



## **PLAYER CODE OF CONDUCT:**

These guidelines are for the mutual benefit of everyone involved. Your co-operation is greatly appreciated and will make this hockey season enjoyable for all.

1. Please offer support and encouragement to your teammates both on and off the ice.
2. Show respect for the coaches, opposition, spectators, and officials.
3. Please realize that the coaches have put in a great deal of time and effort. Work with us and not against us.
4. There will be NO cell phones in the dressing room. This is not negotiable. It is against the law to have a device that is able to take pictures in any dressing room in the league!
5. You will be dressed and ready for a game or a practice 15min before ice time in order for the coaching staff to enter the dressing room to discuss game or practice plans, line ups, etc.
6. You will only remove your helmet and gloves after a game or practice in order for the coaching staff to enter the room to debrief. This usually only takes 5 min.
7. There is to be no talking back to the coaching staff.
8. Act in a manner both on and off the ice, home or away, that exemplifies the association that Wilmot girls hockey has become.
9. Have Fun!!!! That's what it is all about anyways!

I, \_\_\_\_\_, have read and understood the rules and regulations of this team and will adhere to them for the duration of this season. If I do not follow these rules, then I will be subject to disciplinary actions which may include suspension from games.

Signed: