

Code of Conduct

TRUSTWORTHINESS

1. **Trustworthiness** - be worthy of trust in all I do.
 - **Integrity** - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
 - **Honesty** - live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
 - **Reliability** - fulfill commitments; do what I say I will do; be on time to practices and games.
 - **Loyalty** - be loyal to my school and team; put the team above personal glory.

RESPECT

2. **Respect** - treat all people with respect all the time and require the same of other student-athletes.
3. **Class** - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fatten opponents help, compliment extraordinary performance, show sincere respect in pre-and post-game rituals.
4. **Disrespectful Conduct** - don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. **Respect Officials** - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.
7. **Role-Modeling** - Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach, and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
8. **Self-Control** - exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. **Healthy Lifestyle** -safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs, or engage in any unhealthy techniques to gain, lose or maintain weight.
10. **Integrity of the Game** - protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

11. **Be Fair** - live up to high standards of fair play; be open-minded; always be willing to listen and learn.