



TRUESPORT PARENT Code of Conduct

A code of conduct is a set of rules and responsibilities that outline expected behaviors from individuals or organizations. TrueSport recognizes that parents are vitally important to the development of life skills that will equip their athlete for success both on and off the field. Abiding by this Code not only facilitates success, but also ensures that children enjoy a more positive and healthy sport experience that respects their social-emotional growth as well as their physical development. As a TrueSport parent, the following code of conduct establishes the expected behaviors you must adhere to:

SPORTSMANSHIP

Promoting fairness, respect, the importance of following the rules, and equal and ethical treatment of others.

PARENTS WILL:

- Role model good sportsmanship with all athletes, coaches, parents, and officials.
- Respect all officials' and coaches' authority during games and not confront, question, or discuss their calls outside of an agreed upon time and place to do so.
- Share expectations and encourage good sport behavior from their athlete and support the education their athlete receives on what good sport practices are.
- Always act in a manner that is consistent with their expectations, adhere to team values, and remove themselves from a competition or practice that challenges their ability to do so.
- Keep lines of communication with coaches and administrators open, honest, and professional.



CHARACTER BUILDING

Partnering with coaches to employ values-based education tactics to develop positive whole-life attitudes and behaviors - Courage, Respect, Integrity, Teamwork, and Responsibility.

PARENTS WILL:

- Never shame, ridicule, or yell at their athlete or other participants for making a mistake or losing a competition.
- Continue to educate themselves on best practices for enabling and supporting their athlete in discovering and practicing the positive whole-life attitudes and behaviors of courage, respect, integrity, teamwork, and responsibility through sport participation.
- Encourage, enforce, and practice behavior that is respectful of all athletes, coaches, parents, and officials.
- Act with the highest level of integrity and encourage their athlete to do the same.
- Recognize the needs of their athlete before their own ambitions or goals.



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LIFE SKILLS

A skill that helps a person to function well in adult life, especially in social or emotional situations - Decision-Making, Goal-Setting, Leadership, Perseverance, and Accountability.



PARENTS WILL:

- Encourage their athlete to listen to their coach and refrain from coaching any athlete during games and practices unless they are officially a coach of the team.
- Continue to educate themselves on best practices for instilling the life skills of decision-making, goal-setting, leadership, perseverance, and accountability.
- Practice accountability by acknowledging when they have acted in a manner inconsistent with their expectations and values (i.e. yelling at an official).
- Encourage their athlete to work hard to help their team strive towards a common outcome.
- Be mindful of and responsive to their responsibility to create an environment where their athlete desires to continue to actively participate in sport in the future.

HEALTHY PERFORMANCE

Wellness-centric lifestyles that fuel athletic and personal success - both on and off the field of play.

PARENTS WILL:

- Advocate for their athlete when coach or official behaviors and team values present an unhealthy environment.
- Encourage behaviors or practices that would not endanger the health and wellbeing of their athlete or other athletes.
- Teach their athlete to resolve conflicts without resorting to hostility or violence.
- Help their athlete to develop a balanced lifestyle between schoolwork and everyday life.
- Empower and encourage their athlete to recognize, admit to, and seek help for signs of burnout, stress, or anxiety.
- Recognize and celebrate both the small and large achievements made by their athlete.
- Empower and encourage their athlete to develop at their own pace.
- Continue to educate themselves about best practice techniques to help their athlete manage stress, anxiety, and failure.



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CLEAN PERFORMANCE

Reaching athletic potential with proper nutrition, hydration, and rest; not by turning to powders, pills, and energy drinks.

PARENTS WILL:

- Encourage fair play and discourage cheating of any form, including performance-enhancing drug use and taking shortcuts.
- Encourage a food-first approach to staying healthy and alert.
- Seek out a medical professional's opinion and do their due diligence before advising their athlete to take any form of supplement.
- Practice healthy behaviors, including the avoidance of using energy drinks or other stimulants while in the presence of their athlete.
- Inform the coach of any physical disability or ailment that may affect the safety of an athlete or the safety of others.
- Abide by guidelines, rules, and regulations set out by the U.S. Center for SafeSport, their athlete's team or affiliated program, the U.S. Anti-Doping Agency, and TrueSport.

