OUR TEAM'S CODE
MY PLEDGE OF EXCELLENCE

No Profanity.

No degrading speech about anyone.

We affirm each other. There are different skill levels. There are different ages of physical and emotional maturity. These are not places to fracture a team or an individual.

Unsportsmanlike conduct is never tolerated. If I witness a player of ours intentionally being unsportsmanlike, whether an official foul is called or not, **you will sit on the benc**h for the rest of the game. If there is no one to substitute you, we will play a player-down.

Don't get down on yourself. If you struggle improving or displaying a skill, don't get frustrated. We will work on it. **Coaches have endless patience with sincere effort**. If you don't give an honest effort, have a poisonous negative attitude, or disregard the ground rules above . . . Constructive coaching communication becomes stronger and more direct.

We respect the coaches. Please address all coaches by "coach." Many of you know the head coach in different roles: teacher (Mr. or Mrs. __), dad/mom, family friend (first name). Team is about being united, and if the players are confused about how to call the coach, that does not do much for team unity. "**Coach" is appropriate and appreciated.**

We respect the ref. During a game, when an official speaks to you, you turn toward him or her, and address the official as "sir" or "ma'am". We never argue with the official, even if the call seems to be unfair. A ref will never, never, never reverse a call.

We respect our opponent. If you foul someone in a game, you should offer your hand to help your opponent up.

We respect ourselves. Don't go through the motions. Come to improve yourself, in body, mind, and heart.

We respect our fans. At the end of the game, after shaking hands with other team and officials, we will meet at the sideline by our bench and **team jog across to our fans** to show our appreciation.

I pledge to uphold these standards of excellence.   WITNESS BY PARENT/GUARDIAN

_____   _____
PLAYER'S SIGNATURE / PRINT NAME   ADULT SIGNATURE