



hampton hammers netball club

PLAYER'S CODE OF CONDUCT

Hampton Hammers' Players are encouraged to:

- **Recognise** and appreciate the efforts made by coaches, parents, match officials and administrators in providing the opportunity for you to play, without them it would be impossible.
- **Learn** the rules of the game as quickly as possible to help better understand what is happening on the court.

Hampton Hammers' Players should:

- **Play** because you want to do so, not to please your coaches or parents.
- **Be attentive** and train hard.
- **Listen** to the coach's advice and instructions – it will lead to improved performance and enjoyment of the game.
- **Ask questions** if you are not sure of a rule, a particular play or a drill or skill instruction.
- **Be Proactive** - additional practise outside of training is likely to improve your skills and development.
- **Understand** that you might not be happy with every decision made by your coach/s but part of playing quality netball, is realizing you are part of a team and representing Hampton Hammers. Every time you step on the court, be it at training or on game day; you should be giving it your best shot without sulking, whining or disrupting others.
- **Demonstrate respect** for your team mates and your coach by playing hard for yourself and your team mates – both will then benefit – even if you are not playing in your favourite position! Remember no plays can be executed correctly unless all players are pulling together and working as a team.
- **Respect and support umpires** on and off the court, acknowledging that they, like us, can make mistakes.
- **Recognise** good play by all players on your team and by your opponents.
- **Treat** all players, as you would like to be treated.
- **Be humble** in victory and gracious in defeat.
- **Adopt** a "Strive to Win, Fight to Improve" attitude and leave the "Win at all Costs" attitude behind.
- **Know** that emotional outbursts or displays of bad temper or foul play will not be tolerated under any circumstances during games or training and may result in removal from the court.

Player's name:

Signature:

Date:/...../.....



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PARENT'S CODE OF CONDUCT

Hampton Hammers' Parents are encouraged to:

- **Acquaint** themselves with the basic rules of netball.
- **Familiarise** themselves with the teaching and coaching methods which will differ according to age and ability.
- **Become** involved with the Hampton Hammers club, the committee encourages all parents to watch their daughters, take part in any club functions and to volunteer their assistance and expertise – the ongoing success of Hampton Hammers is reliant on such help.
- **Commit** to paying your fees on time and understand where your money goes.
- **Familiarise** themselves with the **Coaches Code** (found on website) and support coaches in instilling these values.

Hampton Hammers' Parents should:

- **Remember** that your daughter/s play for their own enjoyment not that of their parents – encourage them to play netball but do not force them.
- **Be** realistic about your daughter's abilities; do not push them towards a level that they are not capable of achieving and remember there is always a mixed level of skill and ability in junior sport – netball is no different.
- **Respect** the rights of the coach to make decisions regarding training methods; team selections and substitutions and game tactics unless they contradict the spirit of the game.
- **Refrain** from instructing from the sidelines and making negative comments about coaching decisions within earshot of any player or the coach. If you believe there is a legitimate issue; please follow the correct protocol for effective resolution.
- **Know** that persistent, negative messages will adversely affect the players', coaches', and umpires' performance and attitude.
- **Remember** that young people learn much by example.
- **Always** show appreciation of good individual and team performance from all players – irrespective of the team for whom they play.
- **Model** sportsmanship for your daughter/s by treating all coaches, officials and players of both teams with courtesy and respect – knowing that without them their daughter/s could not participate.
- **Encourage** and focus on hard work and honest effort and praise your daughter/s for competing fairly and trying hard irrespective of the result. Always provide positive feedback; interestingly constructive feedback is often better received when it comes from the coach and not the parent (it can make for a more harmonious trip home).
- **Remain** in control of your emotions.
- **Teach** your daughter/s to play by the rules and to resolve conflicts without resorting to hostility or violence.
- **Encourage** all netballers in a positive way. If you do want to shout make sure it is 'for' not 'at' a player.

Parent's name:

Signature:

Date:/...../.....