

Here is a Code of Conduct developed by the young participants at a Central Coast Coerver Workshop held on Wednesday 15th November 2006

Acceptable Code for Players

1. It is our responsibility to maintain our **Gear & Equipment** at all times, not mum and dad.
2. We must ensure we **Respect** everyone from team mates, opponents, officials, spectators etc.
3. We must always **Support & Encourage** everyone.
4. We must ensure that our **School Work** is always done on time and ensure our grades do not fall behind.
5. Ensure we eat a **healthy diet** so our body has the correct fuel to perform at a high level. So we eat more of Fruits, Cereals, Nuts, Vegetables, water, **eat in moderation** such foods as Meats, Pastas. In other words, yes eat, but moderate helpings "do not over eat". Eat less Sweets, fizzy drinks, foods high in sugar, fatty foods such as McDonalds.
6. We need to put in 100% **effort & maximum attendance** at all times, so we can benefit and gain maximum learning from all that we do.
7. We must **communicate** well with our teacher, coaches, parents, officials, team mates and all that cross our path.
8. It is our responsibility to do the **Home Program**; it is not up to mum or dad to fill it in for us.

Not Acceptable Code for Players

1. We must not mistreat our **Gear & Equipment**.
2. We must not **chat back** to anyone that is trying to help us or teach us in anyway. That includes our team mates, officials etc.
3. We must always **pay attention** as not doing so it is very rude.
4. **Bullying** is not acceptable in any shape of form
5. **Swearing or lying** is a form of disrespect and bullying, thus not allowed
6. We must always strive to play fair as **foul play** is not part of the game in sport or life.
7. **Never give up**, always try harder
8. **Eating unhealthy** is not good for my body and it slows down learning capabilities plus makes me tired.

Acceptable Code for Parents as seen by our players

1. Please **support** everyone not just your own son or daughter
2. Please **encourage** all of us that include coaches, my team mates, officials, other parents etc.
3. Please **respect** everyone even my opponents
4. Please get me to training on time - we call this **Taxi on time**
5. Please feed me **healthy foods** especially before and after activities.
6. Always be **honest** with me as this is how I can learn, if I play bad just tell me the truth and help me.
7. **Pay fees** on time.

Not Acceptable Code for Parents as seen by our players

1. Please do not **question decisions** as everyone makes mistakes.
2. Do not **disrespect** anyone such as teammates, coaches, teachers, officials, opponents etc
3. Please do not **yell out instructions** as this confuses me
4. Try **not to organise my gear** but more so help me by questioning me
5. **Smoking & Drinking** is bad for you, please keep away from the fields or anywhere near me
6. **Foul language** is a form of bullying, not allowed.