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## Player Code of Conduct

As a player and participant in a Town of Castle Rock Athletics program:

- I will respect my opponents, coaches and officials. I will treat everyone with respect, regardless of whether they are on my team or the opposing team. I will show appreciation for the efforts of coaches and officials, even if I disagree with their decisions.
- I will play fair and follow the rules. Cheating or unsportsmanlike behavior will not be tolerated.
- I will control my emotions. I will avoid negative behavior such as trash-talking, verbal abuse or physical aggression towards opponents, coaches or officials.
- I will be a good teammate. I will encourage and support my teammates, and always work together towards achieving the team's goals.
- I will stay focused on the game at all times and avoid distractions. I will respect my teammates by not distracting them during games and practices.
- I will respect the facilities and equipment. I will take care of the facilities and equipment used during games and practices.
- I will make an effort to attend all practices and games unless I have a valid excuse. I will communicate with my coach if I am unable to attend a practice or game.
- I will learn from mistakes. I will take responsibility for my mistakes and use them as an opportunity to learn and improve my skills.
- I will have fun. I will remember that recreational sports are about having fun and enjoying the game. I will enjoy the experience and have a positive attitude, win or lose.

