

## Players Code of conduct

1. No swearing –ever- at anybody
  - No retaliation
  - Discipline, respect and effort wins hockey games.
2. Do not miss practice.
  - If you must miss practice you must notify a **COACH BEFORE** practice.
  - Homework is not an excuse for lack of concentration. 100% concentration is required for all practices and games in order to be successful. When not on the ice, school & homework require the same concentration.
3. Please be at games no less than 40 minutes prior to game time.
4. Never criticize your teammates: rather encourage each other.
  - When teammates do something good we congratulate them, when they do something wrong – we support them.
5. Mentally prepare yourself for each game and practice.
6. No talking to referees unless instructed to do so by the coaches.
7. As coaches we demand 100% attention and effort at all games and practices. Although we are here to have fun we also want to take this year seriously.
8. It is imperative that we as a team get along on and off the ice. A close-knit team makes for a winning team.
  - This is a **TEAM!** No one part is bigger or more important than the other. Earn respect of teammates with attitude and effort.
  - When someone speaks- we are all quiet. If we listen we may learn
9. If any of you have a problem of any kind, feel free to talk to the coaches about whatever is on your mind.
10. Most of all **“LET’S HAVE FUN!”**
11. Captains and assistants will shake the hands of the referees and opposition coaches before every game.
12. When we receive a penalty or get scored on, we **DO NOT** slam our sticks, talk to the refs, shoot the puck down the ice and yell and scream or do anything to embarrass your teammates, our town or ourselves. – We win with class (DON’T OVER CELEBRATE) and we lose with class (NO TEMPER OUTBURSTS OR CRYING ON THE ICE).
13. We earn our ice time in practice; we keep our ice time with solid play in games. When we aren’t on the ice we must prepare ourselves for our next shift, not sulk or pout. Always stay positive!

Players Name: \_\_\_\_\_ Date: \_\_\_\_\_

Players Signature: \_\_\_\_\_