

THE ATHLETE

Athletes' responsibilities:

- Regularly attend and be punctual for all practices and games – if you cannot, inform your coach as soon as you know there is a conflict
- Be an active listener during practices, focus!
- Be disciplined...Practice hard – strive to improve your skills and learn new ones
- Be a team player-strive to get along with all the players on your team
- Be a good sport-do not physically or verbally abuse other players/coaches
- Learn the rules and play by them
- Maintain your academics
- Be a positive role model on and off the court
- Play fairly
- Communicate to your coach if there is a concern
- ATTEND the athlete/parent meeting
- Respect the coach, your teammates, opponents, and officials
- Never argue with an official's decision
- Play because you want to, not because someone else wants you to
- HAVE Fun

(Athletes' signature)

(Date)

THE PARENT

Parents' responsibilities:

- Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember that children learn best by example, so applaud the good plays of BOTH teams.
- Do not embarrass your child by yelling at players, coaches, or officials. By showing a positive attitude toward the game, and all of its participants, your child will benefit.
- Emphasize skill development and practices and how they benefit your young athlete. Fact: you need 4-6 practices to accomplish some form of performance adaptation. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game, and support the officials on and off the field of play. This approach will help in the development and support of the game. Any criticism of the officials only hurt the game.
- Applaud good effort in victory and in defeat, and enforce the positive points of the game.
- Never yell or physically abuse your child after a game or practice – it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteers, whether they are coaches or officials. They are important to the development of your child and the sport. Communicate with them and support them.
- Inform the coach of any physical disability or ailment that may affect the safety of your child or the safety of others.
- If you enjoy the game, learn all you can about the game, and volunteer your time!!
- Read and sign the "Spectators Responsibilities" sheet.

(Parents' signature)

(Date)