



Athlete Code of Conduct

I, the undersigned athlete, participating in training and competition with Iron Horse Aquatics, understand and agree to comply with the below-listed guidelines as set forth by Iron Horse Aquatics and Frisco Independent School District. Any additional guidelines may be established in writing by the Head Coach.

General Behavior

1. Iron Horse swimmers will display proper respect and sportsmanship towards coaches, officials, administrators, competitors, teammates and the public to include both their person and their property.
 - a. I will arrive on time to all practices and meets.
 - b. I will ensure that I am mentally prepared to train and compete.
 - c. I will be supportive and encouraging to my teammates at all times.
 - d. I will set a good example of behavior and work ethic for younger teammates.
2. The transportation, possession or use of alcohol, tobacco products, or illegal drugs by any Iron Horse team member is prohibited.
3. Illegal and inappropriate behavior that will reflect negatively on Iron Horse Aquatics and/or Frisco ISD, or be detrimental to performance objectives will not be tolerated.
4. The use of audio or visual recording, including but not limited to a cell phone camera, is not allowed in changing areas, restrooms or locker rooms at any time.
5. All team members are expected to adhere to policies and procedures in the Frisco ISD athletic handbook.

Travel Behavior

1. No athlete will travel when any illness is evident to the parents or coaching staff.
2. Curfews established by the staff will be adhered to each day.
3. Unless otherwise excused or instructed by the coach, participants in a team trip will attend all team functions (on time), to include meetings, practices and any other team sanctioned event.
4. There will be no male athletes in female athletes' rooms and no female athletes in male athletes' rooms.
5. Any additional guidelines will come from the staff as needed.