



First Colony Swim Team creates opportunities, within a safe and supportive environment, for swimmers to merge passion and commitment with expertise, resulting in the highest level of personal performance.

ATHLETE CODE OF CONDUCT

The purpose of First Colony Swim Team's ("FCST") Athlete Code of Conduct is to establish a consistent expectation of behavior for our athletes.

By agreeing to this code of conduct, I, an FCST athlete, agree to:

- Respect and show courtesy to my teammates and coaches at all times
- Demonstrate good sportsmanship at all practices, meets, and team events
- Set a good example of behavior and work ethic for my younger teammates
- Be respectful of my teammates' feelings and personal space
- Attend all team meetings and training sessions unless I am excused by my coach
- Show respect for all facilities and other property used during practices, meets, and team events
- Refrain from using foul language, violence, and behavior deemed dishonest, offensive, or illegal
- Speak with my coach if I disagree with an official's call; I will not approach the official directly
- Obey all of USA Swimming's rules and codes of conduct

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and FCST's leadership (Head Coach, General Manager, and Board of Directors).