



Sterling Athletics Code of Conduct

PLAYER'S CODE OF CONDUCT

- I will play by the rules – the rules of Sterling Athletics and the laws of the game.
- I will listen to my coach and follow/ his or her rules. I will not follow the rules or suggestions from other teammates, parents or fans that conflict with the instruction of my coach.
- I will never argue with an umpire or official.
- I will control my temper - verbal abuse of any kind will not be tolerated.
- I will be a team player – It's a team game, and I will treat it that way.
- I will treat all players as I would like to be treated; I will not trash talk, disrespect, engage in horseplay or hit anyone affiliated with the team. These same rules apply to me when dealing with Sterling's opponents.
- I will co-operate with the umpires and my team-mates. I will play for your own enjoyment & to improve my skills.
- I will not use ugly remarks of any kind towards anyone affiliated with Sterling, Sterling's opponents, officials or fans.
- I will be dedicated to the sport and team. I will try my best to make every practice and game. I understand not making a practice or game let's my team down and may result in a more individual conditioning drills assigned by my coach and a loss of playing time/position.
- I understand that sports can be rigorous and I will be asked by my coaches to give maximum effort.

PARENT'S & SUPPORTER'S CODE OF CONDUCT

- I will not coach from the sidelines- I will let the coaches coach. If a coach wants/need my help, input, or suggestions, they will ask for them.
- I will only talk to and about my student-athlete: criticisms, jokes, suggestions and other ideas about other student-athletes will not be tolerated. I will treat/talk to each student-athlete the same way I would want another parents/ supporters to treat/ talk to my student-athlete. I will NEVER touch another student-athlete.
- I will make sure my student-athlete is dedicated to the team and attempt to make all games and practices. I understand that missed practices and games for any reason may result in less playing time and more individual conditioning for my student-athlete.
- I will not complain or approach the coach about playing time/positions: coaches will decide what position each player plays and how much on field/court time each player receives.
- I will not negatively speak about Sterling's coaches, players or program. This creates a negative environment that causes division instead of unity. I will not publicly criticize the opponents or officials.
- I will remember that I am here for the participants to enjoy the game.
- I will encourage participation, but don't force it.
- While I recognize we are trying to win, I will teach my student-athlete that a positive attitude and respect are of the utmost importance.
- I will never ridicule mistakes or losses – I am a supporter not a critic.
- I will lead by example and respect all players, coaches, umpires and spectators – physical or verbal abuse will not be tolerated.
- If I have a problem with the coach, I will not approach or contact the coach until 24 hours after the incident. I will approach the coach in a calm manner.
- If I have a problem with another parent or incident, I will contact the AD (Samuel Brock) to address my concerns and not approach the situation in anger. I will never approach another child nor will I approach a parent without going through the proper protocol.

By registering our student-athlete in _____ and with the Sterling Athletics we agree to abide by these principles. We support Sterling Athletics in its undertakings and encourage Sterling Athletics to take any necessary disciplinary actions including suspension and banning where warranted of any players, parents or spectators for repeated or serious breaches of these Codes of Conduct.

PLAYERS NAME: _____ (print name) _____ (signature)

PARENT/GUARDIAN'S NAME: _____ (print name) _____ (signature)

DATE: ____ / ____ / 20 ____