



CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. I also to understand that it is essential to provide the coaching staff with respect and the authority to coach the team. By signing this code of conduct, I agree to the following statements:

- ☐ I will set the right example for my fellow teammates by demonstrating sportsmanship and showing respect and common courtesy at all times to the coaches, athletes, competitors, officials, parents, and all facilities.
- ☐ I will set a good example of behavior and work ethic for my younger teammates.
- ☐ 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 immediate disciplinary action.
- ☐ I will try to attend and arrive on time to all meetings, training sessions, and meets unless I am excused by my coach.
- ☐ **I will arrive on-time and participate in Team Warm-ups and activities at meets.**
- ☐ I will respect coach decisions regarding relay team, event, and meet selections.
- ☐ I will refrain from foul language, violence, and behavior deemed dishonest, offensive, or illegal.
- ☐ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ☐ I will obey all of USA Swimming's rules and codes of conduct.
- ☐ I understand that Coaches will deal with unacceptable conduct at their sole discretion, imposing warnings, suspension or expulsion as they deem appropriate.

**** I understand the above expectations and that my failure to adhere to them may result in disciplinary action. ****

Athlete's signature

Date