

3 CODE OF CONDUCT

3.1 Code of Conduct for Players

3.1.1 COMMITMENT TO EDUCATION

School comes first. Your grades and class work take priority over football. Players must prioritize their time to ensure that homework and studying happen when they should. If you don't wait till the last day to do your homework or studying, school will rarely interfere with football.

3.1.2 POSITIVE ATTITUDE

Expect a lot of yourself but always strive for the best you can do today. Learn from errors, accept coaching decisions (question them respectfully if you must), do not sulk or dwell on your own or other teammate's mistakes in a negative way. It is hard work, but absolutely necessary to stay positive when things go badly. Remember: Where ever you go and whatever you do you are a cougar and you are representing your team.

3.1.3 UNSELFISHNESS

A Team cannot succeed based on individual effort alone. We win together and lose together, we are responsible for both. There is no room for envy, jealousy or destructive personal behavior.

3.1.4 INTENSITY

Competitors themselves are responsible to maintain a high level of intensity that is necessary for success. Coaches and support staff will do their best to create conditions that foster intensity, but in the end it is up to the individual.

Players will be constantly evaluated on their demonstration of coachability, hustle, mental and physical toughness, loyalty to the team, unselfishness, and the desire to improve their skills. Our goal is to have teams that constantly demand more of themselves than is demanded by the coaching staff.

3.1.5 RESPECT

We will treat teammates, coaches, support staff and other volunteers, officials and opponents with respect both, in what we say and what we do. Feelings of disrespect, sulking or a desire for revenge detract from our positive focus. Disrespect leads to errors, penalties and underestimation of our opponent. Disrespect for officials is unfair and leads to emotional reactions that cost penalties and invite officials to make close calls against us. SGDMFA will not condone unsportsmanlike behavior in any way.

All players are to treat teammates and coaches with respect and courtesy. Behavior that puts other players or coaches down, results in profanity, or demonstrates lack of self-control, will not be tolerated.

3.1.6 RESPONSIBILITY

Commit yourself to being dressed on time and ready to give your best in every practice and game. If complications arise (sickness, injury or conflicting responsibilities) explain to the team manager beforehand if possible. If not, explain as soon as you see him/her without having to be asked. Not having enough players to conduct a full practice is not fair to the team. If you do not come to practice consistently, you may not be eligible to play in upcoming game(s) and/or your playing time may be reduced.

Be ready to do your part in the dressing room, in moving or handling equipment before or after a game and practice.

3.1.7 EXCUSE

Accept responsibility for mistakes or errors, loss of temper, defeats or other shortcomings without making excuses. Resolve to focus on improvement. Bad things happen and when they do accept them and learn from them.

3.1.8 COACH-ABILITY

Accept coaching instructions and decisions, including lineup changes, in a positive and cooperative manner. Lineups are always drawn up with the intention of getting the most out of team members. You are entitled to question the decisions that affect you but it must be done respectfully.

3.1.9 LEADERSHIP

Every member of the team can be a leader in his own way: by example, by enthusiasm, by being helpful and supportive of teammates, by staying positive no matter how dark the situation. Some leaders are vocal, while others say little and let their intentions speak for them. Lead in your way, both on and off the field. Every one of us are ambassadors for the team. What you do individually affects your team.

3.1.10 REALISTIC GOAL SETTING

Set a wide range of specific but realistic goals for yourself. Work hard to achieve your goals and success will come. Team goals always come ahead of personal goals. Every individual achievement is due in part to the help of teammates and others around you.

3.1.11 COMPETING WITHIN THE RULES

Play to your limitations. Display sound decent behavior. Give your best effort and follow all team guidelines. Following all Football rules is to be expected to be part of the team. You may fall short at times but that is to be expected as long as you try your best.

Anyone who intentionally disregards the rules of Football and the SGDMFA guidelines will not be allowed to continue playing on the team.

3.3 Code of Conduct for Coaches

- 3.3.1 Coaches will abide by the decisions made by the SGDMFA**
- 3.3.2 Coaches will lead by example in demonstrating fair play and sportsmanship to all SGDMFA players.**
- 3.3.3 Coaches will place the emotional and physical well being of their players ahead of their personal desire to win.**
- 3.3.4 Coaches will treat each child as an individual, remembering the large range of emotional and physical development for the same age group.**
- 3.3.5 Coaches will provide a safe playing situation for their players.**
- 3.3.6 Coaches will not use foul and abusive language at any time in representing Spruce Grove Minor Football.**
- 3.3.7 Coaches will avoid coaching styles that humiliate and degrade self-esteem.**
- 3.3.8 Coaches will control all their emotion with respect to other coaching staff, players, SGDMFA members, parents and competition.**
- 3.3.9 Coaches will be knowledgeable of the rules and techniques of Football and will teach these to the players.**
- 3.3.10 Coaches will work cooperatively with ALL coaching staff and managers.**
- 3.3.11 Coaches will respect league officials and volunteers**
- 3.3.12 Coaches will follow all SGDMFA and CDMFA rules and regulations.**
- 3.3.13 Coaches will reward effort and behavior and not outcome.**
- 3.3.14 Coaches will put the needs of the team ahead of any individual.**
- 3.3.15 Coaches will come to practice dressed in proper attire.**
- 3.3.16 Coaches will remember the Fair Play rules. CDMFA regulations make sure each player gets their playing time. Children participate in football for their own enjoyment.**
- 3.3.17 Coaches will support the medical opinion of the team trainers and medical personnel and will not overrule their judgment with respect SGDMFA Executive.**