



## **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.
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 with 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.