Cambridge Junior Bears Football

**PLAYER & PARENT Commitment and Code of Conduct**

Cambridge Junior Bears Football **PLAYER** Commitment and Code of Conduct

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, understand Cambridge Junior Bears (CJB) Football is a developmental football program designed to improve my skills and prepare me for high school football. I would like to apply to be a member of the CJB Football program and understand that being a member does not guarantee me playing time on Saturday or weekdays, and I commit to the personal effort expectations and agree to abide by the personal code of conduct set forth below as requirements for earning playing time and for enjoying the privilege of being a Cambridge Junior Bear football player.

**Personal effort**:

• I will always give my best efforts and attitude at all practices and games.

• I understand that I wear a Cambridge uniform and that I am representing my teammates, family, coaches, the Cambridge community, and myself.

• I understand that my teammates and I are responsible for the care of our stadium & practice field. I will do my part to take care of our field and equipment.

• I will attend every practice and game and notify my coach if I cannot or know I will be late.

• I will always be honest about my physical condition and tell my coaches if I have an injury.

**Personal code-of-conduct:**

• I will represent my team and myself through good sportsmanship, support and hard work.

• I will put my personal goals aside for the betterment of the team.

• I will always respect my equipment, and never throw a helmet.

• I will always respect and support my teammates, and never put myself ahead of any of them, or blame them for a mistake made on the field.

• I will respect and listen to my coaches, and will feel comfortable to question them one-on-one.

• If I have a concern with playing time, it is my job to address with coaches.

• If I do not feel my skills are being properly assessed or developed, I will alert coaches.

• I will respect our referees and never argue with them. Assuring a fair game is the coach’s job.

• I will always respect an opponent and avoid words or actions that display unsportsmanlike conduct.

• I will always use appropriate language around my team.

• I will refrain from making derogatory remarks or inappropriate comments on social media pertaining to CJB Football or opposing teams and associated programs.

• I will make my best effort after signing this offer letter to limit the use of the word I around my CFF team, and instead will focus on us, we, our, you and your as more appropriate pronouns.

By signing, I understand that I am accountable for my Personal Effort and/or Code-of-Conduct. I will take responsibility for my actions in terms of sitting on the bench, missing a game or practice, and possibly being asked to leave the team.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of player

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Signature

Cambridge Junior Bears Football **PARENT** Commitment and Code of Conduct

I (we), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, understand that Cambridge Junior Bears (CJB) Football is a developmental football program whose primary goal is to develop players, both physically and mentally, for their high school football experience. The expectations and requirements of players are intended to develop their independence, character, and accountability. I (we) understand that parents and other family members play critical roles in this process for the benefit of the individual player and for the program. I commit to the following expectations as requirements for the privilege of participation in the CJB Football program.

**Support the program by:**

 • Learning and reinforcing the “Player Commitment and Code of Conduct” with your player.

 • Actively participating in the volunteer activities (e.g. concessions, gate, field roles, parking) which is critical to the ongoing operations of the program.

**Support coaches by**:

* Understanding that CJB Football is a competitive developmental program where playing time is earned and not guaranteed as in many youth programs.
* Not entering field of play or communicating with your player while they are on the field of play for games or practices (except in the case of injury or emergency situations).
* Having your player address concerns about playing time, position or role directly with the coaches. This valuable life skill can be developed by encouraging your player to ask:

o “What do I need to be working on to help the team?”

o “What suggestions do you have so I can get better?”

o “What do I need to do to earn more playing time?”

• Providing constructive feedback to coaches via face-to-face meetings only after waiting 24 hours to allow for ample time for reflection and for emotion to subside with all involved. Do not provide feedback via email as intention and perception are easily misunderstood.

* Understanding and appreciating that coaches are unpaid volunteers who typically contribute 15-20 hours each week to teach the kids. They are partners, not employees, of the program and participating families.
* Demonstrate respect for all program participants, opponents, officials, and others by:
* Always exhibiting good sportsmanship and support.
* Put the family’s and player’s personal goals aside for the betterment of the team and program.
* Demonstrate positive support for all players, coaches and officials. Do not criticize your player or other players during a game or practice. Never complain to your player or other parents about the team, coaches, positions, or playing time.

I (we) understand and agree that if I (we) fail to abide by these rules and guidelines, I (we) will be subject to disciplinary action that could result in, but is not necessarily limited to, parental suspension for one or more games, parental ban from all program events (practices, games, other), and player removal from the program without refund.

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Parent/guardian signature Date

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Parent/guardian signature Date