



Dame Allan's Sport Code of Conduct

As sporting ambassadors for Dame Allan's School we strive to model the following behaviours:

Effort

- Make the effort to attend all sporting commitments and communicate early with a member of staff if we cannot attend.
- Strive to improve performance through extra skills sessions, individual training and strength and conditioning.
- Support your peers and teammates and work together to achieve
- Academic studies are a priority and we will only be afforded the opportunity to represent the school in sport if we are up to date. If we are away on a sports fixture and miss lessons we **must** be proactive in catching this work up immediately.

Appearance and Punctuality

- Appearance - how we appear and act is important. Everyone must be in the same school kit.
- Punctuality - be on time for fixtures, practices & lessons.
- Have the correct kit and equipment for sessions & lessons and be ready to learn.

Mindset

- Say 'yes' to new opportunities
- Demonstrate good sportsmanship
- Support and challenge each other. Create the right environment with our own behaviour.
- Always have a positive attitude and try your best in both training and competitive fixtures.
- Be curious - learn from mistakes and show a willingness to improve.

Respect

- We show **respect**-To the referee, opposition and teammates.
- We recognise that small actions have a significant impact- such as ensuring changing rooms are left clean and tidy post match.
- Demonstrate positive communication and respect - each voice is valued and listened to.

We should therefore strive to model the following behaviours:

Plays like

- Desire to play for the team and a desire to win
- Be a team player
- Demonstrate positivity
- 100% effort regardless of opposition or score

Acts like

- Mature
- Demonstrates good sportsmanship
- Demonstrates Leadership
- Is committed
- Listens
- Models positive behaviour around school
- Ambitious to improve

Looks like

- Turns up to training
- Always in correct kit
- On Time
- Helpful
- Respectful

Sounds like

- Level and calm in situations that require it
- Attempts to be insightful by using constructive criticism
- Checks in on teammates
- Uses positive language
- Honest but constructive

(Compiled by Dame Allan's Pupils September 2022)