

# Herndon Optimist Youth Baseball Cal Ripken League

## PLAYER

### Codes of Conduct and Responsibilities

I hereby pledge to provide positive attitude among my team, teammates and coaches and demonstrate the positive aspects of youth sports while participating in Herndon Optimist Youth Sports Programs.

I will observe good sportsmanship by demonstrating positive support of all players, coaches and officials at every game, practice or other youth sports activity.

I will treat players, coaches, officials and fans, regardless of race, sex, creed or ability, with respect by refraining from rude or abusive language, actions or gestures.

I will demonstrate humility in winning and dignity in losing, knowing that each provides positive contributions to being a good sport and growing up.

I will make every effort to arrive at all practices, games or related events at the scheduled time and ready to play or provide advance notification of my expected absence or late arrival.

I will pay attention to my coaches and follow their directions, realizing they have given freely of their own time to teach me how to play the sport, making it more fun for me.

I will remain personally alert and attentive, refrain from unsafe actions such as throwing equipment or unnecessary physical contact and watch out for other players to ensure safe and healthy playing conditions and I will encourage my teammates to do the same.

I will try my best to learn the rules and the necessary skills of the sport in order to have the most fun understanding and playing the game.

I will not make any alterations to league-issued apparel or equipment that must be returned at the season's end (e.g. uniform jersey or pants). I understand that if any alterations are made or equipment is not returned, I may be held financially responsible for replacing those league items.

I understand that a violation of this code may result in the suspension or termination of my participation in the Herndon Optimist Youth Sports Program.

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**Signature**

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**Date**