



NPAC Athletes Code of Conduct

As an athlete representing NPAC I understand that my behavior and actions both in and out of the pool reflect not only on myself but also on the team and its values. I am committed to upholding the highest standards of sportsmanship, teamwork, and respect, and I am dedicated to preventing bullying in any form. By signing this code of conduct, I agree to the following principles:

Respect and Courtesy:

I will always treat my teammates and coaches with respect and courtesy, recognizing that we are all working towards common goals.

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Sportsmanship:

I will display good sportsmanship during all practices, meets, and team events, regardless of the outcome. I will congratulate opponents on their achievements and remain gracious in victory and defeat.

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Leadership and Role Model Behavior:

I will strive to be a positive role model for my teammates, demonstrating dedication, discipline, and a strong work ethic both in and out of the pool.

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Respect for Others:

I will respect my teammates' feelings, personal space, and diversity. I understand that inappropriate comments or behavior will not be tolerated. Bullying, gossiping, criticizing, name-calling, using abusive language in any form, including verbal, physical, or cyberbullying, is strictly prohibited.

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Attendance and Commitment:

I will attend team events and practices on time and properly equipped.

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Respect for Facilities and Property:

I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities. I will help maintain a clean and organized environment.

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Behavior Standards:

I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.

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Conflict Resolution:

If I disagree with an official's call, I will talk with my coach and not approach the official directly.

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Social Media Conduct:

I will exercise caution and respect when using social media, refraining from making negative, harmful, or inappropriate comments about coaches, teammates, opponents, officials, or the club.

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Adherence to Rules and Codes:

I will obey all the rules and codes of conduct set forth by NPAC and any governing bodies, including Suburban Aquatic League, USA Swimming and American Water Polo.

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Violation Consequences:

In the event of a violation, the following actions will be taken:

1. **First Violation** - A verbal warning will be issued.
2. **Second Violation** - Call to a parent- will receive a written warning that needs to be signed before returning to the program.
3. **Third Violation** - a second written warning. In addition to the warning, a meeting will be set up involving the athlete, parents, coaches, and a board member. During this time, the athlete will be on suspension until the meeting has concluded.
4. **Fourth Violation** - The case will be presented to the board with consideration for immediate dismissal, with no refund of dues/fees.

I understand that adherence to this code of conduct, including the commitment to prevent and report bullying, is essential for maintaining a positive, respectful, and safe environment within NPAC. Failure to uphold these standards may result in disciplinary actions as determined by the club's coaching staff and board.

Athlete Signature

Date

Print Name