



BAYSIDE & DISTRICT
NETBALL ASSOCIATION INC.

6.1 BDNA Dragons - Representative Teams – Player code of Conduct

As a **BDNA** Rep Team member, it is essential that you adhere to the requirements in regards to your conduct during any activity held by or under the auspices of **BDNA** or another Association, and abide by this Code of Conduct at all times.

BDNA regards any breach of this Code as a serious matter and may take disciplinary action against a player in breach.

You must be committed to being the best you can be, by:

- Ensuring you understand your coach’s philosophy and what will be expected of you during the season;
- Working with your coach to establish your goals and how they will be measured for the season;
- Developing team goals and working cohesively towards hitting those goals;
- Bringing the right attitude to training and game day is one of the most important elements for immediate and long term success;
- Training and playing with intensity – come prepared to work hard, particularly on drills and/or skills that are not your strengths; and
- Leaving all personal items and possible distractions in your kit bag for the length of training i.e. (no phones or other devices to be on court during any training sessions).

Striving for excellence by:

- Showing spirit, the will to win, the will to excel – these are the things that endure and these are the qualities that are so much more important than any of the events themselves.

Develop good habits by:

- Understanding “winning” is a habit. Watch your thoughts, they become your beliefs. Watch your beliefs they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character;
- Knowing that winning is not everything – but making the effort to win is;



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- Appreciating that the harder you work, the harder it is to surrender; and
- Acknowledging that confidence is contagious and so is a lack of confidence, and an opponent is likely to recognise both.

Understanding the importance and value of teamwork by:

- Always giving individual commitment to a group effort – that is what makes a team work;
- Recognising the achievements of a team are the results of the combined effort of each individual; and modelling supportive behaviour and only using encouraging language to your teammate