

METS ATHLETE CODE OF CONDUCT

The purpose of this athlete code of conduct is to establish a consistent expectation for athletes' behavior. By signing/agreeing to this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will not engage in profanity, obscene gestures, offensive remarks, trash talking, bullying, harassment, taunting, boastfulness, violence, dishonesty, or illegal activities, or any other actions that demean individuals or the sport.
- I will not engage in any use of social media that would detract from the positive image of METS, its staff or its athletes.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will not possess or consume a controlled substance or alcohol.
- I will 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.