



VICTORIA SYNCHRO CODE OF CONDUCT

Athletes:

1. Strive for personal and team achievement through complete, consistent and sincere effort;
2. Show respect for themselves and for all others;
3. Contribute to a positive team culture by providing positive and constructive comments to teammates that motivate and encourage continued effort;
4. Recognize that any bullying behaviour will not be tolerated and let their coach or a person in leadership know immediately if they have witnessed bullying behaviour or have been the victim of bullying;
5. Immediately report to their coach any health or medical issue that may prevent or limit their ability to train, travel or compete;
6. Only participate in competitions for which they are eligible to compete;
7. Arrive for practice, competition, selections or other club activities on time, with all appropriate gear, well-nourished and prepared to the best of their ability;
8. Conduct themselves in a sportsmanlike manner, whether as competitors or spectators and not tolerate anyone among them who does not;
9. Comply with club rules and requirements regarding clothing, equipment, training, travel, competition and curfew.

Parents:

1. Never ridicule an athlete for making a mistake during a performance or practice and provide positive comments that motivate and encourage all athletes' continued effort;
2. Respect the decisions and judgments of officials and encourage athletes to do the same;
3. Respect and show appreciation to all competitors and to the coaches, officials, meet managers and volunteers and other Synchro participants who give their time to the sport of synchronized swimming;
4. Keep off the pool deck unless invited and do not interfere with training, competitions, coaching or judging;
5. Refrain from the use of bad language, and not interfere with events or harass competitors, coaches, officials, meet managers, volunteers or other parents or spectators.

Date: _____

Athlete Name: _____

Athlete Signature: _____

Guardian / Parent Name: _____

Guardian / Parent Signature: _____