



Player Code of Conduct

- I will strive to master my sport through the ELM Tree of Mastery (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.
- I will use positive encouragement to fill the "Emotional Tanks" 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 almost anywhere.
- I will refrain from criticizing, bullying, gossiping, and using profane or vulgar language.
- I will be a 24-Hour athlete 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 my best.
- I will help maintain a positive atmosphere by Honoring the Game and 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.
- I will use a self-control routine 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").
- I will keep winning and losing in proper perspective. 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.
- I will strive to strengthen 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.
- I will arrive on time and be prepared 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.
- I will ensure the safety of myself and others 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.
- I will abstain from making any negative comments, posts, TikTok's, etc. of players, parents, or coaches at MSC on social media (FB, IG, TT). I also understand that there will be a zero tolerance policy for violating the codes of conduct.

I have read and agree to the Player Code of Conduct policies.

Name: _____

Date: _____