



# Code of Conduct for Coaches

Please read carefully, it is your obligation to understand and follow this code

We at **The Plex** believe that high school athletic competition should be fun. We believe that those who coach student-athletes are, first and foremost, teachers who have a duty to assure that their sports programs **promote important life skills and the development of good character**. We believe that the essential elements of character-building are embodied in the concept of sportsmanship core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We believe, further, that the highest potential of sports is achieved when coaches consciously teach, enforce, and model these values and are committed to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of these values will improve the quality of our programs and the well being of our student-athletes. This Code of Conduct applies to all coaches involved in all leagues at **The Plex**.

***I understand that in my position as a coach, I must act in accord with the following values:***

- **Integrity** — Model high ideals of ethics and sportsmanship and always pursue victory with honor; teach, advocate and model the importance of honor and good character by doing the right thing even when it's unpopular or personally costly.
- **Honesty** — Don't lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct.
- **Respect** — Treat all people with respect all the time and require the same of student-athletes.
- **Class** — Be a good sport, teach and model class, be gracious in victory and accept defeat with dignity; encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- **Taunting** — Don't engage in or allow trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials** — Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.
- **Respect Parents** — Treat the parents of student-athletes with respect; be clear about your expectations, goals and policies and maintain open lines of communication.
- **Profanity** — Don't engage in or permit profanity or obscene gestures during practices, sporting events, or any other situation where the behavior could reflect badly on the school or the team.
- **Positive Coaching** — Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that is demeaning to student-athletes or others.
- **Effort and Teamwork** — Encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork, and winning with character.

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## ***Inherent Responsibility of Coaches***

### **I understand that in my responsibility as a coach to teach and promote:**

- **Life Skills** — Always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible.
- **Role-Modeling** — Be a worthy role-model, always be mindful of the high visibility and great influence you have as a coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all I want my student-athletes to be. Refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of student-athletes or other situations where my conduct could undermine my positive impact as a role model. Foster the development of good character by teaching, enforcing, and modeling high standards of ethics, sportsmanship.
- **Competence** — Strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques. Maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.
- **Positive Environment** — Strive to provide a challenging, safe, and enjoyable sports environment that is physically and emotionally safe. Be fair in competitive situations, selecting a team, disciplinary issues and all other matters.
- **Self-Control** — Control my emotions; avoid displays of anger and frustration; don't retaliate.
- **Integrity of the Game** — Protect the integrity of the game; Play the game according to the rules. Enforce this Code of Conduct consistently in all games even when the consequences are high.
- **Protect Athletes** — Put safety above the desire to win; never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
- **Improper Gamesmanship** — Promote sportsmanship over gamesmanship; don't cheat, resist temptations to gain competitive advantage through strategies or techniques that violate the rules.

**I have read and understand the requirements of this Code of Conduct. I understand that I am expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.**

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Coach signature

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Print coach name

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Date