in long-course pools, 50 meters long and offers events in “meters.” LC season begins in mid-March and concludes in mid-August.

F. Equipment

- Team Swim Suits – Swimmers are responsible for purchasing practice and meet swim suits. Competitive swim suits will be ordered periodically and be



of a style that the board decides. Swimmers may use any type of appropriate practice swim suit.

- Caps & Goggles – As part of the competitive meet suit package, caps will be supplied. Additional caps may be purchased as needed. Caps are strongly recommended for females. Goggles are also strongly recommended for all swimmers. Costs are dependent upon personal preference, but typically run between \$10-\$25 per pair.
- Workout Fins – A pair of workout fins are desirable for all levels of swimmers. These fins should have short blades and be designed for workouts. Costs average between \$15-\$35.
- Hand Paddles – The BVSG Swim Team has a limited supply of hand paddles for older swimmers' use, however, personal preference may influence their use. Hand Paddles typically cost \$15-\$35.

G. Pick-Up and Drop-Off

Parents are welcome to remain at the pool during swim practice, however if that is not possible, parents should have swimmers at the pool with enough time prior to the start of practice to prepare (changing, getting equipment, etc.). Unless prior arrangements have been made, coaches are required to remain at the pool until all swimmers have been picked up by their parents or a responsible adult. Coaches are not paid beyond the workout times and are not compensated for the time spent waiting with a swimmer to be picked up.

H. Equipment

Coaches may design workouts that require the use of specialized equipment. The BVSG Swim Team supplies the following:

- Kickboards
- Pull buoys
- Hand Paddles
- Bungee

All swimmers need to bring a water bottle with them to practices.

I. Medical Emergencies

1. For any injury or accident that requires something other than a cleaning and covering with a bandage, coaches and parents are required to seek professional medical assistance through a 911 call.



2. All coaches will have access to a first aid kit at all times, located in the Lifeguard Office.
3. Please notify the staff registering if your child has a pre-existing medical condition (i.e. allergies, medications, physical impairments, etc.) at registration. The staff will then inform the coach of the situation.
4. Emergency Medical Forms must be completed for every swimmer and given to coaches to take to away meets in the event that a parent is not present. These can be downloaded from the Bear Valley Springs Association website: bvsa.org

J. Practice and Meet Schedules

1. Practice

- a. Summer - Practices are set from Monday through Friday from 8:00-10:00 am, with dryland training during the first half-hour. More experienced swimmers may be invited to participate in evening workouts, as well.
- b. Off-Season – Practices will be held from 4:00-6:00 pm.

2. Meets

- a. USA Swimming – Meets are held in various locations and BVSG will participate in meets within CCS as well as SCS. Typically, BVSG will travel to one USAS meet monthly as a team.
- b. Kern Swim Council - Kern Swim Council sectioned meets are usually held on Saturdays, however, occasionally they are held on Friday evening and Saturdays. Meets usually begin at 8:00 am and conclude in the late afternoon. “B” Meets are held on Tuesday nights, beginning at 5:00 pm. BVSG will participate as a Tehachapi Barracuda.

Meet Schedules will be posted on the Grizzly Swim Team social media sites and for reference and on the Kern Swim Council website, www.kernswimming.com, or CCS website www.centralcalswim.org. Information will also be dispersed via verbal and paper means, as well.

K. Weather



A decision to conduct or delay practice will be made by the swim coach 30 minutes prior to the scheduled start time. In the event of thunder OR-lightening, no one will be permitted to enter the water. Additionally, if thunder OR lightning occur during practice times, the pool will immediately be cleared.

- Notification: In the event that practice will be cancelled the coach will notify you by a group e-mail and a mass text message. Make sure the coach has the current contact information if you are to be notified in this group notification.
- The Coach will call the Whiting Center to inform them of the decision, who will then be available for calls. Whiting Center number is 821-6641.

The pool will remain closed when the conditions of the decks are icy.

L. Rescheduling

Coaches, parents, and swimmers are expected to attend practices and meets when scheduled. When entered in a meet a reasonable attempt should be made to notify the swim coach if you will not be able to attend.

M. Medals/Awards

- Each individual swim meet establishes the awards given to swimmers competing, and how many places will be awarded.
- Parents and swimmers are not eligible to pick-up awards at swim meets. Only designated team representatives may pick-up awards on behalf of the team.
- Awards not distributed at the swim meet will be taken to the next practice and distributed there.

N. Team Photos

BVSG will schedule team photos periodically. A makeup day for individual swimmer photos may be scheduled.

O. Safety

A safe environment is essential to provide a high quality recreational swim program. Coaches and/or staff must inspect the deck area prior to the beginning of any practice to look for dangerous materials or hazards.



Coaches should report any and all findings or accidents to the Bear Valley Springs Association staff member on duty, regardless of the nature of the incident; use the accident report form, which can be obtained from the Lifeguard office.

Please report to the swim coach or call 661-821-6641 for assistance with any safety issues or concerns.

P. Grievances

Any participant, parent or volunteer may file a grievance to staff when necessary. Grievances will be heard regarding all matters pertaining to conduct in violation of the BVSC Policies and Procedures Manual.

- The procedure for filing a grievance is to first provide the Head Swim Coach with written documentation of the grievance, including: date of incident(s), name(s) of person(s) involved, name(s) of any witness(s) and a brief description of the incident(s).
- If necessary, a meeting with BVSA staff and volunteers running the swim team will be scheduled.
- If the matter is not resolved, it will be forwarded on to the Bear Valley Springs Association General Manager, and, if necessary, to the BVSA Board for resolution.

Q. Disciplinary Policies/Code of Conduct

The purpose of the Code of Conduct is to ensure that there will be a safe and healthy environment for all Bear Valley Springs recreational activities on BVS premises or at BVS sponsored events. Levels of violation will determine the range of responses that can be taken. Disciplinary action can range from counselling to suspension or removal from a program depending on severity. Disciplinary escalation follows:

- Conference between coach or board member and the swimmer and parent(s)
- Conference with parents with written intention to suspend the swimmer if another violation occurs
- Suspension from the activity (can be the team or a specific activity such as showering inside the locker rooms)
- Removal from the team

For detailed list of violations and code of conduct policies for the recreation department, please contact 821-6641



R. League Rules

Specific rules for all USA Swimming and Kern County Swim Council Swim Meets can be obtained by contacting the swim coach. Parents are encouraged to read the rules to become familiar with sport.

S. Alcoholic Beverages, Tobacco and Drugs

Alcoholic beverages and drugs are not permitted on or in BVSA facilities, with the exception of the sale of alcohol at the Oak Tree Country Club and pool area during the Pool Season. During swim practices consumption of alcohol is not permitted by parents and adults in the area.

No coach or volunteer shall participate in any swim team practices or meets, while under the influence of alcohol or drugs.

Smoking or use of any tobacco product is not permitted in or around youth sports practices or meets.

T. Evaluations

Parents and coaches are encouraged to complete the evaluations given at the conclusion of each season at their convenience. They are also encouraged to email comments to the swim coach at bvsgrizzlies@gmail.com.

Staff will review the evaluations and make recommendations when necessary.

II. Coaches & Volunteers Section

A. Practical Guidelines

The Coaches of the BVSG Swim Team are authorized volunteers and paid employees and meet the requirements of The Bear Valley Springs Association. The BVSG does rely heavily on the parent volunteers that assist and run so many areas of the Team responsibilities. As the representatives of the BVSG Swim Team all are expected to behave in a reasonable manner at all times. Some practical suggestions for acting in a reasonable manner are:

1. Detail your practice and meet plan ahead of time.



2. Survey your practice area for safety hazards and make appropriate adjustments. Notify staff if you need assistance in providing a safe atmosphere.
3. Inform swimmers of safety rules.
4. Do not allow swimmers to participate unattended or involve themselves in horseplay.
5. Spend some time at the beginning of each practice and meet for warm-ups.
6. Practice and follow our program philosophy.
7. Look at the meet from the swimmers' perspective
8. Practice good public relations with parents.
9. Do not use profanity or make derogatory marks towards swimmers, coaches, officials, or spectators.
10. Take care of injuries immediately.
11. Follow up with parents on all injuries.
12. Ensure swimmers have made appropriate transportation arrangements. Do not leave swimmers unattended after practices and sports.
13. Remind swimmers of bicycle and pedestrian safety after practices and sports.
14. Report any unauthorized persons attending your practices and sports.
15. Ensure that all of your assistant coaches follow the program philosophies and guidelines.
16. Display mature attitude.
17. Listen to comments from your swimmers and parents.
18. Provide a good role model.
19. Use common sense.



20. Be the first person to practice and the last to leave.
21. Always follow the guidelines of the National Youth Sports Coaches Association.

B. Minimal Touch Policy

It is strongly recommended that coaches are not alone with swimmers at any time. Along with this recommendation, please be aware that we have a “minimal-touch” policy between coaches and swimmers. A pat on the back, high-five or a quick hug is appropriate in most circumstances.

Some swimmers may like a quick hug; others will think that is too personal. Because it is hard to judge people at times, not being alone with swimmers is very important.

C. Coach’s & Volunteer’s Code of Ethics

I hereby pledge to live up to correct standards by following the NYSCA Coaches Code of Ethics:

- I will place the emotional and physical well-being of my swimmers ahead of a personal desire to win.
- I will treat each swimmer as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my swimmers.
- I will promise to review and practice basic first aid principles needed to treat injuries of my swimmers.
- I will do my best to organize practices that are fun and challenging for all my swimmers.
- I will lead by example in demonstrating fair play and sportsmanship to all my swimmers.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my swimmers.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the sport is for children and not adults.



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III. Parents Section

A. Responsibilities and Expectations

- Children should arrive at Practice or meets adequately hydrated and nourished. Swimmers should ALWAYS have a water bottle.
- Parents need to be positive role models at all times. Please show proper sportsmanship at all times, refraining from negativity of any kind.
- Coaches may be volunteering their time to spend it with your child. Please be supportive of their decisions and don't undermine their efforts. After all, they volunteered when you could not. If you don't agree with a coach, please talk to them at an appropriate time and away from the kids.
- Please drop off and pick up your children on time for meets and practices. Parents are encouraged to stay at practices to help the coach and be involved with the team, and supervising the swimmers especially while they are in the restrooms.
- Please report unsportsmanlike conduct or abuse of any kind that you may witness at practices.
- Competition and taunting between parents is not acceptable.

B. Parents: Role Models for Life

What can parents do to make the sport of competitive swimming more enjoyable for their children and other people's kids too?

- Be knowledgeable of the sport.
- Encourage fair play at home.
- Be supportive; i.e. be sure the swimmer attends practices; pick him/her up on time.
- Attend meets.
- Be POSITIVE or QUIET at meets.
- Be respectful; expect your own children to be respectful.
- Focus on good nutrition.
- Volunteer to help coach.
- Participate in BVS Aquatics programs with your child.
- Be calm and have good manners.
- Support the coaches' decisions.
- Encourage communication between the coach and parent.



- Ask your own child to describe his/her role, what new skills have been learned.
- Watch practices.
- Find specific sport videos; watch them with your children.
- Concentrate on praising other people's children during meets.
- Promote good sportsmanship always.
- Emphasize improved performance, not winning.
- Be realistic about your child's athletic ability.
- Make sure your children know that win or lose; you love them and are not disappointed with their performance.

Parents' daily modeling of fair play, conflict resolution and the "golden rule" encourages swimmers to calmly play with skill on the field.

C. Parents' Code of Ethics

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge:

- I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches and officials at every sport, practice or another youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
- I will remember that the sport is for youth – not adults.
- I will do my best to make youth sports fun for my child.
- I will ask my child to treat swimmers, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

IV. Swimmers Section

A. Responsibilities and Expectations



One of Bear Valley Springs Grizzlies' goals for offering competitive swimming to the youth of Bear Valley Springs is to provide the highest quality of swimming program along with a positive experience for the child. The following are responsibilities we feel the participant has in this process:

- Swimmers will listen to their coaches and be respectful of their elders.
- Swimmers will take care of the facilities, equipment, and uniforms, which they are given.
- Swimmers will make sure to eat the right foods and drink plenty of water before and after practices and sports.
- Swimmers will avoid all types of taunting and belittling remarks to their teammates or opponents.
- Swimmers will show good sportsmanship at all times, win or lose.
- Swimmers will not make sports a priority over schoolwork or family.
- Be present, on time, and prepared for all practices and meets.
- Swimmers will participate for the love of the sport and competition and not to win at all cost.

B. Swimmers' Code of Conduct

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following the Swimmers' Code of Ethics Pledge:

- I will encourage good sportsmanship from fellow team members, coaches, and parents at every sport and practice by demonstrating good sportsmanship.
- I will attend every practice and sport that I can, and will notify my coach if I cannot.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other swimmers, officials and fans with respect, regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free of drugs, alcohol, and tobacco and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.



- I will remember that sports are an opportunity to learn and have fun.

**Bear
Swim**



**Valley Springs Grizzlies
Team**

Acknowledgement

Bear Valley Springs Grizzlies is a competitive year-round swim team and our primary goal is to provide a safe environment for swimmers to develop and improve. Swimming is an individual sport, but also a team sport, and good sportsmanship is required, enjoyment of the sport is encouraged, personal integrity and self-discipline is developed, and teamwork is fundamental. This document has detailed team policies and procedures and team expectations for coaches, volunteers, swimmers, and parents/guardians.

Swimmer - I, _____, acknowledge receipt of the BVSG Policies and Procedures. I understand the expectations and responsibilities placed upon me as a member of the team. I also understand the Code of Conduct and will comply in the manner expected of me. I also understand the disciplinary process included in the document.

(Name)

(Signed)

(Date)

Parent/Guardian - I/we, _____, acknowledge receipt of the BVSG Policies and Procedures. I/we fully understand the expectations and responsibilities placed upon me/us as a parent/guardian of a member of the team. I also understand the Code of Conduct as it applies to parents/guardians and the swimmers. I/we will comply with these expectations and ensure my/our swimmer adheres to the policies, as well. I/we also understand the disciplinary process detailed in the document and agree to be included in each step, if needed.

(Name)



(Signed)

(Date)

Media Permission - I/we, _____, give consent to BVSG to use any “swimming-related” image or photograph of my/our swimmer for promotional use in team publications and social media sites.

(Name)

(Signed)

(Date)