



# TRAINING CODE OF CONDUCT

Our code of conduct was written by existing members of the club. This is what the girls expect of each other and what they think makes training enjoyable and worthwhile.

1. **Always try your hardest.** We don't care how good you are at drills and games as long as you try and be the best you can be.
2. **Be enthusiastic.** Come along to training willing to learn
3. **Take part in everything.** Unless you are injured you need to participate in all activities.
4. **Listen to the Coaches.** Respect our coaches, don't interrupt them and respect their views.
5. **Don't criticise other players.** We all had to start somewhere and confidence is an important part of learning and improving. So as long as someone is trying their hardest we never make negative comments to each other.
6. **Everyone has an opinion.** Don't criticise someone else's. We respect each other's opinions even if we don't agree with them.

By becoming a member of the club and coming to training you are agreeing to abide by this code.

If you aren't enjoying training or something is worrying you – talk to a Coach or the Club Welfare Officer, who is Sarah Lang – she's usually at most training sessions.