

TS Aquatics TEAM RULES

POOL

1. Be Responsible
2. Be Respectful
3. Be Positive
4. Be Virtuous

**There is zero tolerance for the following:
Inappropriate language, Disrespect towards team mates, coaches, or City employees,
Verbal and/or physical abuse(Bullying).**

DRY-LAND/WEIGHT ROOM: Required Clothing

1. Sneakers
2. TS Aquatics T-shirt
3. Shorts/Sweat Pants
4. Towel

Swimmers not dressed appropriately will sit out.

WEIGHT ROOM:

1. Respect members of the community when using the weight room.
2. Speak with each other quietly and be aware of your surroundings.
3. Follow the rules of the City and City employees.
4. Clean area used and put back all gym equipment used.

Our Weight Room is a privilege

DISCIPLINARY PROCESS:

Failure to comply with team rules will result in the following disciplinary process:

1. Swimmer asked to leave or sit out of a practice session or team activity.
2. Meeting between Parents /swimmer and Coaches.
3. Suspension from team activities or expulsion from the team.

TS Aquatics utilizes the 3 Strike Rule