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# **PLAYERS' CODE OF CONDUCT**

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Joe Ehrmann  
*InSideOut Coaching:*  
*How Sports Can Transform Lives*, pp. 196-197  
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I accept responsibility for my behavior on and off the field. I understand that what I do and say affects my teammates, my school, and other people either positively or negatively.

I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.

I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.

I do not put people in boxes according to their race, sex, religion, neighborhood, sexual orientation, or abilities. I judge people by the content of their character.

I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, “How can I help you?”

I serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school, and community as a student-athlete.

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I give 100 percent effort to practices, games, and events. I understand that that effort demonstrates my commitment to the team and my respect for my coaches and teammates.

I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and “trash-talking” to members of other teams. I accept defeat graciously by congratulating my opponents on a game well played.

Because I represent my family, school, and team, I abide by the policies, rules, and guidelines of the school, team, and coaches.

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Signature

Date

