

# SENIORS CODE OF CONDUCT

- Ownership** Ownership of this code of conduct means you set the code down for you to uphold.
- Respect** Respect for each other at **all times**, Coaches, Umpires, Opposition and Spectators
- Each other** Only positive comments on and off the court.  
Always encourage and give support.  
Remember that you are a team.
- Opposition** Do not engage in banter with the opposition.  
You will lose your own focus.  
Could also end up in un-necessary physical play.
- Coaches** Decisions made on and off the court.  
Respect in a training session.  
Includes other Coaches not involved with Woodley.
- Umpires** Decision to be adhered to immediately  
No comments or gestures.
- Spectators** Are there to support the squad – in all weathers  
This includes opposition's spectators.
- Appearance** Dress, jewellery, nails, shoes and hair.
- Dress** **At matches** Club kit/colours should be worn.  
Shirts tucked in at all times.
- Shoes** Predominantly white sports shoes (non-marking).  
**Always** tied properly.
- Jewellery** None to be worn at matches or training.
- Nails** Short before they are checked by the Umpire in a match.  
Must be short for training also.
- Hair** Tied back/ clipped if required, to stop distraction.
- Commitment/Expectation** Confidence, Training, Standards, Matches, Teams (Subs.)
- Confidence** Believe in yourself, Team and Coaches.
- Training** Committed to training sessions  
When not available phone Team Coach, Captain or Vice,  
Bring a drink with you every time.
- Matches** Arrive at least 15 minutes before start time.  
Always give a 100% whether on or off court.  
Stand with fellow team members to support team on court.  
At quarter time all team members together with Coach/Captain.  
Always be ready to take the court at anytime.
- Team** Work for everyone,  
Positive comments always.

## **Understanding of substitution**

### **Coaches/Captains' decision.**

Build up a Team  
Player/s not working as a unit.  
Player unable to give 100% - illness, injury.  
Player/s unable to adjust within the game situation.  
The enforcement of the disciplinary rule - respect, commitment appearance.

**Disciplinary**    Respect, commitment and appearance.

Stand off for 5 minutes (training)  
Removal from court (match)

**Communication**    Your needs, concerns and Feedback.

**Needs and concerns**    Talk to the Coach, Captain or Vice Captain about any needs and concerns.

**Feedback**                Respond positively to constructed balanced feedback.