

ACMS Athletes' Code of Conduct

Please read each statement below and Initial on each line. After reading the last statement, please print and sign your name at the bottom demonstrating you have read the Athlete's Code of Conduct.

_____ I am a student-athlete. I will uphold my obligations as a student. I will seek any necessary help I require from the appropriate resources on campus. I will manage my time wisely so that I can balance my dual responsibilities.

_____ I am aware that our goal is to win, but our purpose is far greater.

_____ I accept responsibility for my behavior on the field, off the field, and on social media. I understand that what I do and say affects my teammates, my school, and my family either positively or negatively.

_____ I use language consistent with what is used in a classroom. No shaming, swearing, or belittling of teammates, opponents or coaches.

_____ I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, officials, spectators, and facilities.

_____ I give my best effort daily at practices, games, and events. I understand that my effort demonstrates my commitment to the team and my respect for my coaches and teammates.

_____ I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and trash talking opponents. I am humbled in victory and I accept defeat graciously by congratulating my opponents on a game well played.

_____ I am courageous in my character. I am a role model because of my character, not because of my ability.

_____ I am courageous in my communication. I will speak up and have tough discussions with my teammates, coaches, and parents when the need arises.

_____ I understand that playing time is a coaches' decision. I will participate fully in the evaluation process and seek clarification and steps for improvement from my coaches. However, the amount of my playing time I earn will not be a distraction or take away from the team.

Because I represent my family, school, and team, I abide by the policies, rules and guidelines of the school, team, and coaches. I commit to this code of conduct. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions. Actions may include but are not limited to: Cougar Code point loss, game suspensions, and possible dismissal from the team.

Print Student Name: _____

Student Signature: _____



**COUGAR
CODE**