



## **Ottawa International Soccer Club Coaching Code of Conduct – Parents**

As a Role Model for My child and a member of the Ottawa Internationals Soccer Club (OISC), I agree by registering my child with the OISC that I will abide by the OISC Code of Conduct for Parents/Guardians. I will:

1. Be my child's best fan and support him/her unconditionally.
2. Teach my child through my actions and words to take losing with grace.
3. Applaud good plays by our team and members of the opposing team.
4. Teach my child good sportsmanship regardless of the conduct of my opponents.
5. Ensure my child is on time for practices and games.
6. Contact the team coach or manager well in advance if my child is going to be late or miss practices or games.
7. Ensure my child is sufficiently hydrated (clear coloured urine is an indicator of good hydration) with water or low sugar sports drinks before every practice and game.
8. Attempt to ensure my child has sufficient energy for a game or training by consuming meals consisting of mostly carbohydrates, low or no fat and some protein a minimum of 2 hours prior to every game and practice using the guidelines that the heavier the meal the longer the time required for digestion.
9. Teach my child to respect our opponents' fields and sports facilities.
10. Not criticize my child's coach to my child, other players or other parents.
11. Take any disputes to the appropriate team or club official.
12. Not engage in any electronic bashing (emails, websites, facebook, tweeter etc.) of other parents, players, coaches or club officials.
13. Encourage my child to speak with the coach. If my child is having difficulties in practices or games, or can't attend training etc. I will encourage him/her to speak directly to the coaches. This "responsibility taking" is a big part of becoming a mature person. However, if my child is not capable of doing this then I will speak to the coach directly myself to ensure I get the facts straight before taking any other necessary action.
14. Help my child to focus on the performance which is more important than the result.
15. Support all of the players on my child's team.
16. Not criticise the opponents, their parents or their officials.
17. Never audibly dispute a referee's decision.
18. Not coach my child or other players from the sidelines during games or practices but rather I will leave this to the coaching staff to avoid confusion or embarrassment to my child.
19. Not use electronic communication such as mass emails, websites, Facebook, Tweeter, etc. or any other form of communication to publicly embarrass the OISC, my coach, my team, the referee or club officials.

These Codes of Conduct have been approved by the Ottawa Internationals Soccer Club. Any violation of these codes may be grounds for suspension or expulsion from a team or the club.