

## **Prospect Academy Football Club Player's Code of Conduct**

As a member of our football team, you are expected to uphold the highest standards of sportsmanship, integrity, and teamwork both on and off the field. Your conduct reflects not only on yourself but on our Club as a whole. By adhering to this code of conduct, you demonstrate your commitment to personal growth, respect, and a positive team environment.

### **1. Respect and Sportsmanship**

- Treat coaches, teammates, opponents, referees, and spectators with respect *at all times*.
- Accept victory and defeat graciously, acknowledging the efforts of both teams.
- Refrain from taunting, trash-talking, or any form of disrespectful behaviour.
- Shake hands with opponents and referees after each game, regardless of the outcome.
- Demonstrate good sportsmanship by following the rules and spirit of the game.

### **2. Commitment and Responsibility**

- Attend all team practices, games, and meetings punctually. Notify the coach in advance if you cannot attend.
- Give your best effort during practices and games, and strive to improve your skills.
- Take care of the team's equipment and facilities, treating them with care and responsibility.
- Communicate openly with coaches about any concerns or issues you may have.
- Prioritise your academic commitments and maintain a balance between school, football, and other activities.

### **3. Positive Attitude**

- Display a positive attitude and enthusiasm for the sport and your teammates.
- Encourage and support your teammates, celebrating their successes and helping them through challenges.
- Keep a growth mindset, embracing mistakes as opportunities to learn and improve.
- Avoid negative behaviour such as complaining, blaming others, or showing frustration openly.

### **4. Discipline and Self-Control**

- Follow the coach's instructions and strategies during games and practices.
- Control your emotions, avoiding conflicts, fights, or aggressive behaviour.
- Refrain from using inappropriate language or gestures on and off the field.
- Focus on the game, avoiding distractions such as mobile devices during practices and games.

### **5. Health and Wellness**

- Maintain good physical fitness by eating healthily, staying hydrated, and getting enough rest.
- Avoid the use of alcohol, tobacco, drugs, or any other substances that could negatively impact your performance or health.
- Report any injuries or health concerns to the coach and adhere to their guidance and the guidance of qualified medical professionals regarding recovery.

## **6. Representation and Image**

- Uphold a positive image of the team and its values in your behaviour online and offline.
- Be mindful of your social media presence and avoid posting content that could bring discredit to the team or offend others.
- Dress appropriately when representing the team, both during games and in public appearances.

## **7. Continuous Improvement**

- Strive to improve your skills, knowledge of the game, and understanding of team strategies.
- Accept feedback from coaches and teammates with an open mind and a willingness to learn.
- Take initiative in your own development by seeking extra practice opportunities and studying the game.

By adhering to this code of conduct, you contribute to a positive and respectful team environment that fosters personal growth, skill development, and a strong sense of unity among teammates. Your dedication to these principles reflects your commitment to being a valued member of our football community.