



ATHLETE CODE OF CONDUCT

The purpose of this code of conduct is to establish common expectations for athletes' behavior as members of ROCK Swim Team and to be used as a guide to promote a positive team environment and good sportsmanship.

Code of Conduct:

By signing this code of conduct, I agree to adhere to the following:

- ☐ I will respect and display integrity towards my teammates, coaches and staff at all times.
- ☐ I will demonstrate good sportsmanship at all practices, meets, dryland and team functions.
- ☐ I will set a good example for behavior and work ethic for my teammates.
- ☐ I will be respectful of my teammates' differences and personal space by not exhibiting sexist, racist, homophobic, or otherwise inappropriate behavior or commentary.
- ☐ I will start practices that I attend on-time, with enthusiasm and following coach instructions.
- ☐ I will show respect for all facilities and property (including locker rooms) used during practices, competitions and team activities.
- ☐ I will refrain from foul language, violence, behavior deemed dishonest, offensive and/or illegal at all times.
- ☐ I will respect ROCK Swim Team, fully supporting the team's mission, coaches and board of directors at all times.
- ☐ I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this behavior agreement, I will be subject to potential disciplinary action and a behavioral agreement which may ultimately result in dismissal from ROCK Swim Team.

Swimmer signature

Date

Parent's signature

Date