



# SONOMA

## SEA DRAGONS

### SONOMA SEA DRAGONS ATHLETE CODE OF CONDUCT

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. Members of our team are expected to:

- Respect and show courtesy to my teammates and coaches at all times.
- Demonstrate good sportsmanship at all practices and meets.
- Set a good example of behavior and work ethic for my younger teammates.
- Be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- Attend all team meetings and training sessions, unless I am excused by my coach.
- Show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- Refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- Talk with my coach and not approach the official directly, If I disagree with an official's call.
- Obey all of USA Swimming's rules and codes of conduct. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.