



## PLAYER CODE OF CONDUCT 2008 - MIGB BOOSTER CLUB

Players are required to adhere to the following principles:

- **Play hard, have fun** : Practice and play with your best effort and you will surely have fun.
- **Commit to the team**: Attend games and practices unless excused for good reason (personal, family, school, illness). Call your coach if unable to make a game or practice. Be responsible for your assignments on the floor to ensure the team's best performance.
- **Be respectful**: No profanity, trash talking or put downs. Use appropriate, positive, uplifting words. Encourage your teammates and applaud their successes. Congratulate opponents and thank officials at the conclusion of the game.
- **Condition your body**: Improve your physical condition through regular exercise. Respect your body with a healthy diet and adequate rest. Listen to your body with respect to injuries.
- **Condition your mind and spirit**: Believe in yourself. Push yourself to improve. Nurture your personal/spiritual beliefs. Be honest, dependable and accountable. "It's not your ability, but your dependability that counts." Be the best student you can be. Also be a student of the game - a willing and active listener. Have a "never quit" attitude. Strengthen your mental ability to compete.

*I understand and agree to comply with the principles outlined in the Code of Conduct outlined above and to comply with the MIGB Booster Club Participation Guidelines attached to this document.*

Player Signature: \_\_\_\_\_

Date: \_\_\_\_\_