



CODE OF CONDUCT: ATHLETES

1. I will respect and show courtesy to my teammates and coaches at all times.
2. I will demonstrate good sportsmanship at all practices and meets.
3. I will set a good example of behavior and work ethic for my younger teammates.
4. 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.
5. I will attend all team meetings and training sessions, unless I am excused by my coach.
6. I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
7. I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
8. If I disagree with an official's call, I will talk with my coach and not approach the official directly.
9. 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.