



La Mirada Armada

ATHLETES CODE OF CONDUCT:

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- 1) I will respect and show courtesy to my teammates and coaches at all times.
- 2) I will demonstrate good sportsmanship at all practices and meets.
- 3) I will set a good example of behavior and work ethic for my younger teammates.
- 4) I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- 5) I will attend all team meetings and training sessions, unless I am excused by my coach.
- 6) I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- 7) I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- 8) If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- 9) I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches.

Swimmers Signature

Date

Parents Signature

Date