

Helios Athlete Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for an athlete’s behavior. By signing 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.

❏ I will maintain a positive attitude about the sport, the team, competition, and progress.

❏ 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., up to and including dismissal from the program.

Name (printed): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_