



# Hillsborough Soccer Club

## Player Code of Conduct

In making a commitment to join the Hillsborough Soccer Club, all team members must do their personal best to understand and follow the Code of Conduct. When all players follow this code as a team, we will become better players as an individual and improve as a team. The trainer/coach will promise to provide full support to all who do their best.

I hereby pledge to live up to my responsibilities as a part of the Hillsborough Soccer Club by following the Code of Conduct presented by the trainer/coach.

### As a player I will:

- ✓ Do all I can to attend each practice session and game,
- ✓ Be on time for and prepared for all games and practices,
- ✓ Notify the coach by email (and/or phone when not received a confirmation) when you are not able to attend a practice or game (at least **24 hours** before a practice and **48 hours** before a game),
- ✓ Focus during the practice sessions to get the most out of them,
- ✓ Show up for practice even when out with an injury,
- ✓ Have a positive attitude and never give up,
- ✓ Respect the officials and accept their decisions,
- ✓ Respect my opponents
- ✓ Maintain my self-control at all times and avoid arguments,
- ✓ Remember that I am proud to represent the Hillsborough Soccer Club.

### As a player I will not:

- ✓ Miss a practice or game without giving the coach notice (at least **24 hours** before a practice and **48 hours** before a game),
- ✓ Leave a practice or game without permission from the trainer/coach,
- ✓ Use derogatory language,
- ✓ Criticize a teammate who makes a mistake,
- ✓ Argue with the official, my coach or my teammates.

I do understand that not showing up for practice (and games) on a regular basis will have an influence on my role on the team.

As a valuable player of the Hillsborough Soccer Club, I will do my best to follow our player contract and Code of Conduct.

Name of player: \_\_\_\_\_

Trainer/Coach: \_\_\_\_\_

Player Signature: \_\_\_\_\_

Date: \_\_\_\_\_