



LYC LASER PROGRAM

ATHLETE CODE OF CONDUCT

Work towards the attainment of my full potential in my sports.

Comply with training requirements of my sport as laid down by the coaches and to accept and respond in a positive manner to their constructive criticism.

Maintain personal habits of health conducive to sporting excellence.

Abide by the spirit, as well as the letter, of the rules of my sports.

Accept victory and defeat with dignity and grace.

Behave and dress in a matter that makes me feel proud to be a competitor in my sport.

Respect and treat other competitors with courtesy.

Never possess nor use prohibited drugs, nor participate in any other practice prohibited by the sports.