

Commitment From Players and Parents/Guardians

1. Arrive on time and prepared

- a. Be ready to start on time with appropriate clothing, footwear, a filled water bottle, and equipment

2. Respect Coaches and Teammates

- a. Actively listen, follow instructions, and treat everyone with kindness and respect—on and off the court.

3. Maintain a positive attitude

- a. Stay coachable. Learn from mistakes, support others, and encourage a growth mindset.

4. Communicate absences in advance

- a. Let the coach know, in advance, if you'll miss a session

5. Stay Focused and Minimise Distractions

- a. No phones or electronic devices in sessions.

6. Give 100% Effort

- a. Always try your best, whether you're doing warm-ups, routines, matches, or conditioning.

7. Take Responsibility for Your Development

- a. Ask questions, seek feedback, and be open to learning. Improvement takes time and effort.

8. Look After the Training Environment

- a. Help set up and pack away equipment, and keep the court area clean and safe

9. Show Good Sportsmanship

- a. Win or lose, always be respectful to opponents and officials. Represent the club with pride.

10. Enjoy the game and have fun!

- a. Passion and enjoyment are key to long-term success and motivation.

11. Respect the learning environment

- a. Only coaches and players are allowed on-court or courtside. Parents/guardians and other spectators are to remain in the bar or viewing area.

Name of Player _____

Signed _____ (Player)

Name of Parent _____

Signed _____ (Parent/Guardian)

Dated _____