



ELITE FIELD HOCKEY CLUB

PARENT & PLAYER CODE OF CONDUCT

Practices:

Practices are scheduled twice a week, days and times may change depending upon ground and coach availability.

Field Restrictions:

Only players and coaches are allowed on the field before or during the practices. Parents, families, and friends must cheer from outside the practice field.

Please allow for the other teams and clubs to vacate the field before sending your kids on to the field for practice.

Parent Participation:

Throughout the year we'll need help of parents from time to time. At least one parent (guardian, grandparent, etc) is expected to stay for the entire practice.

Uniform & Clothing:

The Elite Field Hockey Club uniform is:

- Game Jersey
- Game Shorts
- Socks

These items are to be worn for all the practice sessions. **Shins Guards & Mouth Guards** are mandatory for all practices. Running shoes or Turf shoes must be worn for practices. All jewellery including Karas must be removed.

Dress for Weather

Please make sure your child wears appropriate gear for all practices. Layers are best, allowing to adapt to changing conditions.

For cold days consider:

- Toques & Gloves
- Hoodies & Raingear

Be on time:

It's embarrassing for your child and disruptive for the whole team to show up late. Everyone (including coaches) will be late once or twice in the season, but please don't make it a habit.

Avoid Absences:

Practice sessions go best when everyone is present. Absences make it difficult for coaches and other players, Playing games *shorthanded* means your teammates get less rest between shifts. Exhausted players don't have fun, and probably don't do their best either. Things like illness and family vacations will happen to most players over the course of the season, please communicate as soon as you can when you know your child will be absent or late.

Check, read and respond to email:

We will communicate via email regularly, please make sure that you check your email before leaving for practices and games, Elite Field Hockey Club will only call on case of emergency.

Name (Print): _____

Signature: _____ Date: _____