



ATHLETE CODE OF CONDUCT

North Star Diving Club prides itself in providing high-quality training in springboard diving for people of all ages and ability levels. The primary purpose of this Code of Conduct is to establish a high standard of athlete behavior which will ensure the safety and well-being of all divers involved in our training programs. All athletes are expected to abide by the Code of Conduct and standards of behavior as established by the North Star Diving Club.

Sportsmanship

- I will practice good sportsmanship both on and off the pool deck. I will be modest in victory and gracious in defeat and will support and encourage my teammates.
- I will act in ways that bring respect to me, my coaches, my teammates, and the North Star Diving Club.
- I will not use profane language or make negative or hurtful comments towards others.
- I will not fight, either physically or verbally with other divers or coaches.
- Diving is a subjective sport and officials are to be treated with respect, even if I disagree with the scoring. I will express any concerns pertaining to officiating with my coaches only, and they will handle as they see fit.

Training and Competition

- I will learn and follow the rules of diving.
- I will attend the practices I am registered for and will let my coach know when I cannot attend.
- I will listen to my coaches and ask them questions when I do not understand their expectations.
- I will always try my best during training and competitions and understand that my coaches only expect effort, not success.
- I will trust that my coaches will keep me safe and will only ask me to execute skills and dives that they believe I am capable of performing.

Responsibility for My Actions

- I will follow all North Star Diving Club policies and rules, as well as the policies of the facilities I am training or competing in.
- I will not drink alcohol, smoke, or take illegal drugs while representing North Star Diving Club.
- I understand that communication is a vital part of the sport of diving and will bring any concerns about my diving to the attention of the coaching staff as soon as possible.
- I understand that it is a privilege to participate in North Star Diving Club and not a right.
- I also understand that if I do not obey this Code of Conduct, I may be subject to disciplinary action at the discretion of the NSDC coaching staff. This may include being asked to leave practice, a competition, or the team. I understand that all fees will be forfeited if I am asked to leave the team.