

2021-22 Calvary Christian School Player Code of Conduct Contract

As a member of a CCS Athletics team, I will do my best to obey these rules and regulations:

1. **I will always hustle.** I will hustle—in practice and in games.
2. **I will never quit.** No matter the score, half, quarter, match, set, etc., I will always give my best. I am part of a team and my teammates deserve nothing less than my best effort.
3. **I will work hard when no one is watching.** My work ethic is based on the hard work I put in during practice, and at home.
4. **I will always support and encourage my teammates.** I will be helpful and courteous, treating my teammates the way I would want to be treated.
5. **I will treat practices seriously as an opportunity to become the best player I can be.** Practice is the time to polish my tools while the game is my time to shine.
6. **I will practice self-control, setting a positive example for others.** I will not get down on myself when things aren't going my way.
7. **I will learn from my mistakes.** I will make mistakes, but I will use them as opportunities to learn.
8. **I will respect my coaches and parents and do as they ask.** I will not argue with the coaches or openly question their authority in front of my teammates. I understand that they come from a place of experience and knowledge, and want to help me become the best I can be.
9. **I will practice good sportsmanship before, during, and after games—winning with class and losing with grace.** I will appreciate the good play of my opponents in defeat and remain humble in victory. I understand a player's character is shown in handling both winning and losing with similar reflection and appreciation.
10. **I will treat all opposing players, coaches, and fans with respect.** The only difference between us and them is our uniforms.

11. **I will respect the decisions made by the officials.** Officials are human beings and will make mistakes—this is part of the game. I cannot change their decisions—I must adapt to them. I recognize that my reaction will reflect on both me, my team and my school.

12. **I will represent my team with class.** I understand that how I behave and present myself will reflect either positively or negatively on my teammates and coaches.

13. **I will not use profanity, drugs, alcohol, or tobacco.** I will always set a positive example and represent my team with class.

14. **I will never throw a ball or other sporting equipment in anger.** Not only is this unsafe, but it is a selfish display of poor self-control and bad sportsmanship.

15. **I will respect the facilities we are provided for practices and games.** I will not damage equipment, will follow the rules, will clean up after myself and my team, and will treat it as I would my home.

16. **I will remain with my team during games at all times, unless approved by a coach.** My focus needs to be on the court and on the game.

18. **I understand my grades in school and behavior at home may impact my position on the team.** There is more to life than athletics / sports.

19. **I will embrace my role on the team, the position I play on the court or in the lineup.** I will not complain to the coach or feel sorry for myself. I am part of a team, and I will always do what is necessary for the team to be successful.

20. **If I have a concern about my role on the team, I will talk to with my coach outside of the game or practice.** I will learn to communicate maturely, and seek to understand other's perspectives while expressing my concerns appropriately.

I will always do my best to follow these rules. My coaches, parents, and I understand that I am not perfect and will make mistakes, but repeated violations can and will impact my standing on this team. Depending on the severity and frequency of my infractions, I may see less playing time, a diminished role, or complete removal from the team.

These rules are not meant to scare me. These are rules I embrace to help me become a better player, teammate, and person.

I understand these rules, and I will do my best to always represent myself and my teammates well.