**PVST Athlete**

**Code of Conduct**

As a representative of PVST, I will…

1. Swim to improve my abilities and times because I love the sport, not to please my parents or coach.
2. Be modest and generous when I win and gracious when I lose.
3. Respect the sport of swimming and the rules that govern the sport. I will learn and follow these rules.
4. Work for the good of my team and give my best effort at all times.
5. Show respect for the authority of officials and coaches, even though I may sometimes disagree.
6. Show good sportsmanship before, during, and after meets.
7. Conduct myself with honor and dignity and treat other swimmers as I would like to be treated.
8. Help my parents understand the rules of the sport so they can watch and enjoy the meets.
9. Control my temper and not retaliate, even if I believe I have been wronged.
10. Not use or possess tobacco, alcohol, or illegal or performance-enhancing drugs.