



Heartland Aquatics- Athlete Code of Conduct

Purpose: For athletes, the team code of conduct is in place to establish a consistent expectation for appropriate athlete behavior. Our mission is to develop swimmers to their fullest capabilities, and in the process, teach life balance, citizenship, and dedication to the sport of competitive swimming. HLA feels that in order to promote a positive and safe environment for all our athletes a code of conduct should be followed when on and off the pool deck.

By acknowledging and endorsing this code of conduct, you agree to the following statements.

- ✓ I will respect and show courtesy toward myself, teammates, and coaches at all times.
- ✓ I will demonstrate good sportsmanship at all practices and meets.
- ✓ I will strive to set a good example of behavior and work ethic for my younger teammates.
- ✓ I will be respectful of my teammates as individuals. I will not bully, tease, put down or show indifference toward my teammates.
- ✓ I will show respect for the facilities I have the privilege of using. Damage or vandalism to property will be dealt with extensive disciplinary measures.
- ✓ I will refrain from using inappropriate language or offensive speech.
- ✓ I will maintain a level of professionalism on and off the pool deck.
- ✓ If I disagree with a coach or an official, I will request time for a conversation so I can express my disagreement(s).
- ✓ I will obey all practice procedures and swim meet procedures.

I understand that If I violate this code of conduct, I will be subject to disciplinary action. Coaches and parents will become involved.

Swimmer's Signature _____ Date _____

Parent's Signature _____ Date _____