



JR KNIGHTS

HOCKEY

CODES OF CONDUCT

(PLAYERS/COACHES/PARENTS)

AND

RINK RULES

**OLD BRIDGE JR. KNIGHTS PLAYERS
CODE OF CONDUCT**

2007-2008 SEASON

Play for fun – Play to win!

Work hard to improve your skills – always give 100%

Be a team player – get along with your teammates. Cheer on your teammates. Never criticize a teammate!

Learn teamwork, sportsmanship, and discipline.

Be on time for practices and games – 30 minutes before practices and 60 minutes before games.

Learn the rules and play by them. Always be a good sport.

Respect your coach, your teammates, your parents, opponents, and officials.

Never argue with the official's decision. Never argue with the coaches' decision. Never argue with teammates.

No profanity on ice or in the locker room.

During the season, Hockey comes first. All other sports/activities come second. Except schoolwork.

Game shirts are to be worn only at games and transported to the game on a hanger. Shirts should never touch the ground or be put in your bags.

Any missed power skates, practices, or games without valid reason will result in team discipline and penalty.

Have respect for your rink. It is your home away from home, treat it that way!

Do not force your children to participate in sports, but support their desire 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, children learn best by example, so applaud the good plays on 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.

Set an example of good sportsmanship for you child.

Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in lower age groups.

Know and study the rules of the game, and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game and your child.

Applaud a good effort in victory and in defeat 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 hockey.

Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them. Let the Coaches coach.

Be punctual and aware of all starting and ending times. Too much free time leads to trouble. (30 minutes prior to practice/60 minutes prior to games)

There is zero tolerance for a parent who questions the coaches' decision or ice time.

Parents shall not approach coaches before, during, or after games or practices. Discuss any concerns with the team manager and if necessary he/she will set up a meeting at least 24 hours after the issue. Congratulations and remarks are appropriate but do not discuss issues when emotions are high.

**OLD BRIDGE JR. KNIGHTS COACHES
CODE OF CONDUCT
2007-2008 SEASON**

Be a positive role model to your player, display emotional maturity and be alert to the physical safety of players.

Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be more effective communicator and coach; don't yell at players.

Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.

Organize practices that are fun and challenging for you players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.

Maintain an open line communication with your players with your players' parents. Explain the goals and objectives of your association.

Be concerned with the overall development of your players. Stress good health habits and clean living.

To play the game is great, to love the game is greater.

Set your team rules at the first practice and stick to them no matter who the player.

