

# 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 teammates & 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/Sweatpants
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
4. Clean area used and put back all gym equipment used.

Our Weight Room is a PRIVILEGE

## 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
4. Expulsion from the team.