

## **Sandwich High School Girls Soccer Players' Code of Conduct- Revised 09/01/2020**

**As a member of the Sandwich High School Girls Soccer Team you must be committed to the following:**

- **Practicing and playing hard every time you take the field**
- **Team chemistry**
- **Having a positive attitude while showing respect for your teammates, coaches, the referees, your opponent, the parents and the school.**
- **Your academics**
- **Taking care of yourself mentally and physically**
- **Being the best individual you can be representing the school with class, pride, dignity and honesty**

**These pledges are promises that you make to your team for the full soccer season. They are your word to your teammates and the Sandwich High School Coaches.**

- **I promise to get to practices and games on time.**
- **I promise to work hard at practice to improve my soccer skills and my understanding of the game.**
- **I promise that at practice I will give my coaches my full attention. When the coaches are talking I will stop talking, listen and keep my eyes on the coaches. I will not distract others during practice sessions.**
- **I promise to turn off all cell phones and personal devices during all tryouts, practices, scrimmages and games and to focus on being 'in the present'.**
- **I will turn on my personal cell phone or devices ONLY when instructed to do so by my coach(s).**
- **I promise to do whatever is asked of me on the field, without complaint for the good of the team.**
- **I promise to always encourage and never to criticize my teammates.**
- **I promise to always hustle and never quit, until the game is over.**
- **I promise to come to each game on time, well rested, ready to play my best for my team.**
- **I promise to display the highest standards for sportsmanship at practices and games, regardless of the outcome of either.**
- **I understand that playing time is EARNED NOT GIVEN.**