



Player Code of Conduct

The following policy contains the basic guidelines of behavior and expectations that form the foundation of the Trabuco Hills Girls Flag Football Program. All players will act accordingly and be accountable for their conduct. Inability to stay within these guidelines is cause for removal of player from the program at any time.

CHARACTER

- Student is first, in the term “Student Athlete.” Maintain a minimum of a 2.0 with no N’s or U’s in Citizenship.
- Conduct – Realize that at all times, on the field and off, you represent your: family, team, program, and school.
- **Team before self.** Together we can achieve more. Players will understand that every decision being made is in the team’s best interest. Embrace that being part of a team is committing to something that is bigger than any individual and is something that each one of us should be grateful to be a part of.
- Character becomes your reputation – Act with integrity.
- It isn’t possible for every player to possess tremendous physical ability, but it is possible for all players to have a positive mental attitude. Display positive attitude regardless of your particular role.
- **The right place at the right time** - Be on time and ready to go. If players are unable to attend, it is the **player’s** responsibility to call/email the coach before noon the day of the absence.

WORK ETHIC

- Commit to hard work. Nobody said it would be easy. Plus, if you love the game, it is not work.
- Commit to a mission, establish goals, and constantly evaluate progress.
- Make daily actions consistent with mission.
- Hustle: It takes no special ability, just heart, desire, and shows respect for the game.
- Be coachable – the mind only works when it’s open. Try it before you deny it.

COMPETE

- Maintain and demonstrate a positive “can do” attitude.
- Focus on the process of playing the game rather than the outcomes of your performances.
- Celebrate your accomplishments and learn from your mistakes. Don’t get to high or low.
- Display respect for the rules, officials, opponents, team, and self
- Avoid emotional displays of anger, frustration, embarrassment, and disappointment.
- Take responsibility for personal actions and words.
- Be accountable to the team.
- Encourage the success of your teammates.

CONSEQUENCE: If the player fails to adhere to this code of conduct, they may be subject to the following:

- Extra conditioning
- Bench time – reduced playing time or removal from practice or game
- Extra practice and development time as needed
- Removal from the Program

I understand that being a part of the Trabuco Hills Girls Flag Football Program requires a large commitment. I am proud to be a member of this program and agree to act in accordance with the expectations and standards outlined above.

Player Name: _____ Date: _____

Parent Signature: _____ Date: _____