

# PANTHER PRIDE

## BEING AN ISB ATHLETE - OUR SHARED CODE OF CONDUCT

*As ISB Panthers, our Athletes, Parents, Spectators and Coaches will strive to display appropriate behaviour at all of our athletic events according to this code of conduct. Failure to follow the code of conduct may result in removal from the event or team.*

### Players' Code of Conduct:

**I will:**

- *be committed to the team and attend all practices and games or otherwise notify the coach if I cannot attend or will be late.*
- *demonstrate a positive, constructive and supportive attitude that helps build the team rapport.*
- *be a part of a team, thus putting the team before my personal desires.*
- *work hard, give my best effort and look to continuously improve in skill and leadership.*
- *demonstrate excellent sportsmanship regardless of the situation and appreciate and respect my opponent.*
- *show respect towards coaches, the officials, the spectators, and the opponents.*
- *strive to develop healthy habits that support my development as a student athlete.*
- *understand that sport is for fun, personal development and healthy competition.*
- *use appropriate language that is positive and encouraging.*

### Spectators' & Parents' Code of Conduct:

**I will:**

- *understand that sport is for fun, personal development and healthy competition.*
- *recognize effort and intent of coaches and players and not interfere with the coaching, officiating or practice routine of any team.*
- *not always agree with the call, but I will respect all decisions of the coaches and officials, trusting their judgment and integrity.*
- *lead by example and demonstrate positive sportsmanship throughout the game by supporting and cheering for the team in a positive manner, refraining from negative or abusive language, gestures and/or behaviour, regardless of the final result.*
- *recognize outstanding performances from our own athletes, as well as, our opponents.*
- *support my child's overall health by providing appropriate, healthy snacks at games and practices.*

### Coaches' Code of Conduct:

**I will:**

- *understand that sport is for fun, personal and team development through healthy competition.*
- *try to make each and every experience a positive one.*
- *play by the rules, be fair, and uphold the highest standards of integrity.*
- *understand that our sports conferences carry heavy penalties towards schools who cheat, and I will not put my school at risk.*
- *understand that winning is a goal, but is not everything. We do not win at the cost of our integrity.*
- *assess the ability level of our opponents and not use strategies and tactics to run up the score.*
- *seek opportunities to give all athletes valuable, meaningful playing time where appropriate within game situations.*
- *prepare my team to learn, improve, and compete to the best of their ability.*
- *use appropriate language and behaviour while coaching.*
- *respect players, officials, opponents, coaches, and spectators. I will be a role model of appropriate behaviour.*
- *teach or remind players of healthy and safe habits such as eating healthy, staying hydrated and gaining adequate sleep.*
- *understand that student-athletes are students first and athletes second.*

### Our Goals for ISB Student Athletes:

**Work with others** - *The team and its objectives must be placed higher than personal desires.*

**Be successful** - *We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication.*

**Develop sportsmanship** - *Accept defeat like a true sportsman/woman, knowing we have done our best. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.*

**Improve** - *Try to better your skills and exhibit desirable characteristics as an athlete.*

**Enjoy athletics** - *It is necessary for athletes to enjoy participation and acknowledge all the personal rewards to be derived from athletics.*

**Develop desirable personal health habits** - *It is important to obtain a high degree of physical fitness and good health habits through exercise and to maintain this level of physical fitness after completion of formal competition.*

