



### **Ford Sayre Athlete Code of Conduct**

By participating in Ford Sayre programming athletes agree to do their best to meet the following expectations.

#### **Commitment to the Program**

I will:

- Show up on time, ready to train, and do my best at every practice.
- Let my coaches know if I'll be absent or late.
- Ask questions when I need help or clarification.
- Represent Ford Sayre's values at school, in the community, and at events.

#### **Commitment to Growth**

I will:

- Be patient with my progress and open to learning.
- Believe that effort and a positive attitude lead to improvement.
- Set personal goals I can control, not just focus on results.
- Take responsibility for my actions and learn from mistakes.
- Celebrate successes with humility and keep working hard.

#### **Commitment to Team**

I will:

- Treat teammates, coaches, and their property with respect.
- Make choices that keep myself and others safe.
- Understand that my attitude and actions shape team culture.
- Give and receive feedback with respect and a willingness to grow.
- Be accountable to our team values.

If my behavior doesn't align with these expectations, my coach(es) will talk with me about it. If the issue continues, my family and Program Head(s) may be included in the conversation. Repeated or serious violations—such as harassment, illegal substance use, or actions that harm others—may result in removal from the program.

By joining Ford Sayre, I understand that I'm expected to uphold this code of conduct and that failure to do so may affect my ability to participate.

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