



Sunrise Swimming - Athlete's Code of Conduct

The purpose of Sunrise Swimming's Code of Conduct for Athletes is to establish consistent expectations for athletes' behavior and to facilitate an environment that is supportive of swimmers, coaches, parents, and families.

By signing this Code of Conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates, coaches, parents and families at all times.
- I will support my team and fellow swimmers through my words and actions. I will demonstrate good sportsmanship at all practices and meets regardless of outcome.
- 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. I will not exhibit sexist, racist, homophobic, or otherwise inappropriate behavior.
- 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.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- 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 possibly the Parent Booster Club.

Swimmer's Signature

Date

Parent's Signature

Date