



## Coaches Code of Conduct

Metro Courts, Inc. recognizes that there are a multitude of principles and approaches to coaching styles and methods. However, in our space, it is expected that every coach and trainer respect the rights, dignity and worth of every athlete that they serve. As a responsible coach, when participating in or attending activities at Metro Courts, including training/coaching sessions and competition events you will:

- Respect the Golden Rule: Treat your players, their parents and the officials in the same manner you want to be treated. This means no yelling, no sarcasm, and no embarrassing anyone in front of others. To gain respect, you must give respect.
- Keep in mind at all times that you are a youth sports coach and that this experience is for the children, not for the adults.
- Use positive coaching methods to make the experience enjoyable for your players, increase their self-esteem and foster in them a true sense of enjoyment of the sport in which they are engaged.
- Ensure that activities you direct or guide are appropriate for age, maturity, experience and ability of the individual athlete.
- Teach the principles of fair play and sportsmanship to your players and model these principles for them at all times.
- Treat officials with respect and dignity, and instruct your players and their parents to do the same.
- Treat opposing coaches and opposing players with respect and dignity and encourage your players and their parents to do the same.
- No pictures or videos may be taken of other coaches or teams' training sessions or practices.
- Read the rulebook. Identify any special policies your league has adopted. Strive to teach those rules to your players and their parents as best you can. You can't expect your players to know the rules if you do not.
- Encourage safe play at all times.
- Review and practice basic first aid principles needed to treat injuries of your players.
- Encourage and guide athletes to accept responsibility for their own performance and behavior.
- Avoid swearing and abusive language and irresponsible behavior including behavior that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Refrain from using any illegal substances or tobacco products, or imbibing alcohol in the presence of your players.
- Ensure that choices or actions made by you and your players do not cause any damage to any portion of Metro Courts, Inc., and at the end of each practice shall deliver the Leased Premises to Landlord in good condition and repair, ordinary wear and tear and damage from insured casualty excepted. The cost and expense of repairing damages caused by negligence or a willful act shall be borne by Rental Agreement holder.

I have read and agree to abide by the **Coaches Code of Conduct** outlined by Metro Courts, Inc.

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Coach (Print)

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Signature

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Date



