

PALMETTO AQUATICS CODE OF CONDUCT FOR ATHLETES

Swimmers should respect, support and encourage one another and their coaches. They should be on time for practices and meets and should remember to bring all required equipment to practices. Swimmers need to be responsible and must pay attention to proper nutrition, hydration and rest. Swimmers should understand that their efforts and consistency at practices are directly related to their performance. A positive attitude, consistent hard work, and excellent team spirit and sportsmanship will produce strong PALM athletes.

- I will be respectful and courteous to my teammates and coaches, and also to administrators, opponents, parents and officials.
- I will demonstrate good sportsmanship at all practices and meets, and will be an encourager of my teammates.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will show respect for all facilities, locker rooms, property and equipment used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal, including the use of pornography, alcohol and drugs.
- I will obey all of USA Swimming's rules and codes of conduct.
- I will do my best to represent Palmetto Aquatics in a positive way.
- I have read the Bullying Policy and will adhere to the guidelines set forth in it.