

CODE OF CONDUCT



Players Words of Commitment

I _____ shall, as a player, ensure my safety and the safety of others at all times and work hard to be the best player that I can be.

I will always:

- Take advice from my coach to improve my technique and then practice regularly until it's 'perfect'.
- Warm-up thoroughly before every game and training session and cool-down properly afterwards.
- Work to improve my fitness in all the areas that are important in football.
- Stretch at least once a day, holding each stretch for at least 20 seconds.
- Wear shin pads and appropriate footwear when playing and training.
- Fuel and hydrate well before training and games and have my own drink bottle with me at all times.
- Have my kit bag stocked with extra layers, healthy snacks, sun block and a cap.

I will never

- Train or play if I'm injured.
- Take shots on goal before I am fully warmed-up.
- Lose my cool, on or off the pitch.
- Purposefully cause harm to another player.

The Fair Play Code

It is the intention of this code to promote fair play and respect for all participants and staff within our team. All players must abide by the comments stated below and observe the principles of the FAIR PLAY CODE before being allowed to participate in the team.

- I will play football because I want to, not because anybody else wants me to.
- I will play by the rules of football and in the spirit of the game.
- I will control my emotions - fighting or "mouthing-off" can spoil the game for everyone.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn't everything – enjoying the game, improving my skills, building relationships and doing my best are also important.
- I will acknowledge all good players and performances - those of my team and my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

I agree to abide by the principles of the FAIR PLAY CODE, as set by my Coach, my Club and New Zealand Soccer. I also agree to abide by the rules, regulations and decisions as set by my Federation and New Zealand Soccer.

TEAM - Together Everyone Achieves More