

### Reach Field Hockey Club Codes of Conduct and Player Guidelines

1. I will show up to games/practices/tournaments on time and with the proper equipment ready to play.
2. I will take responsibility for my personal health and my body which includes and is not limited to: maintaining proper nutrition during games and tournaments, being properly conditioned during the winter and spring seasons, taking care of personal injuries, and not participating in any act or action that is harmful to my overall health or puts myself, teammates or family at risk.
3. I will attend the tournaments I sign up for unless prior notification is given that I will be absent.
4. I will take responsibility for my personal field hockey development which includes (if needed): talking directly to the coach about playing time, asking for extra help, realizing that I will not be a great athlete or student by doing only what is asked of me...I must take responsibility to train and study on my own, challenge myself, and take necessary and calculated risks to grow.
5. I will demonstrate a positive attitude during practices/tournaments/games.

Behaviors that are of ZERO tolerance and will result in removal from the club:

1. The use of drugs, alcohol, or cigarettes by anyone under the legal age to use.
2. Property damage or vandalism. Vandal will assume all responsibility for damage to the facility.
3. Stealing or knowingly taking ownership of property that does not belong to you.
4. **\*\*Unsportsmanlike conduct or inappropriate horseplay.** This will be handled on a case by case basis and will either result in a suspension or removal from the team. This means intentionally acting in a way that is hurtful to a teammate, opponent, or fan. Posturing or profanity directed at someone falls into this category. Be mindful that you are not only representing your team, but also your family. Acting in a manner that you know your parents would disapprove of would not only disappoint them, but will also be embarrassing and disappointing to you.

### Parents

1. I will not speak to any athlete, including my child, in a hurtful or derogatory manner.
2. I will not "coach" from the slides or give information that is conflicting with the overall team plan or mission. This can be confusing to the players and can in turn affect their confidence and performance ability.
3. I will not approach a coach when angry or upset while athletes are present.
4. A violation of the above could result in suspension or removal of the athlete from the club.

\*Please remember that someone is always watching. Participation in this club is meant to be fun and a way to connect with other players while advancing overall skill level. The coaches are not only grooming the athletes to be great players, but great young women as well. We understand that emotions run high at times, but the expectation is that we will all be mature enough to recognize those situations where we need to be better and do better as it relates to all above areas outlined.

Athlete & Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_