



# NORTH SHORE WINTER CLUB

## WHAT IT MEANS TO BE AN ATHLETE AT THE NORTH SHORE WINTER CLUB

The NSWC is a family-oriented Club that brings all our athletes together under one roof. The NSWC has a long standing tradition of focusing on team and we rely on each other – player, coach and parent – to bring to life our values of caring, respect and positivity. Whether you're a hockey player, a tennis player, or a swimmer, this includes:

### THINK FIRST BEFORE YOU SAY IT OR POST IT ON SOCIAL MEDIA

If you wouldn't say it to a person's face or to your mom/dad, don't say it or post it on social media. If you wouldn't want someone to post about you, don't post about them.

### BE CARING AND KIND

Only make encouraging and positive comments. Inappropriate or threatening language, mean comments, and name-calling will not be tolerated. Always include others in your fun.

### RESPECT PEOPLES PRIVACY

Don't post photos or videos of people without their permission or their parents' permission if they're under 10. Don't share anyone's personal information period.

### RESPECT PEOPLE'S SPACE AND GAME PREPARATION

No "horsing around," wrestling, or physical intimidation anywhere. No yelling or swearing as athletes should be preparing for their event.

### TAKE CARE OF EACH OTHER AND OUR SPACE

Respect those athletes that are trying to rest or prepare for their game. They may be nervous or upset – think about how you might help them. If you see someone not acting appropriately, ask them to think about what they're doing or tell an adult. Clean-up after yourself and help keep our facility tidy by organizing your gear and throwing out garbage.

### BE A GOOD SPORT AND A GOOD CLUB REPRESENTATIVE

Always encourage and cheer for other players, whether they're a NSWC team or not. Let our highly qualified coaches do their jobs; they should be the only ones coaching.

I \_\_\_\_\_, understand what it means to be a good athlete at the North Shore Winter Club. By signing below, I acknowledge that I will be held to the highest standards, as compared to my fellow athletes at this Club.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date