

COACHES CODE

1. Be reasonable in your demands on the young players' time, energy and enthusiasm. Remember that they have other interests.
2. Teach your players that rules of the game are mutual agreements which no one should evade or break.
3. Group players according to age, height, skill and physical maturing whenever possible.
4. Avoid over-playing the talented players. The "just-average" players need and deserve equal time.
5. Remember the children play for fun and enjoyment and that winning is only a part of it. Never ridicule or yell at the children for making mistakes or losing a competition.
6. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
7. The scheduling and length of practice times and competitions should take into consideration the maturity level of the children.
8. Develop team respect for the ability of the opponents, as well as for the judgment of officials and opposing coaches.
9. Follow the advice of a physician when determining when an injured player is ready to play again.
10. Remember that children need a coach they can respect. Be generous with your praise when it is deserved, and set a good example.
11. Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of children.

PLAYERS CODE

1. Play for the "fun of it", not just to please your parents or coach.
2. Play by the rules.
3. Never argue with the officials' decisions. Let your captain or coach ask any necessary questions.
4. Control your temper - no "mouthing off", breaking sticks or throwing equipment.
5. Work equally hard for yourself and your team - your team's performance will benefit and so will your own.
6. Be a good sport. Cheer all good plays, whether your teams or opponents.
7. Treat all players as you yourself would like to be treated. Don't interfere with, bully or take unfair advantage of a player.
8. Remember that the goals of the game are to have fun, improve your skills and feel good. Don't be a show-off or always try to get the most points or penalties.
9. Co-operate with your coach, teammates and opponents, for without them you don't have a game.



PARENTS CODE

1. Do not force an unwilling child to participate in sports.
2. Remember children are involved in organized sports for their enjoyment, not yours.
3. Encourage your child always to play by the rules.
4. Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
5. Turn defeat to victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team.
7. Do not publicly question the officials judgment and never their honesty.
8. Support all efforts to remove verbal and physical abuse from children's sporting activities.
9. Recognize the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child.