



CDNY Regional Synchro Athlete Code of Conduct

Codes of Conduct give everyone a guide to what is expected as part of an organization, sport or spectators at related events. CDNY Regional Synchro is committed to providing you and all team participants, parents, coaches, volunteers and management a safe and positive environment.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character” (Arizona Sports Summit Accord). CDNY Regional Synchro has adopted the principles of the U.S. Figure Skating SafeSport Program to aid in handling abuse and misconduct if it should occur, and to reduce, monitor, and govern areas where potential abuse and misconduct could occur. Codes of Conduct are one of the components of the SafeSport Program.

INITIAL EACH and SIGN BELOW. By initialing and signing, I understand and agree:

- I understand it is a privilege to be chosen for a spot on the team.
- I will give 100% at every practice, exhibition, competition and event.
- I will always conduct myself in a way that represents my entire team with integrity and respect.
- I will be respectful. I will be respectful of my team, teammates and coaches as well as all skaters, coaches, fans and officials. I will respect the decisions of officials and their authority during competitions and test sessions. I will show appreciation for and recognize the importance of volunteers and club officials.
- I understand I am a member of a team and have made a commitment to my team. I will follow through on my commitment.
- I recognize my parents support me and my commitment to the team. I will be respectful of my parents.
- I understand that I am a member of a team and decisions are made in the best interest of the entire team. I will support these decisions.
- I understand the coaches will provide me with constructive criticism designed to improve my skills. I will strive to improve my skills according to my coach's development plan.
- I understand it is a long road to success and the work may be hard. I will work hard.



- I understand that missed practices, exhibitions, competitions and events are detrimental to the team’s success. I commit to attendance and active involvement in practices and team activities. If I am injured and cannot skate, I will support my team by attending practice and team activities.

- I understand that making negative comments about any team, team members, coaches, volunteers, families, management and judges is inappropriate. I will only make positive comments and exhibit positive behavior in support of all participants and fans of the sport.

- I understand I must be safe and courteous at all times both on and off the ice.

- I will be a positive role model for all skaters. I will applaud all good skating and will support my team members and my competitors. I will never ridicule a teammate or competitor.

- I know that by doing my very best, I am succeeding. If I succeed, my team will succeed.

- I will resolve conflicts without negativity, aggressive and mean language, hostile behavior or violence. If I need help to resolve a conflict, I will seek the aid of my coach, parent or other responsible adult.

- I pledge to a healthy lifestyle. I will mindfully engage in only healthy behavior for my mind and my body. I will not consume illegal substances nor engage in any illegal activity.

- I will abide by and support all policies of CDNY Regional Synchro.

- I understand my responsibilities as an athlete member of CDNY Regional Synchro.

Athlete Code of Conduct Agreement – Signatures

Re: Athlete(s) Name(s): _____

I, _____, have read the Athlete Code of Conduct. I understand all content and agree to up-hold all guidelines and rules of this document. I understand my participation on the team is dependent upon my ability to do so.

Athlete signature: _____ Date: _____

Parent signature: _____ Date: _____

Witness signature: _____ Date: _____