

APPENDIX I

CODE OF CONDUCT: ATHLETE

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. I agree to the following statements:

- Mako Aquatics is a drug and alcohol-free organization. Any athlete who abuses alcohol, drugs or tobacco is subject to suspension or dismissal from the team. This includes the misuse of any drug or substance banned by USA swimming, its affiliates and subsidiaries, or local and federal law agencies.
- All athletes of Mako Aquatics are expected to respect and follow all rules, regulations and directives set forth by USA Swimming, Minnesota Swimming Inc. (MSI), Mako Aquatics Board of Directors, Mako Aquatics Coaches, the Minnesota State High School League and the Wisconsin Interscholastic Athletic Association (where applicable). It is the individual responsibility of athletes and their parents/guardians to seek out and understand these rules.
- Athletes may be required to read, understand and agree to additional codes of conduct or expectations specific to travel, events, and training groups. i.e. Team Travel
- At all Mako Aquatics functions, including practice, meets and social gatherings, we expect athletes to behave in such a way that their actions, language and behaviors reflect positively on the team. Be an ambassador of Mako Aquatics.
- During practice and at swim meets, Mako Aquatics athletes are expected to listen and follow directions to ensure their safety and the safety of others. A pool environment allows for many distractions; swimmers are expected to listen for instructions, pay attention to coaches and officials, listen for announcements and take responsibility for their own actions.
- Never intentionally interfere with the progress of another swimmer; this includes during practice or meets. Individual achievement and progress is the right of every athlete. Be aware of your personal space and behavior as it might prevent someone else from achieving their best.
- All athletes of the club continue to protect and improve the reputation of Mako Aquatics throughout Minnesota Swimming Inc., the state of Wisconsin and St. Croix Valley communities.
- During practice and at swim meets all swimmers are expected to encourage each other by providing friendly competition, modeling sportsmanship, committing to everyone's success, and supporting each other. Show your team spirit and support your teammates.
- Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.
- Mako Aquatics is a guest at the Hudson Middle School Pool and any other facility it utilizes for practices, swim meets or other functions. Athletes are expected to leave any facility or venue in the same or better condition than we found it. Pick up after yourself and take pride in creating the opportunity to be invited back.
- It is every Mako Aquatics athlete's responsibility to read, understand, and respect the Code of Conduct and all Policies and Procedures of Mako Aquatics. If you have any questions concerning this code of conduct, please contact a member of the Board of Directors or the Head Coach/CEO. Any violation of this code of conduct may result in removal from practice, a meeting with the coach, suspension, dismissal or a review hearing by the Board of Directors and coach(es). By agreeing to the Code of Conduct: Athlete, I accept its contents and agree to comply with all rules, regulations and expectations of Mako Aquatics.