

Squad Code of Conduct

Our Squad Values

Together, we commit to building a positive and respectful environment where everyone can improve, compete, and have fun. These values guide how we behave on and off the court.

1. Respect

- We treat our teammates, opponents, and coaches with kindness and respect, no matter what happens on the court.
- We listen during coaching sessions and value feedback.
- We show respect for the game by maintaining good sportsmanship in all situations.

2. Effort

- We give 100% effort in all drills, matches, and fitness sessions.
- We try to stay focused and positive, even when things don't go our way.
- We embrace challenges and learn from mistakes to become better players.

3. Positivity

- We encourage and support our teammates during practice and matches.
- We use positive body language, keep our head up and stay ready for the next point.
- We avoid negative comments, blaming, or giving up on ourselves or others.

4. Accountability

- We take responsibility for our actions, including keeping score accurately and behaving appropriately.
- If we make a mistake, we own up to it and learn from it.

5. Gratitude and Humility

- We thank our coaches, parents, and opponents after every match or training session.
- We celebrate wins with humility and accept losses with grace.

6. Honesty & Fairness

- We make honest line calls and give our opponents the benefit of the doubt on close calls.
- We respect the rules of tennis and play by them in every match and practice.

7. Zero Tolerance for Unsportsmanlike Behaviour: As a squad, we agree that:

- Cheating, arguing over line calls, and disrespectful behaviour will not be tolerated.
- Players engaging in such actions will receive a warning, and repeated offenses will result in a timeout or other consequences agreed upon by the squad and coaches.

Player Commitment

I, _____, agree to follow the Squad Code of Conduct. I understand that these values will help me grow as a player and a person.

Coach Commitment

As your coach, I agree to uphold the same values, provide a positive learning environment, and support each of you in reaching your potential.

Signed: _____

Date: _____

Signed: _____

Date: _____