

The 3 R's

Be ready

Be on time



Wear full gear



Have all the equipment needed for practice

Get into the right mindset and attitude for learning



Be responsible



Listen to all instructions – even if you think you know it – and follow them as close as possible

Work hard – don't waste time – yours or of others

Push yourself – don't expect others to do it for you

Take pride in your work – be precise and accurate



Persevere and try to complete all tasks as well as you can – even if it is hard

Think before you speak or do – make sure your doings are safe and words are respectful

Engage with the feedback – take on the coaches' feedback to improve your development

Care for training and game facilities and equipment

Who's fault is this?



Be respectful

Show your coaches you are ready to learn and are giving all your attention

Give respect to your peers – regardless of age or abilities

Take pride of your appearance – whether at the training or the game

Behave – show respect to your peers, opponents, officials and spectators

Watch your language – respectful and accurate language will help to improve communication

