



ATHLETE CODE OF CONDUCT

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. I agree with and will conduct myself in accordance with the following statements:

- I will conduct myself in an appropriate manner that represents the core values, mission, and vision of MAC.
- I will not make negative or disparaging comments about other teams, swimmers, officials or meet personnel. I will demonstrate good sportsmanship at all practices and meets.
- I will not engage in unfounded gossip or rumors about MAC or other teams. When in doubt, ask a coach.
- I will always respect and show courtesy to my teammates and coaches.
- I will set a good example of behavior and work ethic for my teammates.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- When I have questions or concerns about my training, my teammates or MAC, I will address them with my group coach first and then the head coach as necessary.
- I will obey all of USA Swimming's rules and codes of conduct.

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

Athlete Signature

Date

Athlete Printed Name

Parent Signature (if athlete is a minor)

Printed Name