

Athlete Code of Conduct

The purpose of this code of conduct is to make sure all Elevation Athletics athlete members know and understand what is expected of them to help us all establish a consistent expectation for the athlete's behavior and how we expect our program to operate.

By signing this code of conduct, I agree that I will abide by the following statements during my time as a member of Elevation Athletics:

- I will respect and show courtesy to my teammates, coaches and parents at all times.
- I will demonstrate great sportsmanship and respect at all practices and competitions.
- I will set a great example of personal behavior for my teammates to emulate.
- I will be respectful of my teammates mentally, emotionally, physically and with their personal property and space.
- I will NOT exhibit racist, sexist, homophobic, or otherwise inappropriate behavior toward my teammates or coaches, or to other teams' athletes or coaches.
- I will attend all team meetings, practices, training sessions, clinics and special events, unless otherwise excused by an EA coach.
- I will show respect for all facilities, property and transportation used by EA for practices, competitions or team travel.
- I will refrain from foul language, violence, dishonest behavior, offensive or illegal actions.
- If I disagree with an official's call, I will talk with an EA Coach and be respectful to the official.
- I will follow and obey all of USA Swimming's rules and codes of conduct.
- I will do my absolute best to live a lifestyle conducive to my performing at my best.
- I will do my absolute best to learn as much as I can from the information provided to me by the EA coaches.
- I will give my maximum effort any given day toward my mental, physical and nutritional actions, so I can become better today than I was yesterday.

I understand that if I violate this code of conduct I will be subject to disciplinary actions determined by the EA coaches and described in the EA Member's Handbook.

Athlete's Name (Print) & Signature

Date