



TRUESPORT COACH Code of Conduct

A code of conduct is a set of rules and responsibilities that outline expected behaviors from individuals or organizations. TrueSport recognizes coaches as one of the most influential people in an athlete's life, who are not only responsible for developing their athlete's sport-specific skills, but also the life skills that will transcend the playing field. As a TrueSport coach, the following code of conduct establishes the expected behaviors you must adhere to:

SPORTSMANSHIP

Winning the right way - with respect and gratitude for teammates, coaches, parents, officials, and competitors.



COACHES WILL:

- Always act in a manner that is consistent with their coaching philosophy and adheres to their program's values.
- Demonstrate and enforce their expectations for good sportsmanship with all teammates, coaches, parents, and officials before, during, and after all competitions and practices.
- Encourage good sport behavior from their athletes and educate their athletes on what good sport practices are.
- Utilize their coaching philosophy and program values as guidelines for determining what behaviors or actions will be tolerated from their athletes, spectators, officials, and coaches, and dismiss those who intentionally violate the good sport expectations or safety of others.
- Keep lines of communication open, honest, and professional with athletes, parents, and officials.

CHARACTER BUILDING

Using the sport experience to develop positive whole-life attitudes and behaviors –
Courage, Respect, Integrity, Teamwork, and Responsibility.

COACHES WILL:

- Assist their athletes 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 positive whole-life attitudes and behaviors while acting in their role as coach or spectator, or while in the presence of their athletes and athlete families.
- Continue to educate themselves on best practices for assisting their athletes in developing whole-life attitudes and behaviors.
- Act with the highest level of integrity and insist their athletes do the same.
- Recognize the needs of the team before the needs of themselves.



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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.

COACHES WILL:

- Continue to educate themselves on best practices for instilling and refining life skills with their athletes.
- Practice accountability by acknowledging when they have acted in a manner inconsistent with their expectations and values (i.e., shouting during a stressful situation).
- Encourage and educate their athletes on how to develop SMART team and individual goals for both sport-specific and life skills.
- Educate athletes on the decision-making model and encourage athletes to practice good decision-making during practices and competitions.
- Teach athletes how to learn from their mistakes and losses.
- Acknowledge and take ownership of their responsibility to create a physically and emotionally safe environment where athletes desire to continue to participate in sport in the future.

HEALTHY PERFORMANCE

Wellness-centric lifestyles that fuel athletic and personal success – in sport and in everyday life.

COACHES WILL:

- Prepare and share practice schedules that allow athletes and families to develop a balanced lifestyle between practices and everyday life.
- Empower and encourage their athletes to recognize, admit to, and seek help for signs of burnout, stress, or anxiety in sport.
- Celebrate the small successes of everyday practices and competitions to highlight personal achievements of their athletes, in addition to large competition victories.
- Empower and encourage their athletes to develop at their own pace.
- Continue to educate themselves about performance nutrition, proper training technique and protocols, and recommended rest from a season, practice, or competition.



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CLEAN PERFORMANCE

Reaching athletic potential through proper training, nutrition, and rest; not through powders, pills, and energy drinks.

COACHES WILL:

- Encourage fair play and discourage cheating of any form, including performance-enhancing drug use, sport betting, and taking shortcuts during training.
- Encourage a food-first approach to performance fueling.
- Recommend seeking professional medical opinion prior to any athlete using a dietary supplement.
- Practice clean sport behaviors, including the avoidance of dietary supplements or energy drinks, while performing their duty as a coach.
- Abide by guidelines, rules, and regulations set out by the U.S. Center for SafeSport, their organizing body or program management, U.S. Anti-Doping Agency, and TrueSport.

