



PLAYER CODE OF CONDUCT

- 1) Be on time for your session and be ready to train.
- 2) Let your coach know if any injuries/illness prior to training or match.
- 3) If, for some reason, you cannot attend training, let your coach know in advance.
- 4) Attend training in training kit: Club dress or black top, black skort, skirt or shorts and white socks. Appropriate trainers must be worn (not leisure shoes).
- 5) Fingernails must be cut short and all jewellery removed. Hair must be tied back.
- 6) Hydration is very important. It is YOUR responsibility to bring sufficient fluids to training sessions. NO fizzy drinks.
- 7) Respect your coach and who you are training with.
- 8) Mobile phones should not be used during training unless there is an emergency.
- 9) Sweets and chewing gum MUST NOT be eaten during training.
- 10) All personal equipment must be taken care of at all times. Please do not bring items of value to training or matches. WLNC cannot be held responsible for damage to or loss of any personal items.
- 11) Discipline is extremely important and disruptive behaviour will not be tolerated.

The Club has adopted THE THREE STRIKE RULE:

- i) Any player who is found to be disrupting training will be verbally warned. This will be recorded by the coaching staff with a note of the player/s involved.
- ii) If the disruption reoccurs, the player's parents/guardians will receive written notification and the matter will be reported to the Club's committee.
- iii) A third incident will result in the committee terminating the player's membership of the club.

Name _____

Date _____

Signature _____