



HSC Swimmer Code of Conduct 2025-2026

The undersigned athlete, a youth member of Hinsdale Swim Club (HSC), agrees to abide by the standards outlined below, in addition to those established at any team function or competition. In addition, any standards set forth by USA Swimming, will take precedence, and must be followed.

1. Swimmers are expected to support their teammates at all practices, as well as in competition. Working together for the benefit of the team is an important part of the HSC spirit.
2. Swimmers should come to practice on time and ready to swim with all required equipment in good condition.
3. Swimmers should make every effort to participate in meets and other club activities.
4. Swimmers are expected to respect and comply with the instruction and directions from coaches and officials.
5. Swimmers will respect the coaches' decisions regarding practice group placement and will abide by practice group standards including but not limited to attendance, practice ability and meet participation.
6. Swimmers shall not participate in any form of harassment, hazing or bullying. Abusive language directed at the coaching staff, parent chaperones or team members will not be tolerated.
7. Swimmers shall not interfere with the progress of another swimmer during practice or otherwise.
8. The use of alcohol, illegal drugs and tobacco is strictly forbidden.
9. The possession or use of any firearm, hazardous chemical or pyrotechnic device is prohibited.
10. Destructive behavior will not be tolerated. The swimmer/family will be responsible for any damage expenses.
11. Hinsdale Swim Club is a Speedo-sponsored swim team. This affords our swimmers and team discounts on Speedo swim gear including our official team suits and caps, warm-ups, parkas and swim bags. As such, all HSC swimmers must compete in Speedo brand swimsuits. The HSC official team suit and swim cap are required at all swim meets.
12. Additional requirements for any team-sponsored travel meets, including but not limited to "Indy", Regionals, Age Group Champs, 10&Under Champs, Senior Champs, Junior Olympics, Zones, Sectionals and Junior and Senior Nationals, include:
 - Adhering to the curfews established by the coaching staff
 - Attending all team meetings, team functions or meet sessions unless excused by the coaching staff.
 - Wearing official HSC travel uniforms including the team suit, team cap and official HSC team warm-up. The HSC Speedo backpack is also highly recommended. Any swimmers choosing to compete in a competitive technical suit must ensure that it is a FINA-approved Speedo brand suit when swimming for Hinsdale Swim Club.

Failure to comply with the Code of Conduct may result in, but not necessarily be limited to, the swimmer being removed from the remainder of the meet or team function, and will be sent home with the parent, or at the parent's expense. Upon notification of any violation of the Code of Conduct, a review committee consisting of the coaching staff and the Board of Directors, shall promptly investigate the circumstances of the violation, shall notify the individual (s) charged at the time for a hearing, and shall conduct an informal hearing. The review committee shall then promptly determine what disciplinary action, if any, shall be taken. Based on the violation, a swimmer may be suspended from attending practices and/or meets. If behavior does not improve the swimmer may be expelled from the team with no refund of fees.

Print Swimmer's Name

Swimmer's Signature (8 yrs and older)

Date

Print Parent's Name

Parent's Signature

Date

Updated July 2025