



OATHS AND PRAYERS

**Brought to you by:
Ontario Ringette Association
3 Concorde Gate, Suite 207
Toronto, ON M3C 3N7**

CODE OF CONDUCT

Parents

○ It is our responsibility as adults to set an example to our children. All our players, coaches and officials try their best. They are learning and they are trying to have fun. Verbal abuse of officials, players or coaches is not tolerated. Any parent who verbally abuses or harasses an official, player or coach will be given one (1) warning to stop. If they continue they will be asked to leave the arena playing area and not to return. If a parent refuses to leave the arena, the game will be called and the team that the parent is from will automatically lose the game. Their conduct will be brought to the attention of their home association and dealt with at a Regional level.

Players

○ To all players in the sport of Ringette. We all know that our parents and coaches get excited. They do tend to get out of hand at times. However, we must set an example for the adults. Abusive language or harassment of an official, peers on ice or coaches will not be tolerated. We, as players, especially older players, must conduct ourselves accordingly to show our younger Ringette players what sportsmanship is all about. Let's set an example for the adults and coaches!

Coaches

○ We know you get excited. We understand that our players are not perfect. **BUT** abusive language and harassment of an official will not solve the problem. If you do not understand a ruling, request the official come to the bench and explain when he or she has a moment. **YOU** are setting the example for your players. Any coach, home or visiting, verbally abusing or harassing an official or player will be given a warning. If they continue, they will be asked to leave the bench. Their conduct will be brought to the attention of their home association and Region and dealt with accordingly.

FAIR PLAY CODE FOR PARENTS

1. I will not force my child to participate.
2. I will remember that my child plays for his/her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/tournament.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a game.
7. I will remember that children learn best by example. I will applaud good plays by both my child's and his/her opponents.
8. I will never question the officials' judgement or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sports.
10. I will respect and show appreciation for coaches who give their time to provide sports activities for my child.

SPECTATORS' CODE

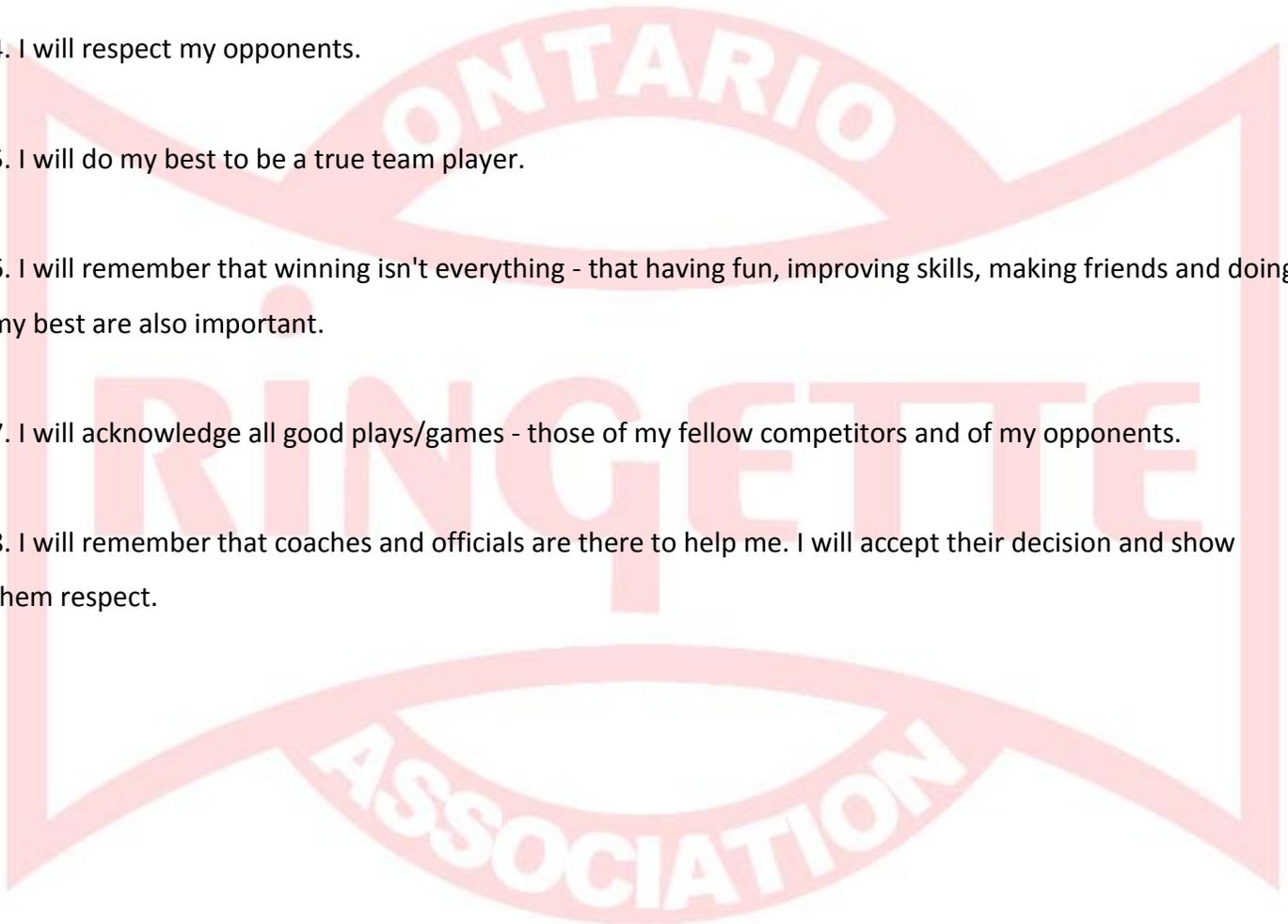
“Spectators hold a very important role in shaping the attitudes of young people in sport. Their outlook towards sportsmanship, winning and losing and the respect of others, will have a lasting effect on youth”.

- The Sport of Ringette provides the opportunity for fun, exercise and personal growth to all participants.
- Ringette requires skill and sportsmanship – not brawn.
- Applaud the ability and achievements of every participant.
- Be courteous in speech and actions at all times.
- Use good judgment in your enthusiasm.



FAIR PLAY CODE FOR ATHLETES

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper - fighting and "mouthing off" can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good plays/games - those of my fellow competitors and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decision and show them respect.



PLAYER'S CODE

"The spirit of the game is **FUN, FRIENDSHIP** and **FAIR PLAY**"

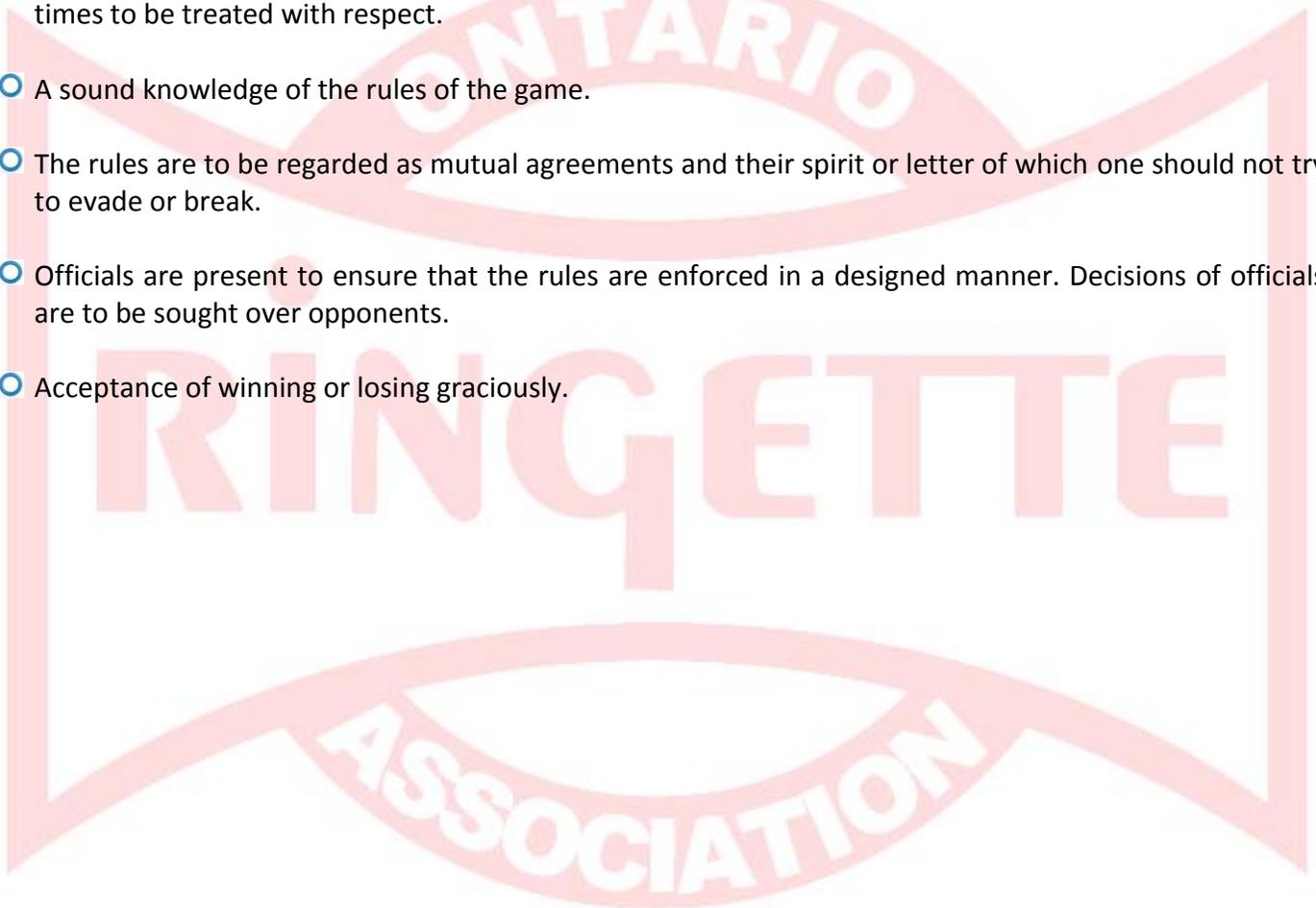
- The Sport of Ringette is a team sport. Work for the good of the game.
- Respect for the rules of the game. Obey them and play fairly at all times.
- Respect and consideration for your Coach, Manager and Trainer.
- Respect and consideration for your team mates.
- Respect and consideration for your opponents.
- Respect for Officials and their decisions.
- Recognize and give credit to the ability of other players - teammates or opponents.
- Enjoy each game you play - win, lose or draw.



COACHES' CODE

“Conduct of the coaches must be of the highest standard in such an influential position with young people.”

- Provision of equal opportunity to all participants.
- Insistence on the highest standard of sportsmanship.
- Insistence on the safest standards of conduct and equipment. Opponents and spectators are at all times to be treated with respect.
- A sound knowledge of the rules of the game.
- The rules are to be regarded as mutual agreements and their spirit or letter of which one should not try to evade or break.
- Officials are present to ensure that the rules are enforced in a designed manner. Decisions of officials are to be sought over opponents.
- Acceptance of winning or losing graciously.



A COACHING CREED

Be a resource person able to assist the athlete to develop his/her athletic potential and self - dependency.

Recognise individual differences in athletes and always think of the athlete's long - term interests.

Aim for excellence based upon realistic goals and the athlete's growth and development.

Lead by example. Teach and practice co-operation, self-discipline, and respect for officials and opponents and proper attitudes in language, dress and deportment.

Make sport challenging and fun. Skills and techniques need not be learned painfully.

Be honest and consistent with athletes. They appreciate knowing where they stand.

Be prepared to interact with the media, league officials and parents. They too have important roles to play in sport.

Coaching involves training by responsible people who are flexible and willing to continually learn and develop.

Physical fitness should be a lifelong goal for all Canadians. Encourage athletes to be fit all year long, every year and not just for the season.

Coaching Association of Canada

THE COACHES' STATEMENT OF VALUES

Integrity

- The coach must act with integrity in performing all duties owed to the athletes, the sport, other members of the coaching profession, and the public.

Competence

- The coach must strive to be well prepared and current in order that all duties in the respective discipline are fulfilled with competence.

Athlete's Interest

- The coach must act in the best interest of the athlete's development as a whole person.

Respect For The Rules

- The coach must accept both the letter and the spirit of the rules that define and govern the sport.

Respect For Officials

- The coach must accept the role of the official in providing judgement to ensure that competitions are conducted fairly and according to the established rules.

Responsibility To Other Coaches

- The coach's conduct toward other coaches must be characterized by courtesy, good faith, and respect.

Personal Conduct

- The coach must maintain the highest standards of personal conduct.

AN ATHLETE'S PRAYER

Dear God, help me to be a good sport.

I don't ask for the easy way to do things,

Just put me where I am needed.

All that I ask is give me the strength to give 100%.

I thank you for the chance to play in the hard games,

I know you will not give me more than I can handle.

And Lord, help me to accept the bad breaks.

No matter what the others do,

Help me to play the game square.

Help me to study the book so I'll know the rules.

And if I am benched for sickness, poor play or age,

May I accept it as part of the game.

Don't let me pout, whimper, or cry.

And O Lord, let me say thank you for giving me

The chance to give what was expected of me,

My best for the team,

For my friends,

And to all that care.

And may I remember I can only learn from losing.

And when I win I will always treat

The other team with respect,

Not humiliate or make fun of the loser

Because without them there would be no game.

I AM A BUNNY

I am a bunny
But It's not what you think
I don't live in the woods
I live in a rink!

Unlike other bunnies
I don't like to eat grass
I'd much rather learn how to
Score goals and pass

My dad gets me ready
He helps tie my skates
My mom just drinks her
Tim Horton's and waits!

They're glad I'm their little girl
They're glad I'm a bunny!
They just wish they'd make rinks
That were warm and sunny!

Bree Caldwell (Bunnies) Cole Harbour
<http://www.ringette.ns.ca/>

A RINGETTE PLAYER'S PRAYER

Dear Father as I come to play ringette, grant me the will to participate to my fullest, as an individual player and a team member.

May my goal be to play, with spirit and fairness, to the best of my knowledge and ability.

While my coach guides and teaches my team, may he or she receive respect and encouragement from players and parents alike.

Thank you for the officials whose organization gives us the opportunity to play ringette and, as I play, may the support of my parents add to the fun of the game.

I promise to play ringette, respecting and abiding by the rules which govern it, in the true spirit of sportsmanship, for the appreciation of the sport and the honour of my team.

Amen!



A WINNER'S CREED

If you think you are beaten, you are;
If you think you dare not, you don't;
If you would like to win, but think you can't
It's almost a cinch you won't.

If you think you'll lose, you're lost;
For out in the world we find
Success begins with a person's will
It's all in the state of mind.

Life's battles don't always go
To the stronger or faster hand;

But sooner or later
The person who wins
Is the one who thinks, "I can".

