

## Academy Code of Conduct – Athletes

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1. **Control what you can control.** Stay focused on performing to the best of your ability those areas of performance that you can directly control (eg fitness, flexibility, attitude). Don't waste your time worrying about those areas of performance that are out of your control (eg weather, selectors opinions).
  2. **Accept and respond in a positive manner to any constructive criticism given by coaches and Academy staff.** Remember that the coaches are there to help you, not for their own personal glory, and any feedback provided is done to help you reach your goals.
  3. **Respect the time and effort Academy coaches put into developing training programs. Ensure punctual attendance at all Academy events. Inform the Squad Manager of any injuries or illness as soon as possible (including before the start of Academy training sessions).**
  4. **Play your part in maintaining the Academy's professional image.**
    - Wear Academy clothing with pride to all Academy events. The chance to wear the Academy clothing is something that has to be earned, so never lend it to anybody not in an Academy program.
    - Display 'good sportsmanship' at all times by following the rules of the sport and avoiding words or actions that are antagonistic or argumentative.
  5. **Display the self discipline and common sense that sets Academy athletes apart from club level athletes. Take responsibility for your own development as an athlete. Respect the rights of others – treat others as you would like to be treated.**
  6. **Understand your responsibilities regarding medications and banned substances.**
    - Make sure that any over the counter or prescription medication that you take does not contain banned substances that may cause you to be banned from your sport.
    - Don't use drugs of any kind. This includes performance enhancing drugs, illegal drugs, or 'recreational' drugs such as alcohol and cigarettes.
  7. **Expect from others the same standards that the Academy expects of you.** Remember that poor behaviour from one squad member can damage the reputation of the whole squad – report to Academy staff any person involved with the Academy who is in breach of the Code of Conduct.
  8. **The Academy program can't make you into the athlete you want to be – only you can make sure you reach your goals. The Academy is here to help, but the ultimate responsibility lives with you.**
  9. **Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators.**
  10. **Contribute to a safe sporting environment and respectful culture which is accepting of individual differences and free from all forms of harassment, including sexual harassment.**
  11. **Respect the talent, potential and development of fellow squad athletes and competitors.**
  12. **Care and respect the equipment provided to me as part of my program scholarship.**
  13. **Conduct yourself in a professional manner relating to language, manner, temper and punctuality.**
  14. **Abide by the rules and respect the decisions of the referee/judge/ umpire and respectfully accept the final decision.**
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