



## Player Code of Conduct

Expectation	Why it's important
Make a commitment that basketball will be your only (or at least, main) sport	The San Diego Soldiers coaches are determined to pour everything we have into our players - our energy, our knowledge, our determination, our passion. In return, we expect SDS players to be as committed as we are to improvement.
Make a commitment to attend all practices, games and tournaments (excepting sickness or exceptional circumstances). Any likely lateness or non-attendance must be communicated to the coach as soon as possible.	Basketball is a team sport ... as well as playing together we need to practice together ... all the time, every time. Coaches cannot do their job effectively if players do not show up for practice. Practice is not optional!
Work hard at school and keep your grades up; Players must maintain a 2.5 GPA; Coaches will conduct a quarterly grade check. If a player's GPA is below 2.5 there will be a scheduled parent, player and coach meeting	Education must <u>always</u> take priority over basketball. San Diego Soldiers requires parents to inform us if a player is not performing well at school.
Have a positive, never-quit attitude	Our primary goal is not to win. It's to play together, to encourage each other and to play hard. If we do that then winning will take care of itself.
Train and play to the best of your ability	All we ever ask of a San Diego Soldiers player is that s/he tries as hard as s/he can and focuses on the things s/he can control (such as attitude and effort)
Demonstrate sportsmanship	Basketball is a <u>sport</u> – this means it must be enjoyed and we must always show fairness, respect and a sense of fellowship with our opponents and team mates.
Practice basketball skills on your own time	<i>'Hard work beats talent when talent doesn't work hard'</i> . Basketball is like most things in life ... if you want to excel you HAVE to work hard. The 3 hours / week of organized practice is just the beginning of what is required to become an elite basketball player.
Respect your coach, your parents, your teachers your opponents	To be respected we believe you have to respect others. Respect is not automatically given ... it's earned.
Respect officials and accept their decisions without dissent	Just as players will make mistakes, so will officials make bad calls, Sometimes these bad calls will work against us, sometimes they will work in our favor. Never feel you are a victim. Whatever happens, accept the calls and continue to PLAY.
Only give encouragement to your teammates	We are in this together, we are teammates. Encourage each

	other to play better, to play harder.
Never boast before a game or after a win	Remain humble ... be confident, be determined but never brag. Let your actions and the scoreboard speak for you.
Never use profane or vulgar language	Keep Calm and Don't Swear !
Approach your coach directly (not always through your parents) with any basketball-related problems or questions.	We aim to create strong player / coach relationships which will improve players' confidence and help to prepare them to enter High School programs and beyond.
San Diego Soldiers players may not play for other teams	<ul style="list-style-type: none"> <li>• Burnout, both physical and emotional, is something we (parents and coaches) must all be constantly aware of. We ask a lot of our young athletes and we do not ever want them to fall out of love with the game. Their bodies too are also changing quickly and every player will pick up injuries of some description along the way ... sometimes rest is the best solution.</li> <li>• We expect a commitment from the player that San Diego Soldiers is his / her #1 priority ... if a player picks up an injury playing for another program then this is a concern. <ul style="list-style-type: none"> <li>• We practice twice a week and normally play once or twice a week. If a player is also practicing in his / her own time (as we expect them to be doing) then I believe this is more than enough basketball.</li> </ul> </li> </ul> <p>There are a few exceptions that are understandable and acceptable:</p> <ol style="list-style-type: none"> <li>1. Players may play for their school teams</li> <li>2. Players may play in a tournament or game with another team in between our seasons</li> <li>3. Players may play for non-competitive club programs</li> </ol> <p>In all cases 1-3 above San Diego Soldiers must be the player's first priority. If there is ever a scheduling conflict and the player chooses the other program over San Diego Soldiers then this will result in the player being asked to leave San Diego Soldiers.</p>