

2026 PV Penguins Swimmer Code of Conduct - 10 & Under

I am participating in the Penns Valley Penguins Swim Team this summer.

I will:

- Listen to and try to follow directions given by my coaches.
- Be respectful and courteous to my coaches.
- Do my best at every practice and meet.
- Support all swimmers on all teams by cheering for everyone.
- Tell a coach and my parent /guardian if I have a problem.
- Respect the pools where I swim by following the rules, listening to the lifeguards, and following my coach's instructions.
- Have fun!

Swimmer First and Last Name _____

Swimmer Signature _____

Print Parent/Guardian Name _____

Parent/Guardian Signature _____