



CODES OF CONDUCT - FOR YOUNG PLAYERS (U18)

Do not rumble the thunder!

Treat team-mates, coaches, umpires and opponents with respect.

Have fun, reach for the top and always try your best.

Umpires are there to interpret the rules for you, accept their decisions.

Never use bad language or insult opponents, coaches or spectators.

Do not try to gain an unfair advantage over opponents.

Enjoy yourself; know the rules of netball and play by the spirit of the rules.

Realise that without you opponents; there wouldn't be a game.

Remember:

- A stranger is someone you do not know. You must never go anywhere with anyone you don't know. You must never go anywhere with anyone you don't know. You must always ask your parents/ guardian if it is OK to go with someone.
- Other people (even relations) are not always good. They can hurt, bully and upset young people, so you must be very careful. Good adults do not ask young people to keep secrets. You must tell.
- If you tell your parents/ guardian or coach that you are going somewhere, you should always go there. If you change your mind you should let someone know before you go.
- Your body belongs to you and the parts of your body that are covered by a swimming costume are private and shouldn't be touched. Sometimes a doctor or nurse might have to touch there, but your parents/ guardian must always be there. If not, you can ask for someone else to be there.
- If anyone does anything you don't like, you must tell an adult that you can trust. If they don't believe you, you must tell another adult until you are believed.

YOU SHOULD KNOW YOUR ADDRESS AND TELEPHONE NUMBER, and know how to make a reversed charge telephone call should you need picking up or are in any sort of trouble. Remember to update any change of details to your coach.

- If your parents/ guardian send someone to pick you up from training or matches, they should use a secret code word that your parents/ guardian and you have arranged. Your parents/ guardian should let the coaches know when someone other than tem is collecting you.
- If you see a friend getting into a car or going off with a stranger, you must not go near enough for tem to get you, but you should shout and tell them not to go, and then go and tell an adult.
- It is always OK to say NO to someone, even a grown-up, who is trying to make you feel uncomfortable.
- Shout and run away if someone frightens you or follows you. Go towards places where there are people, or knock on someone's door and ask for help.
- Remember keeping safe is the important thing. You can break normal rules in order to stay safe.

Print name:

Signature:

Parent/Guardian Signature:

Date:

P.T.O



CODES OF CONDUCT (All)

WE WILL

- Respect our fellow players, coaches and manager.
- Give 100% at all times.
- Not take alcohol, drugs or indulge in bad behaviour.
- Give constructive criticism and praise.
- Socialise and make an effort to get to know our team mates.
- Listen carefully to all instructions, do not talk over the coach.
- Be honest about injuries. Make our coach aware of any injury problems or arrangement difficulties.
- Set individual goals as well as team goals and endeavour to meet them
- Deal with club/ team selection maturely; all players are equal members.
- Be responsible for our carbohydrates and fluid intake.
- Be committed to training throughout the season. Inform the team in advance if you can't attend. Take responsibility for our own personal fitness training.
- Arrive at training/matches in good time.
- Come fully prepared for matches and training sessions and make sure we are court ready before we play e.g. nails, jewellery, no sharp metal hair grips, trainers are tied up so they won't fall off.
- Be focussed before a match/training and warm up/down as a squad.
- Listen to and respect all umpires.
- Be flexible and prepared to play different positions and combinations
- Come to your coach quickly in match breaks, listen to feedback and avoid talking over each other.
- Support, encourage and motivate each other on court.
- Be honest about your performance.
- You will be responsible for updating your address details etc with your club, fill in the forms and tell your coach/ captain.

*COACHES AND PLAYERS SHOULD WORK ALONG SIDE EACH OTHER TO
BRING ABOUT THE MOST EFFECTIVE RESULTS.*

**WE ARE ALL MEMBERS OF THE SAME:- TOGETHER
EVERYONE
ACHIEVES
MORE**

Print name:

Signature:

Parent/Guardian Signature:

Date: