

**LaPorte Turbos Swim Club  
DISCIPLINARY CODE & PROCEDURES**

**In order to enable our coaches to provide the quality practice time all parents' want for their children, please remember the following general rules:**

- Swimmers must be respectful of themselves, coaches, officials, teammates, and competitors.
- Swimmers need to be positive and prepare themselves for a 100% effort each time they come to practice. They should refrain from the use of "I can't" or other negatives.
- During practice, all swimmers are to follow the coaches' workout instructions and refrain from any disruptive behavior.
- **Never** interfere with the progress of another swimmer, during practice or otherwise.
- Swimmers will be required to bring specified training accessories (suit, goggles, cap, etc.) to workouts. It is the swimmers' responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as an excuse to miss part of a training session.
- Swimmers should arrive at practice in time to be dressed and on deck at their specified training time.
- Use the bathroom before or after practice. It is not acceptable to break a set for the bathroom.
- At all club functions and when wearing team apparel, whether at practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team. All members of the club, whether parents or swimmers, are expected to protect and improve the reputation of the club.

**The coaches will apply the following progressive discipline for general misbehavior:**

- 1) Initially, the swimmer will be warned by the coach as to what he/she is doing wrong and be requested to stop.
- 2) If after being warned the swimmer continues to misbehave, he/she will be removed from the pool for a period of 15 minutes.
- 3) If the misbehavior still continues, the swimmer will be dismissed from that practice and escorted to a telephone to call home if the parents/guardians are not on the premises. The swimmer must then wait poolside until their ride home arrives.
- 4) Dismissal from a second practice will result in the swimmer being suspended for a period of one week, during which time the swimmer and parents must meet with the coaches to discuss ways to rectify the problem.
- 5) If after suspension a swimmer is excused from another practice, the matter will be brought to the Board's attention for a decision regarding a longer suspension or expulsion from the team.
- 6) Any swimmer who does not immediately comply with a coaches' enforcement of the above steps will be subject to the next level of discipline (i.e., a swimmer who refuses to leave practice when directed will be immediately dismissed from practice; a swimmer who refuses to leave practice and call home when directed will be suspended from practice for one week).

Children **must** have supervision while in the stands. A parent or guardian must accompany children at all times. If a child swims in Pre-Turbos or JR Turbos they **cannot** sit in the stands waiting for others to finish practice unattended. The Board will handle any disciplinary actions needed in these circumstances.

Please note that the discipline policy is aimed at the upper level training groups. As a swimmer's level of swimming ability increases so does his/her responsibility. As swimmers improve, a deep commitment develops that requires great effort on all parts. A swimmer has responsibilities to the team, the coaches, his/her parents, and most importantly to themselves.

It is not the Club's intention to discipline young children acting like young children. Older children acting like young children, however, are another story. All of our children have bad days, and it is possible that your swimmer may be sent home. You are encouraged to discuss the incident first with the coaches, and with the Board.

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**LaPorte Turbos Discipline Policy**

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Swimmer's Name

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Parent or Guardian's Signature

