

# Rugby Oregon Parent/Guardian Code of Conduct

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Rugby Oregon expects all parents or guardians to abide by the following Code of Conduct:

1. I understand young people are involved in rugby for their enjoyment, not mine.
2. I will let players and coaches take responsibility for the first goal of winning. I will relentlessly focus on the second, more important, goal of using sports to teach life lessons to my child and other youth.
3. I will use positive encouragement with my children, their teammates and coaches.
4. I will reinforce the ELM Tree of Mastery with my child (E for effort, L for learning and M for bouncing back from mistakes). Because I understand a mastery approach will help my child be successful in sports and in life, I will encourage my child to put a high level of effort to get better, strive to continue to learn and improve and to use a mistake ritual (e.g. "flushing mistakes) to quickly rebound from mistakes.
5. I will set an example for my child by honoring the game and will encourage him/her to remember to have respect for the laws and rules, opponents, officials, teammates and themselves. If the official makes a "bad" call against my team, I will honor the game and be silent!
6. I will use self-control to avoid losing my composure when things go wrong. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I need to be a role model. I can rise above this.").
7. I will set a good example by applauding good play on both sides.
8. I will get my child to practice and games on time and will be on time picking my child up after games and practices.
9. I will refrain from making negative comments about my child's coach in my child's presence. I understand that this will help to avoid planting negative seeds in my child's head that can negatively influence my child's motivation and overall experience
10. I recognize the value and importance of volunteer referees and coaches. They give of their time and resources to provide recreational activities for young people.

Player Name \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_