

Sacramento Aquatics Club  
ATHLETE CODE OF CONDUCT



The purpose of this code is to promote a safe, positive, and productive team environment at Sacramento Aquatics Club (“SAC”). All team members including swimmers are required to adhere to this code during team sponsored events including but not limited to practice, team meets, or other team gatherings.

CODE RULES

- a. I will display proper respect and sportsmanship toward coaches, official, administrators, teammates, fellow competitors and the public at all times.
- b. I will be on time for practice, training sessions and meets.
- c. As a matter of team pride, I will leave the team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool restrooms, pool decks, etc.
- d. I will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- g. I will promote positive team spirit & morale.
- h. I will offer congratulations and encouragement to my opponents and exhibit good sportsmanship.
- i. I will support my teammates at practice and at competition. I understand working together as a unit will benefit each team member and is an important part of SAC spirit.
- j. I will follow directions of the coaching staff. I understand that a disrespectful attitude will not be tolerated.
- l. During competition, I understand that questions or concerns regarding decisions made by meet officials are to be directed to the Head Coach or Coach on deck. Only the coaching staff will address officials.

I understand that at no times will the following be accepted –

- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Destructive behavior.
- Inappropriate physical contact at team activities and events.
- Inappropriate language.
- Inappropriate conversations that would violate the privacy and safety of another swimmer.
- Stealing or Vandalism.
- Bullying or isolating another swimmer.
- Interference with the progress of another swimmer during practice or at any other time.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

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Signature

Printed Name

Date