



Code of Conduct/Team Rules 2020

Team Rules:

BE HONEST. BE THE BEST YOU CAN BE. BE ON TIME.

Coaches/Training Expectations:

- Be on time.
- Do your best and work hard to improve yourself, every day.
- Work on your weaknesses.
- Train how you want to compete by developing good training habits.
- Focus on improving yourself, every day.
- Learn from the past, don't worry about the future and focus on today.
- Keep things in perspective.
- Take care of your body between practices.
- Behave responsibly in and out of the pool.
- Be accountable - for every choice you make there is a consequence.
- Communicate with parents, teammates, and coaches.
- Have fun and those around you will as well.
- Come to practice every day with a positive, winning attitude.
- Be a team player.

A Successful Team:

- Be polite and courteous at all times.
- Be a team player ALWAYS.
- Be a good student in all subjects.
- Be enthusiastic, industrious, dependable, loyal, and cooperative. Be in the best possible condition -
- physically, mentally, and morally.
- Earn the right to be proud and confident.
- Keep focused on the task and keep emotions under control. Work constantly to improve.

Date: _____ Athlete Name: _____

Please print name

Athlete Signature _____

Parent/Guardian Signature _____