

ATHLETE CODE OF CONDUCT

- A productive and positive member of the PAN AM DIVING CLUB is one who will **RESPECT and CARE** for each of his/her team members and coaches. A **RESPECTFUL and CARING** member is someone who abides by the following:
 - Comes to practice on time and is ready to train.
 - Calls or notifies a coach if he/she cannot attend a practice before the workout begins.
 - Listens to the coach when spoken to and does what he/she is told.
 - Comes to practice to work hard and improve.
 - Has a positive approach to learning, to having fun, and to being a team member.
 - Does not participate or initiate any form of bullying to other teammates whether physical or verbal
 - Acts safely on the pool decks and observes all pool rules.
 - Does not push, kick, punch, spit at, swear, Sammy whip, cut in line, throw towels/clothes in the pool, or disturb other divers' concentration.
 - Asks a question but is not attention seeking at the expense of other athletes.
- A **DISRESPECTFUL and NON CARING** member of the Pan Am Diving Club is someone who does not abide by these rules. Any member who acts in an irresponsible manner or in a disrespectful way will be warned once. If he/she is irresponsible or disrespectful again in the same workout, he/she will be asked to get changed and wait in the stands until the end of practice. At 8 p.m. a meeting with regards to the practice will be held with the coach and diver. If necessary, the coach will contact the parents.

I, _____, understand the above and promise to be a respectful and responsible member of the Pan Am Diving Club