

## Durham Junior Ultimate Competitive Athlete Code of Conduct

1. My 1st priority as a member of the Durham Junior Ultimate Program is to be a good teammate – to support other athletes, and to show them respect.
2. My 2nd priority is to be a good opponent – to play with respect, and to trust that others are trying their best to call the game fairly. I will give them my best effort and I will call the game fairly. I accept that at times I will play against opponents who may make unfair decisions. I will still honour my commitment.
3. My 3rd priority is to my own development – both as an athlete and a person.  
**As an athlete** I will work to improve by attending practices and working with coaches. I will take responsibility for my own nutrition and training programs (seeking advice from coaches), and will make sure I get adequate rest and recovery. I understand that long-term development can be prioritized over immediate gratification.  
**As a person** I will be enthusiastic and industrious. I will show humility, and be a good friend. I will respect my coaches, observers, parents and volunteers. I will contribute to the enjoyment of the game. I will work hard as a student, and recognize when other life events must take priority over sports for both myself and my teammates.
4. I understand that over the duration of the season, the coaches will exercise leadership in the achievement of both individual and group goals, and this may be reflected in varying play time and positional assignments.
5. I not only represent myself, but also my teammates, my coaches, our parents, the program, the club, the sport, and our region. I will conduct myself accordingly.
6. I will not engage in illegal conduct. I will not consume alcohol, tobacco or illegal drugs while representing my team or while away at team events.

I understand that failure to abide by this code may result in disciplinary action, including potential suspension or removal from the team.

Joining this program means making a commitment to enjoy the process of becoming a better athlete and teammate - even when it is not easy.

**Athlete's Name:**

**Athlete's Signature:**

**Parent or guardian's name:**

**Parent or guardian's signature (if <18):**

**Date:**