



## PARENT CODE OF CONDUCT:

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

1. Please offer support and encouragement to your child. Let her know that you appreciate EFFORT more than outcome. Do not offer rewards for scoring goals, as this can be counter productive for the player and the team.

2. **Please do not coach your child during practice and games. Leave the coaching to the coaches. We ask that no parents sit behind our bench.**

3. Please do not coach your child against what the coaches are teaching, this tends to cast doubt in the players mind and is ultimately counter productive.

4. Please show respect for the coaches, opposition, spectators and officials.

5. Please do not shout instructions to any player from the stands.

6. Please realize that the coaching staff puts in a great deal of time and effort.

Please work with us and not against us.

7. Please have your child at the arena **at least** 45 minutes before each game and practice. We are asking that by Nov 1<sup>st</sup> your daughter could be able to tie their own skates. If they need help a coach will be available to do so.

8. Please allow the coach's time to discuss the game/practice. Plan on 15 minutes before and 5 minutes after every game/practice.

9. Please inform the head coach in advance if your child will be unable to attend a practice, game or other scheduled event.

10. Ask or assist your child to check her equipment at home before each game and practice.

11. If you are upset with a coach or staff member, there is a 24hr cooling down period. After this time if you feel your point is still worth discussing please speak to a member of the coaching staff.

12. No spectator/parent or non team official is allowed to approach the bench prior to, during, or after a game. No spectator/parent or non team official is allowed to remove a player from the bench during a game unless it is due to an emergency.

13. No spectator/parent or non team official is allowed in the dressing room.

14. BE POSITIVE. NO CRITICISM

15. RELAX and ENJOY watching your child and the rest of the team play and have fun.

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

Signed: