



PLAYERS CODE OF CONDUCT

Updated December 6, 2010

- Attend all training sessions and games punctually.
- Be honest in all dealings with the coaching staff and club.
- Conduct yourself with RESPECT and DIGNITY at all times.
- Respect other people and property – you are a representative of the club at all times.
- Pay complete attention to the Coaching Staff at all times.
- MAXIMUM EFFORT is a MINIMUM requirement - take pride in your performance at both matches and training and be determined to do the very best you can at all times.
- Behave like a professional. Your FULL cooperation is ALWAYS expected.
- Learn the rules of the game.
- Help out with equipment during practice.
- Dress appropriately as directed by the coaching staff.
- Wear shin guards and proper gear for all training and matches.
- Warm-up and cool down properly before and after training and matches.
- Get a good night's sleep prior to matches and pay attention to proper nutrition and hydration.
- Remain physically fit at all times. Do not train while injured and report injuries as soon as they occur.
- Appreciate your parents' support.

Match Conduct

- Accept any decision given by the referee.
- Never retaliate no matter what the provocation may be.
- Always show good sportsmanship.
- Be proud of your appearance. Make sure your apparel is neat and clean.
- Always shake hands firmly after the game and thank your opponent and referees.
- Follow the league mandate of the Zero Tolerance policy and the message of this rule.

Parent / Guardian Signature: _____	Date: _____
Print Name: _____	
Player Signature: _____	Date: _____
Print Name: _____	