Codes of Behaviour

Athletes

It isn't whether you win or lose, but how you play the game!

1. Compete and train for the "fun of it", not just to please your parents or coach.

2. Play by the rules.

3. Never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions.

4. Control your temper – no "mouthing off", breaking equipment, throwing implements or other equipment.

5. Work equally for yourself and your team in relay and team events, your team's performance will benefit and so will your own.

6. Be a good sport. Cheer all good performances, whether you're Centre mates or your opponents.

7. Treat all athletes as you would like to be treated. Don't interfere with, bully or take unfair advantage of any athlete.

8. Remember that the goal of training or competition is to have fun, improve your skills and feel good. Don't be a show-off or brag about your own performances.

9. Co-operate with your coach, Centre mates and opponents, for without them you don't have a competition.

10. All of your performances and actions should be a reflection of "family, fun and fitness".

Parents

A child's basic training in good sportsmanship comes from the home!

1. If children are interested, encourage them to participate. However, if your child is not willing, do not force him/her.

2. Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/her ability by reducing the emphasis on winning.

3. Teach your child that honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.

4. Encourage your child to always participate according to the rules.

5. Never ridicule or yell at your child for making a mistake or losing a competition.

6. Remember children are involved in organised sports for their enjoyment not yours. If children are interested, encourage them to participate. However, if your child.

7. Remember that children learn best by example, applaud good performances by **ALL** athletes.

8. If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgment and honesty in public. Remember that most officials give their time and effort for your child's involvement voluntarily.

9. Support all efforts to remove verbal and physical abuse from children's sporting activities.

10. Recognize the value and importance of volunteer coaches; they give their time and resources to provide recreational activities for your child