

2026 PV Penguins Swimmer Code of Conduct - 11 & Up

The Penns Valley Penguins Swim Team (PVPST) is committed to providing youth with the skill sets and the fundamental understanding and enjoyment of the sport of swimming. Participation and good sportsmanship will be stressed at all levels, with primary concern for developing individual skills and general concepts. The PVPST believes sports should be FUN at all levels of competition, and we shall continue to work within the community to foster a positive atmosphere for all involved. We ask that swimmers in the PVPST events help us by reflecting these character traits at meets or practices.

When swimming for the Penns Valley Penguins Swim Team, I therefore agree:

- I will be respectful and courteous to my teammates, coaches, officials, and spectators at all events, regardless of race, creed, sex, religion, age, or ability.
- I will swim for the love of the sport and be a positive role model for my team.
- I will encourage sportsmanship and be gracious, winning or losing.
- I will not engage in any kind of unsportsmanlike conduct including, but not limited to, physically and/or verbally harassing, taunting, booing, and otherwise in any way degrading or insulting; refusing to shake hands; using profanity or crude language and/or gestures; and other inappropriate behavior.
- I will learn to swim by the rules and to resolve conflicts without resorting to hostility or violence.
- I will not use social media to degrade the Penns Valley Swim Team program.
- I understand that my health and the health of my team is most important, and I agree not to attend practice or games if I am sick.
- I understand that if I am injured, I along with my parent /guardian will work with the coaching staff to understand the expectations to be eligible for the next scheduled meet or practice in order to protect myself from further injury.
- I will be on time and attend all practice and meets that I can and will notify my coach if I cannot.
- I will do what coaches ask of me at practices and meets unless I am injured.
- I understand if I am uncomfortable during a situation while under the supervision of a PVPST event, I need to report the concern to a parent / guardian and a member of the coaching staff or board.

I also agree that if I fail to abide by the aforementioned rules and guidelines I will be subject to action that could include:

- Verbal warning by referees, coaching staff, or members of the board.
- Written warning, issued by the board.
- Meet suspension with written documentation of the incident, issued by the board.
- Season suspension with written documentation of the incident, issued by the board.

Print Swimmer First and Last Name _____

Swimmer Signature _____

Print Parent/Guardian Name _____

Parent/Guardian Signature _____