



## MIDDLETON SOCCER CLUB PLAYER TIPS

<i>Ways I can ensure my mind and body are in top shape to perform:</i>	Eat well, drink well, and sleep well. Drink plenty of water each day, eat nutritious and regular meals, and get plenty of sleep for optimal performance. Avoid sugary drinks and nutritionally deficient foods.
<i>What to do if I recognize bullying towards myself or others:</i>	MSC will not tolerate any form of this behavior. Report any form of bullying to an adult you trust (parent, coach, etc.). We can't fix what we don't know.
<i>Ways I can demonstrate respect for ROOTS (rules, opponents, officials, teammates, and self):</i>	Arguing with an official, opponent or teammate will not resolve the issue at hand or change the call. Resolve to demonstrate self-control and respect. Walk away, take deep breaths, and continue to play your best.
<i>Ways I can react to negative or unclean language from others:</i>	Do not engage them. Play the game the best you know how and give genuine praise to the opposing team. Discourage boastful comments and actions.
<i>What to do when you do not agree with the coach's decision(s):</i>	Ask the coach if you can talk about it. See if you can understand the coach's decision(s). Coaches are generally open to player feedback & discussion.
<i>Ways I can move on from mistakes:</i>	Use a flush the mistake away approach. Don't let it set you back. Learn from it and move on. Know mistakes are necessary for further growth & learning.

## MIDDLETON SOCCER CLUB PLAYER CODE OF CONDUCT

<input type="checkbox"/>	I will strive to master my sport through the <u>ELM Tree of Mastery</u> (E for Effort, L for Learning, and M for Mistakes are OK). I will give maximum effort at workouts, practices, and competitions. I will maintain a teachable mindset for continued growth and learning. I know mistakes are OK and in order to learn I will have to try new and challenging things which will often lead to making mistakes. I will bounce back from mistakes.
<input type="checkbox"/>	I will use positive encouragement to <u>Fill the Emotional Tanks</u> of my teammates and myself. I will be a team player who prioritizes team success and builds team unity. I understand that, like the gas tank of a car, a full emotional tank can take people most anywhere. I will refrain from criticizing, bullying, gossiping, and using profane or vulgar language.
<input type="checkbox"/>	I will be a <u>24-Hour Athlete</u> who avoids high-risk behaviors and manages diet, hydration, and sleep to optimize performance on and off the field. I will abstain from the use of alcohol, drugs and tobacco. I will keep my mind and body both mentally and physically prepared to perform its best.
<input type="checkbox"/>	I will help maintain a positive atmosphere by <u>Honoring the Game</u> , by using ROOTS (Respect for Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official's call, I will Honor the Game and be silent. I will demonstrate respect and good sportsmanship for others to exemplify.
<input type="checkbox"/>	I will use a <u>Self-Control Routine</u> to avoid losing my composure if I grow frustrated. I will take a deep breath or use self-talk ("I need to be a role model for those around me. I can rise above this & react in a mature way").
<input type="checkbox"/>	I will <u>Keep Winning and Losing in Proper Perspective</u> . I understand that success is not directly linked to winning. I can set and strive to achieve team and individual goals to aid in the mastery of my sport. I will take victory modestly and I will view defeat as a learning experience by working towards improvement.
<input type="checkbox"/>	I will <u>Strive to Strengthen</u> and/or improve individual skills outside of regular training sessions. I know that in order to make the most out of my soccer season it will require my efforts to practice on my own.
<input type="checkbox"/>	I will <u>Arrive on Time and Be Prepared</u> for all practices, games and team functions. I will communicate any conflicts with my schedule and practices/games with the coach as early as possible.
<input type="checkbox"/>	I will <u>Ensure the Safety of Myself and Others</u> by engaging in appropriate behavior on the field and by following team rules. I will report any injuries I have sustained on or off the field to the coach and will also report any injuries recognized of others.