



WEST HERTS HOCKEY CLUB

Established 1921

West Herts Junior hockey Club - Code of Conduct 2010/11

### Players

Should always be on their best behaviour when representing West Herts Hockey Club.

Should always support one another and help by calling in a positive way.

Should try their best and enjoy the games.

Always shake hands with the opposition and umpires at the end.

Make every effort to develop their own sporting abilities, in terms of skill, technique, tactics and stamina.

Give maximum effort and strive for their best possible performance during a game.

Avoid all forms of gamesmanship and time wasting.

Always have a regard for the best interests of the game.

Must not use inappropriate language (no swearing).

Know and abide by the law, rules and spirit of the game.

Accept losing as part of the learning process.

Treat fellow players & opponents with due respect at all times, irrespective of the result of the game and never engage in violent and rough play.

Show due respect towards the umpires & Officials and accept the umpire's decisions.

Show respect and co-operate with coaches, thank them for their help.

### Parents.

To ensure their children turn up on time for games and meet times.

To ensure the children are prepared for the game, all weather shoes, shin pads, club kit, mouth guard, Hockey stick, glove, suitable shorts/skirts and socks.

To ensure the children behave themselves at matches.

To support the team and encourage the players.

To support the Team Manager and Coach in their tasks.

To enjoy themselves.

### Matches



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In recent years a small minority of Junior club players have worn items which are considered inappropriate to play sport in. The team should look like a team - with players dressed the same, **in team colours**.

Please remember that if you are selected to play for one of the Junior section teams you are representing the club. To this end you will ensure that you are well presented and are wearing suitable clothing to be identified as part of the West Herts Team.

### Shirts

The club expects its' players to provide a playing shirt with a number. The standard colour for shirts is white. You can purchase your own West Herts top from the club - (check website for details), alternatively please wear a clean, plain white sports top. If you have to change into another colour you will be provided a top or a bib.

### Shorts/Skirts/Socks

Boys will wear Navy shorts. Girls will wear either Navy shorts or a Navy skirt/shorts. Team socks are Light Blue in colour with white tops, again these can be purchased from the club. Plain light blue football socks, available cheaply from Discount Sports stores, are an acceptable alternative.

### Footwear

Astroturf shoes are considered the best footwear for Hockey, but suitable trainers will be accepted. Do not wear plimsolls or "blade" type football boots.

### Jewellery

All Jewellery, including watches, must be removed before you commence playing or training.

### Safety

Also, like in most sports, there is the potential to be injured playing Hockey. Therefore certain safety equipment is necessary to minimise injuries.

All players **WILL** wear shin Pads. It is **strongly advisable** that you will also wear a Gum shield, of the type fitted by a dentist. Both of these items will offer a certain level of protection whilst playing hockey.

These items should also be worn during the practice sessions. Specifically designed Hand Protection aids are also encouraged to be worn - but are not compulsory.