



# #STORMSACOMIN

## 07 STORM PLAYER CODE OF CONDUCT

### Team and Player Commitments

- I will respect my parents and coaches. I will do as they ask and not talk back.
- I understand that my effort in practice will be rewarded with game play. (if I play hard in practice, I will play in the game)
- I will respect decisions made by the coaches. I cannot change their decisions and I recognize that my reaction may reflect poorly on both myself and team.
- I will not talk when coaches and other players are communicating to the team.
- I will not make selfish requests (Example: Can I play Center? Can I play Defense?). The coaching staff has assigned roles for each player. Repeated requests will NOT change these plans.
- I will practice good sportsmanship before, during, and after games and practices.
- I will not harass or participate in the harassment of others:
  - Unwanted or Unnecessary physical contact including touching, patting, pinching, etc.,
  - Verbal bullying (degrading, swearing, teasing, name calling, insults, and/or rude comments)
  - Physical bullying (hitting, kicking, or disrespecting personal property)
  - Relational bullying (ignoring, telling others not to play with others, socially isolating others)
  - Provoking others to attack by taunting them
  - Unwelcome comments and/or jokes (practical jokes that will cause awkwardness or embarrassment, or may cause personal injury)
- I will handle winning with class and losing with grace. A player's true character is shown in handling both winning and losing with similar reflection and appreciation.
- I will NEVER quit. No matter what the score, I will ALWAYS give my best. My teammates and I deserve nothing less.
- I will work hard and do the right thing when no one is watching. --- True definition of discipline.
- I will always treat practices seriously to become the best player I can be.
- I will practice self-control, setting a positive example for others to follow. I will not get down on myself or others when things are not going my way.
- I will ALWAYS support and encourage my teammates. I will be helpful and courteous treating my teammates and coaches the way that I would like to be treated.
- I will represent my team with class. I understand that how I behave and present myself will reflect either positively or negatively on my teammates, coaches, and parents.
- I will embrace my position on the ice and with this team. I will not complain or feel sorry for myself. This is a team, and I will ALWAYS do what is necessary for the team to be successful.

- I will respect the facilities we are provided for practices and games.
- I will learn from my mistakes. I know that I will make mistakes, but I will use them as opportunities to learn.
- I will let the coaching staff and/or team manager know if I will not be at practice or game by either email, phone call or in-person.

I will always do my best to follow these rules. My coaches, parents and I understand that I am not perfect, but repeated violations can and WILL impact my standing with this team. Depending on the severity and frequency of my infractions, I may see less playing time, diminished role, and/or removal from the team. These rules are not meant to scare me. These are rules I will embrace to become a better player, teammate, and person.

I understand these rules and I will do my best to always represent myself and teammates well.

Player Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_