

PSSC Athlete Rules & Code of Conduct

I understand and agree to abide by these rules as an athlete and representative of PSSC:

1. To exercise self-control. No one has the right to interfere with training, safety or the well being of others.
2. To be prepared. All athletes come to practice and swim meets on time and ready. Take restroom breaks before or after practice, not when I'm supposed to be training.
3. To pay attention. No talking when coach is speaking.
4. Show respect. To all parents, coaches, officials, volunteers, team members and opponents. I will also respect public property and others personal property.
5. Be willing to try. Do what the coach asks and follow directions. No cheating on sets and follow send-off times.
6. Be safe. Follow all safety rules like no horseplay or running on deck.
7. Put my gear away after each practice and help keep where I train and compete clear of garbage or other tripping or slipping hazards.
8. Cultivate virtues. To show patience, courage, dedication, commitment and good sportsmanship. To encourage others and myself to strive to achieve.
9. Accept the consequences for my own attitude, words and behavior and be responsible for them.
10. Comply with all training policies adopted by PSSC that prohibits every athlete from using tobacco products, consuming alcohol or controlled substances.
11. Abide by all other rules established by coaches or adopted by PSSC as they are provided.

I have read and understand the PSSC Athlete Rules & Code of Conduct and agree to comply in order that I may participate as a member of PSSC.

Swimmer's

Signature: _____ **Date:** _____

I have reviewed these rules with my swimmer and agree that they will comply in order to participate.

Parent's

Signature: _____ **Date:** _____

