



RICHMOND HOCKEY CLUB JUNIORS

## **JUNIOR PLAYERS' CODE OF CONDUCT**

### **MAKE THE MOST OF YOUR HOCKEY**

- Have fun.
- Listen and learn during training and don't be afraid to ask questions.
- Learn the rules and play by the rules.
- Learn what constitutes dangerous play.
- Learn the advantage of putting yourself in space.

### **LOOK AFTER YOURSELF**

- Wear a gum shield and shin pads and remove jewellery for training and matches.
- Older age groups should consider purchasing a hockey glove for the lower stick hand.
- Bring water.
- Bring waterproofs, warm clothing, sun hat, sun screen to reflect weather conditions.
- Name your possessions & remember to take them home.
- If injured, tell your coach as soon as possible.
- Always warm up and cool down properly.
- If your parent is late collecting, a member of the coaching staff will always stay with you, but wait in a position where they will notice you.

### **BE CONSIDERATE OF OTHERS**

- Treat other people the way you would like to be treated.
- Be a good sport to your team mates and opponents.
- Control your temper.
- Recognise and show appreciation of good play.
- If you are being collected by your parent, tell them to be prompt.

### **SUPPORT YOUR CLUB**

- Be available for matches & let your Administrator know when you are not.
- Respond to emails and telephone calls from your Administrator.
- Be punctual for training and matches.
- Arrive with the right kit.
- Wear the Club polo shirt (and hoody where appropriate) at all training and matches. Club Socks are also available.
- Try your best for your team mates, Coach, & Administrator at all times.
- Do not argue with match officials & remember to thank them at the end of games.
- Remember to shake hands with your opponents and give three cheers at the end of each match - whatever the result.