

**ST. ANASTASIA CATHOLIC SCHOOL ATHLETIC DEPARTMENT
PLAYER/PARENT COMMITMENT AND CODE OF CONDUCT**

The St. Anastasia Athletic Department wants participation in team sports to be fun and exciting and expects support from both parents and players to achieve this goal. We provide our sports programs so students can be given opportunities to fully achieve their potential in an organized and competitive environment. In order to help insure the success of the program, we must recognize that our actions and words can have a lasting effect upon others, both positive and negative. We need everyone to join us in being a positive role model.

As a St. Anastasia player, I understand that my success and growth requires extra effort, a positive attitude and the willingness to learn. So that I can be the best player and teammate for the success of my team, my parents and I promise to do the following:

PLAYER

1. I promise to come to every practice on time. If I am going to be late or cannot attend, I promise to contact my coach.
2. I promise to work hard at practice to improve my skills and understanding of the game.
3. I promise to give my coach my full attention during practice and games.
4. I promise to do whatever is asked of me for the good of the team.
5. I promise to always encourage, and never criticize my teammates-at practice, during a game and at school.
6. I promise to always hustle and never quit for myself and my teammates.

There is a joy in winning, but pride develops in doing your best whether winning or losing. This is known as team spirit, which will be remembered and cherished more than the team's record.

PLAYER (print name) _____

SIGNED _____ DATE _____

PARENTS

1. I understand this program requires a commitment to practices and games that will involve evenings and travel. The team concept is important and I know the other players and coaches are counting on my child's full participation.
2. I will guide my child in proper management of time and responsibilities related to school work, family expectations, etc. to avoid interference with the team's schedule and commitment.
3. I understand that playing time is at the coaches' discretion.
4. I will be a positive role model for my child and encourage good sportsmanship by showing respect and courtesy, and demonstrating positive support for all players, coaches, officials and spectators at every game or practice.
5. I will praise my child for competing fairly and giving their best effort.
6. I will help my child learn the right lessons from winning and losing, and from individual accomplishments and mistakes.

7. I will never question or confront a coach at a game or practice, and will take time to speak with the coach at an agreed upon time and place.

8. I will pick up my child on time at the scheduled end of practice or games.

As a parent, I pledge my support for my child in meeting this commitment. Please sign our Parent Code of Conduct to show support for a positive program.

PARENT (print name) _____

SIGNED _____ DATE _____