



ARCHER'S CODE OF CONDUCT

1. REMEMBER THE GOLDEN RULE: this is the most important rule you will ever learn in sports! Always treat your teammates, coaches, opponents and officials in the same manner that you would like to be treated. That means respect, dignity and total sportsmanship at all times.
2. BE A GOOD SPORT: Play fair. Be a leader. Set the example. Rise above poor behavior. Have FUN!! The way in which you conduct yourself has a long lasting effect on everybody around you. That's what practicing good sportsmanship is all about.
3. PRACTICE THE FUNDAMENTALS: Master the archery skills. Take your time.
4. LISTEN TO YOUR COACH: You may think your coach is the best, the worst, or somewhere in between. It makes no difference. If you are on the team, your job is to listen attentively to what your coach is saying. Our coach's work hard for our team, please don't waste that time.
5. LEARN THE RULES: when was the last time you sat down and actually read the rulebook? Isn't it hard to say you "know" the game if you really don't know the rules of the game?
6. BE RESPECTFUL OF THE OFFICIALS: Officials do not care who wins and they have no favorites. All they want is for a fair and safe tournament to be played. And that is no easy job. Make it easier by not talking back to an official. It is okay to ask questions about the rules to learn.

7. **BE PATIENT WITH YOUR TEAMMATES:** Every archer on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their shooting skills.
8. **INCLUDE YOUR PARENTS:** Your parents only want what's best in life for you. and they always want to see you succeed. Let them into your archery world, but remind them that there are ups & downs and your goal is to have fun! It will be good for you to have their support and fun for them to see you take responsibility as a member of a team.
9. **HAVE FUN:** It's a simple concept. Win or lose, try to enjoy every moment on the field. If playing isn't fun, then something is wrong.
10. **KEEP WINNING IN PERSPECTIVE:** There's always somebody who performs better at times, and nobody can win all the time. Some weeks, it will be your turn and other weeks it will be your turn to congratulate the winners. Be gracious in victory & defeat alike. At the end of the day, it is your integrity that counts. Keep it intact.
11. **SET REALISTIC GOALS:** Avoid comparing ourselves with others, as this can set you up for frustration. Lift yourself up by always trying to achieve personal bests and celebrating them when they occur.
12. **BE RESPONSIBLE:** Take personal responsibility for your own performance. you are responsible in making sure your equipment is in order and you are prepared for practice and tournaments. Don't blame others.

Sign

Date