



RAS CODE OF CONDUCT STUDENTS

I understand that my enrolment and continued placement in the Rochedale Academy of Sport is dependent upon the attainment and maintenance of specified sporting standards as well as the acceptance and adherence to the standards listed below.

As a Rochedale Academy of Sport Athlete:

- I will be an ambassador for our program, going out of my way to welcome new players and create a supportive positive environment around the Rochedale Academy of Sport.
- I will be loyal to my teammates, to my coaches, and to the program.
- I will operate with a high level of gratitude and respect through this program (E.g. Keeping the training venue clean, playing space free from bags or objects, picking up after myself after training, providing assistance to the setup of equipment necessary for training) and I will do all of this with a sense of pride.
- I will be accountable for team requirements (E.g. being on time to training and games, being at training and games every week, ensuring you are at all commitments for the team), and I will do all this with a sense of pride.
- I will learn how to set goals, live by them, and develop a lifestyle that will produce success on the court or field
- I will learn principles of positive reinforcement and apply them in practice and competition.
- I will show frequent and genuine appreciation to those who work on our behalf (coaches and support staff)
- I will use good listening and maintain eye contact during drill explanations and team meetings as well verbalising any issues that arise.
- I will anticipate upcoming responsibilities and commitments. I will organise to try and move work commitments or social events from training or game commitments. If not possible then I will let my coach and the team know at least 2 weeks in advance.
- I will accept the decisions of the coaching staff. Including playing time and positions.