MISS PORTER’S SCHOOL

ATHLETICS CODE OF CONDUCT

*It is the ‘soft stuff’ (communication, values, culture) that delivers the ‘hard stuff’ (wins, championships, trophies).*

PLAYER EXPECTATIONS:

Upon selection to our athletic community, a player is expected to participate in all activities of their team (training, matches, service, and other team related activities). Players should be committed to improving as athletes and as people and should take participation within the program seriously. Miss Porter’s School student-athletes are required to:

• Represent Porter’s as a leader and model citizen at all times, including on and off the field, around campus, and in the greater community and world.

• Possess and maintain a positive and **NO QUIT** attitude.

• Exemplify and demonstrate exceptional sportsmanship at all times.

• Reflect respect for all authority figures, including coaches, trainers, referees, administrators, and parents.

• Attend ALL training sessions and games.

• Arrive early to training sessions and to game days. **“If you’re early, you’re on time. If you’re on time, you’re late!”**
• Begin team practice and game warm up with dynamic movements and technical training. The coach will specify.

• Bring Water, appropriate footwear/clothing, and train hard in each and every practice and match.

• Engage in individual training, coordinated in advance with the coach for proper planning purposes.

• Give coaches prior notice and get their permission if you must miss a practice or game.

• Approach a coach with any personal sport specific related problems. The coaches are there to help you. If you don’t understand something the coach does or says, don’t be afraid to ask for clarification.

• Be present at every training session and match even when injured. The only exceptions are events that may conflict with physical therapy or doctor visits pertaining to the injury. This must be cleared with the coach prior to the conflict.

• Watch your sport live in person or on TV. Watch your sport and study how it is played at the highest level.

• Focus on school. No matter how talented, enthusiastic, dedicated, and passionate you are about your sport, your education must come first.