

ABTA Athletes Code of Conduct

I will:

1. Always conduct myself in a sportsmanship manner.
2. Always follow the rules of the ABTA and the CBTF.
3. Turn defeat into victory by continually working to improve my skills and good sportsmanship.
4. Remember that giving my best effort is as important as victory.
5. Respect the ability of my opponents, as well as the judgment of officials and coaches.
6. Set a good example by acknowledging the good efforts of others.
7. When recovering from an injury, follow the advice of my physician in determining when I am ready to twirl again.
8. Set realistic goals and work to achieve them.
9. Be aware of the physical fitness value of baton twirling.
10. Strive to be proud of my sport and a credit to it.