



Players' Code & Agreement

Name: _____ **Season:** _____ **Year:** _____

- ☞ Participate for your own enjoyment and benefit.
- ☞ Play by the rules and be a good sport. Applaud all good plays whether by your team or the opposition and congratulate your opposition on completion of play.
- ☞ Listen to, and follow instructions and assist to organisers in contributing to the success of the events.
- ☞ Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- ☞ Control your temper. Verbal abuse of officials and other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- ☞ Cooperate with your coach, teammates and opponents as without them there would be no competition.
- ☞ Promote the correct image of your school as you are its ambassadors.
- ☞ Be aware of all the expectations of the venues.

Players' Promise

I promise to:

- ✓ Manage my commitments in order to be available to train as per the schedule.
- ✓ Arrive at training on time with the correct kit.
- ✓ Let the coach know if I am unable to attend training the day before the session is due to take place.
- ✓ Actively participate to the best of my ability in every session.
- ✓ Switch off my phone and leave my iPod and phone in my bag for training.
- ✓ Work to develop my skills and then to use and apply these skills in practices.
- ✓ Support my teammates with their training and my coach with their planning.
- ✓ Stay on top of my school work.
- ✓ Maintain a healthy lifestyle by eating healthily, allowing myself time to rest and recover and by sleeping at least 8 hours a night.

I have read the information above and understand that that by signing this agreement I am making a commitment to the sport and to the squad for the season. I also understand that if I break my promise I risk losing my place on the squad.

Signed : _____

Date: _____

'Success is long-term'