



# NORTH JERSEY AVALANCHE

## PLAYER STANDARDS & CODE OF CONDUCT

- I understand that being part of the **North Jersey Avalanche** is a privilege, not a right, and I promise to respect that privilege responsibly.
- I will always respect the game of hockey and I will always play to have fun.
- I will always respect my coaches and do my best to be a coachable player, listening carefully to their instructions and guidance.
- I will play and train to the best of my ability, giving 100% effort all of the time.
- I will demonstrate a "team first" attitude in my behavior and my play.
- I will have a positive attitude and never give up on myself, my teammates, or my coaches.
- I will strive to maintain a healthy and balanced lifestyle which will contribute to my commitment to develop as a hockey player.
- I will abide by all team rules and dress code.
- I will arrive at practices and games on time and prepared, both physically and mentally.
- I will exemplify good sportsmanship in both winning and losing.
- I will respect officials and accept their calls without challenge, and behave on the ice with a responsibility to the team, coaches, and organization.
- I understand that there is no place for fighting in youth hockey, thereby I will refrain from physical altercations and any other activity that could injure me, another player, coach, or official.
- I will respect all facilities that I play in, both home and away, and will leave all locker rooms clean and undamaged.
- I will not curse or use foul language in the locker room or on the ice at a game or in practice.
- I will not use drugs, alcohol, or tobacco products.
- I will not use social media to embarrass, harass, or bully a teammate, coach, opponent, and/or any other person.
- I will not use cell phones or other mobile devices with recording or photo capabilities in the locker room.

***I understand that failure to adhere to the Avalanche Player Standards & Code of Conduct will lead to disciplinary action in the form of a potential suspension, loss of ice time, or possibility of team expulsion.***