



Code of Conduct for Athletic Teams / Competitors

(To be signed by all athletes and parents of junior athletes)

As a member of an Athletic Team representing Multnomah Athletic Club, I understand and comply with the following code of conduct. I understand that the following guidelines are *minimal* standards. It is my responsibility to conduct myself in such a manner as to maximize the performance and to represent club well in competition.

Guidelines:

1. Compliance with dress code, uniform and host requirements.
2. No use of illegal substances (i.e. marijuana, cocaine, tobacco, etc.)
3. No consumption of alcoholic beverages by juniors or where state venue laws apply; as determined by the Head Coach and / or Athletic Committee, age limits and other restrictions also apply.
4. Participants at all times are required to conduct themselves in a manner becoming of a MAC athlete (exhibiting good sportsmanship, appropriate behavior, etc.)

PLEASE DO NOT PUT YOURSELF IN A POSITION THAT REQUIRES DISCIPLINARY ACTION (OUTLINED IN YOUR SPORT'S CODE OF CONDUCT), AS IT COULD JEOPARDIZE YOUR FUTURE IN ATHLETIC COMPETITION AT MAC.

IN SIGNING THIS AGREEMENT, I HEREBY ACKNOWLEDGE THESE GUIDELINES AS SET FORTH BY MULTNOMAH ATHLETIC CLUB. I UNDERSTAND THAT THE VIOLATION OF SAID GUIDELINES WILL BE CAUSE FOR DISCIPLINARY ACTION.

Print Name

Date

Signature

PARTICIPANTS OF JUNIOR PROGRAMS MUST INCLUDE SIGNATURE OF PARENT OR LEGAL GUARDIAN.

I have read and acknowledge the Code Of Conduct outlined above.

Parent's Signature

Date



MAC Swim Team Code of Conduct

Team support

It is critically important to maintain the integrity of the supportive nature of the team. Team members have the responsibility of being supportive of others team members and to the coaching staff. Without this mutual support, we will fall far short of our goals, both as a *Team* and as individuals. Actions and activities that are counterproductive to this supportive atmosphere will not be tolerated and will be grounds for suspension/ expulsion from participation with the MAC Swim Team.

Drugs / Alcohol

The MAC Swim Team has a “zero tolerance” illegal substance use and alcohol policy. Any junior/intermediate member who violates this policy will be suspended or expelled from further participation with the team. This does not simply apply during competitions or training periods. This applies to all the times. Violations while representing MAC at competitions or on team trips will result in suspension or termination of MAC membership. To assure compliance with USOC regulations, coaches are to be notified of all prescriptions and medical drugs that are taken.

Sportsmanship

Participants, at all times, are expected to conduct themselves in a manner becoming of a member of the MAC Swim Team, exhibiting appropriate behavior and treating teammates, other competitors, officials, and coaches with respect. Poor conduct and poor sportsmanship will be grounds for disciplinary action, not limited to suspension from team travel, and participation.

Behavior

It is expected that all team members conduct themselves in such a manner as to set example of good behavior and conduct for other members, both junior and senior. Reflected in this positive behavior is a pride and concern for the facilities as well as accepting responsibility for their actions. Inappropriate behavior such as swearing and malicious / destructive behavior will not be tolerated.

IN SIGNING THIS AGREEMENT, I HEREBY ACKNOWLEDGE THESE GUIDELINES AS SET FORTH BY THE MAC SWIM TEAM COACHING STAFF.

Print Name

Date

Signature

Parent's Signature

Date