

Respect

Respectful behaviours!



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A player acts respectfully when they:

- **Listen attentively** to the coach's instructions, even if they don't always agree with them.
- **Accept the coach's strategic decisions**, even if they don't always benefit them directly (e.g., trying a new position or playing on a different line).
- **Congratulate their teammates on great plays** (e.g., good puck handling, a nice pass or a solid defensive play), even if it doesn't lead to a goal.
- **Encourage less experienced players** or those going through a tough time, instead of criticizing them.
- **Stay positive** even during difficult times to maintain good team spirit.
- **Help with prep** before games or practices by being proactive (e.g., setting up equipment, warming up with a teammate, discussing strategy, going over a tough drill).
- **Understand that everyone has off days** and support their teammates when needed.

These behaviours are general guidelines. Adjust your expectations according to your players' age and skill level!



- **Provides support to a teammate after a physical incident** (e.g., getting tripped, falling), such as asking if they're okay or making sure they get up.
- **Take care of their equipment** by keeping it clean and in good condition to ensure safety and performance.
- **Keep the facilities clean and tidy**, such as the locker rooms, showers and common areas, to maintain good team spirit.
- **Show up on time** for practices and games to respect the team's schedule and routine.
- **Handle disagreements maturely** by focusing on respectful solutions instead of letting emotions or ego take over.
- **Respect others' opinions** even if they disagree, and focus on understanding rather than imposing their own viewpoint.
- **Follow the rules and respect the referees' calls**, even if their decisions are sometimes hard to accept.

- **Don't criticize a teammate or a coach in front of others.** When there's a problem, they resolve it privately and constructively.
- **Avoid violence or unsportsmanlike conduct** (e.g., cheap shots, taunting or roughing).
- **Acknowledge their opponents' and teammates' efforts**, no matter if their team wins or loses.
- **Shake hands sincerely** with their opponents after a game, making sure to look them in the eye.

- **Apologize** after accidentally injuring an opponent.
- **Admit their mistakes**, rather than trying to hide them or blame others.
- **Honour their commitment** to the team by attending practices and participating in group activities.
- **Show exemplary behaviour off the ice**, especially during team trips or activities.
- **Respect the team's rules** regarding discipline, recovery and other things to boost team performance.
- **Accept their position assigned by the coach**, whether defence or offence, so everyone can try different positions.
- **Accept rotations and line changes** without immediately feeling frustrated or left out.
- **Embrace cultural, personal and social differences** to foster a respectful, inclusive environment.
- **Don't judge or stereotype** teammates based on their appearance, beliefs or backgrounds.

Teach and reinforce these behaviours on a daily basis to help your young athletes develop respect!