



## PERFORMANCE SQUAD CODE OF CONDUCT

1. **Commitment** to training and match days; you must let the Captain know in advance if you can't attend training or are unavailable for match days.
2. **Respond** quickly and punctually to Captain's and Coaches texts and emails.
3. Arrive **promptly** to training and matches.
4. Be **prepared**
  - For training – correct equipment, hydration and nutrition required
  - Have the correct equipment and clothing at all times
  - Ensure pre/post match nutrition is sufficient
  - Maintain a good level of fitness so you don't let your team mates down
5. **Focus** during Coaches and Captains instructions/talks.
6. Maintain **open channels of communication** between yourself, Captain, Coach, other players and Club President so any grievances can be aired and dealt with accordingly.
7. Foster a positive **team spirit** of togetherness.
8. Adhere to Titans Hockey Club's Code of Conduct including the **payment** of annual subs fees.
9. **Do not** adopt practices to accelerate performances that might jeopardise your safety/wellbeing, never advocate or use prohibited drugs or other banned performance enhancing substances.
10. Must respect the rights, dignity and worth of every human being and their ultimate right to self-determination. Must treat everyone equally and sensitively, within the context of their activity and ability, regardless of gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation and report any discriminatory behaviour to the Club Committee.
11. On the pitch:
  - Warm up/cool down correctly as a team
  - Focus on job in hand
  - Adhere to principals of good sportsmanship
    - Respect team-mates, opposition and officials.
    - Shake hands with the opposition and officials after each game, irrespective of the result.

I fully agree to adhere to Titans Hockey Club's Performance Squad Code of Conduct

Name:	
Date:	
Signed:	
President's Signature:	