

Xavier Prep Crew Athlete Code of Conduct

As an athlete, I hereby commit to the following:

- 1) To have fun.
- 2) To learn and respect the rules of rowing.
- 3) To participate as fully and as positively as possible (refer to the Practice Attendance Policies in handbook).
- 4) To consistently do my best, give my best effort and prepare myself to advance to the next level.
- 5) To develop my skills and ability to row/cox as an individual AND a team member.
- 6) To consistently be prompt, exhibit a good work ethic and stay focused at all practices, races and other Xavier Prep Crew activities.
- 7) To show respect, fairness, integrity and compassion to my teammates, members of other teams, referees, officials, coaches and parents.
- 8) To not be abusive in any manner, nor will I be subjected to abusive behavior by any rower, coach, parent or official.
- 9) To understand that Xavier Prep Crew is a competitive high school club team and that athletes will be held to high standards in regard to attendance, conduct and performance.
- 10) To live a healthy lifestyle avoiding drugs, alcohol or tobacco products.
- 11) To be responsible for my own actions and recognize that my development as a rower is largely my responsibility.
- 12) To utilize time management skills to keep up with my schoolwork and other responsibilities.
- 13) To understand that my failure to comply with any of the above will have consequences determined by the Xavier Prep Crew Board of Directors.

Signed: _____ Date: _____

Printed name: _____