



Dear U-20 National team member,

You have been selected to represent USA Ultimate and the United States in the WFDF 2018 World Junior Ultimate Championships. The following is a Code of Conduct. Please read, sign, and return this code to USA Ultimate headquarters no later than May 11, 2018.

I recognize that as a member of the US U-20 National Team, I am a representative of USA Ultimate, the United States, and the sport of Ultimate. As such I pledge to conduct myself in a manner befitting the US Juniors Team from this date until the end of competition.

I will prepare prior to the training camp by:

- Meeting all deadlines for turning in paperwork and payments to the USA Ultimate
- Conditioning according to the guidelines set out by my coaches
- Studying team strategy provided by my coaches
- Dedicating myself to this team before any other sports teams

During the training camp, all US team travel, and the World Junior Ultimate Championship, I will respect and follow the rules set forth by the US team coaches, assistants, general manager, and chaperones. Specifically:

- I will not consume alcoholic beverages
- I will not consume any illicit drugs
- I will not break any US or local laws
- I will obey all team curfews
- I will inform my coaches about any injuries or ailments of which I am aware
- I will prepare both physically and mentally for all games including:
  - Getting an appropriate amount of sleep
  - Eating and drinking to ensure optimal fitness
  - Limiting physical exertion outside of games and practices

I understand that if I violate this code of conduct that I will be subject to repercussions as determined by my Coaches and General Manager. These repercussions may include, but are not limited to:

- Forfeiture of US U-20 National Team membership
- Being sent home from the training camp or WJUC immediately and at my own expense
- Review of violation by the USA Ultimate Conduct Committee as outlined in the USA Ultimate Policy on Conduct
  - o Possible suspension of USA Ultimate membership

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Athlete Name (Printed)

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Parent/Guardian Name (Printed)

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Signature

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Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Date

\_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Date

USA ULTIMATE

TEL: 719-219-8322 FAX: 719-219-1480 WEB: WWW.USAULTIMATE.ORG EMAIL: INFO@USAULTIMATE.ORG