



Player Code of Conduct 2009-2010

As a player, I hereby commit to the following to teammates, coaches, Association, parents and myself:

1. To have fun;
2. To participate as fully and as positively as possible;
3. To consistently do my best and give my best effort;
4. To develop my skills and ability to play the games as an individual player and as a team player;
5. To prepare myself to advance to the next level;
6. To have a good attitude and be a decent human being;
7. To consistently show up on time and ready to go;
8. To work hard and exhibit a good work ethic at practices and during games, stay focused and not goof around or mouth off;
9. To show respect, fairness, fair play and integrity to myself, my team mates, players on the other team, referees, officials, coaches and parents;
10. To learn and respect the rules of the game;
11. To respect my opponents, compete with them but not try to injure them. I will not hit from behind. I will control my stick.
12. To respect Polar Ice staff and the facility and the arena staff and facilities we will visit;
13. To not be abusive (verbally, emotionally, physically, sexually);
14. To recognize that my hockey career will not be made or broken based upon the last shift or the next shift, or particular games;
15. To live a healthy lifestyle with no drugs, alcohol and tobacco products. I will try to eat a healthy diet.
16. To work on developing my physical capabilities as an athlete in terms of conditioning and strength;
17. To report knowledge of abusive situations appropriately (i.e.; parents, coaches, police);
18. To recognize that my development as a hockey player is largely my responsibility;
19. To be responsible for my own actions;
20. To keep my school work up and get my homework done;
21. To understand that failure to comply with one or more of the above will have consequences depending on the severity of the situation. It can result in temporary or permanent suspension from the team, program and Association.

Signed: _____

Print Name: _____

Team/Division: _____

Date: _____