



## **Player Code of Conduct:**

### **1. Be Prepared:**

- Be ready and dressed 10 min before each session, ready to go. Players should be at the door when the zamboni gets on the ice.
- Bring all necessary gear, including skates, stick, gloves, helmet, and a water bottle.

### **2. Effort and Attitude:**

- Give 100% effort during every drill.
- Stay positive and encourage teammates.

### **3. Focus on Fundamentals:**

- Commit to improving basic skills like skating, puck handling, shooting, and passing.
- Pay attention to detail during drills and follow instructions carefully.

### **4. Respect:**

- Show respect to coaches, teammates, and facility staff.
- Use appropriate language and demonstrate good sportsmanship at all times.

### **5. Be Coachable:**

- Be open to feedback and constructive criticism.
- ASK questions if something isn't clear.

### **6. Listen and Learn:**

- Stay quiet and attentive during explanations and demonstrations.
- Watch and learn from peers who perform drills well.

### **7. Safety First:**

- Always wear proper protective equipment during sessions.
- Avoid unnecessary risks that could lead to injuries.

### **8. Teamwork and Collaboration:**

- Participate fully in group drills and activities.
- Help push each other to improve every day.

### **9. Have Fun:**

- Enjoy the process of learning and improving your game!
- Bring energy and enthusiasm to every session.