



## CLUB RESPECT TIPS FOR **THE PLAYER**

**As a player, wearing your gear, means you agree to represent yourself and your team in the best possible way.**

**You can choose how this power will impact people – for good or for bad.**

You benefit most when you bring your best self to your sport, on and off the field or court. When you get it wrong, and your club gets it wrong, like not properly sanctioning you when you cross boundaries in cases of abuse or sexual harassment, the club pays a reputational penalty, as do you and the other players around you.

Alternatively, when a club's striving to be a place of respect, it will expect you, along with other players, to observe values built around respect and fairness. In agreeing to act in this way, you and the club enjoy the fruits of a strong, respectful and successful culture. No doubt, you want to be an awesome player in your club.

**There is much joy to be had by winning a game. Doing your bit to improve the club culture will guarantee future wins on and off the field.**

The following page is an excerpt of practical tips from the Club Respect website. Find more videos, how-tos and other resources for you and your club:

**LEARN MORE** [clubrespect.org.au](https://clubrespect.org.au)



**CONSCIOUSLY LAY CLAIM TO YOUR CLUB'S VALUES AS YOUR PERSONAL ETHOS. WEAR THEM PROUDLY AND DEMONSTRATE THEM THROUGH YOUR ACTIONS ON AND OFF THE FIELD.**

- Practice club values every step of the way through your attitudes, actions and language.
- Be open about how you feel about the values and be open to others. A strong team and club ethos needs transparency and support for players to be better in every way.



**ESTABLISH AWARENESS OF ALL THE OTHER PEOPLE THAT MAKE YOUR GAME POSSIBLE. WHETHER THEY'RE PLAYING WITH YOU OR AGAINST YOU, SETTING UP, RUNNING OR SUPPORTING THE GAME.**

- Respect their time and help them enjoy the game as well.
- Play to other people's strengths, encouraging them to be their best selves.
- Be open to constructive criticism as much as praise.



**WE'RE EMPOWERED TO THRIVE WHEN PEOPLE COMMUNICATE WITH US DIRECTLY AND HONESTLY. WE MIGHT NOT ALWAYS WANT TO HEAR IT, BUT WHY FIGHT TO STAY THE SAME INSTEAD OF GROW?**

- Empathise with where people are coming from.
- Listen closely to people when they're talking instead of waiting for your turn to speak.
- Practice articulating your expectations of your teammates, with your teammates; Talk to them about times you saw something wrong happen, but didn't do anything about it.



**ACCEPT, AND BE COMFORTABLE WITH, YOUR CLUB'S EXPANDED DEFINITION OF SUCCESS BEYOND WINNING AT ALL COSTS. BE GRACIOUS IN VICTORY AND DEFEAT.**

- Be prepared to try new skills or methods and your own capacity to learn and grow as a player.
- Assist the team to reach its full potential.
- Grow your own capacity to learn and grow as a player and an individual.
- Support and champion the club Code of Conduct.



**YOU'RE IN THE SPOTLIGHT FOR THE WAY YOU UPHOLD THE CLUB'S VALUES ON AND OFF THE FIELD. THE CLUB'S CODE OF CONDUCT IS YOUR GUIDE.**

- If you do the wrong thing, be prepared to face the music. No excuses.
- Safely call out bad behaviour.
- Accept the need to play a constructive part around the club. Leave the place in better nick than you found it.



**AGAIN, YOU'RE IN THE SPOTLIGHT. YOUNGER PLAYERS ARE LOOKING TO YOU; SHOW THEM FAIRNESS, COMPASSION, HONESTY, AND GOOD SPORTSMANSHIP, ON AND OFF THE FIELD.**

- Communicate respectfully.
- Don't pass the buck.
- Treat all your teammates equally.
- Win with humility and be gracious in defeat.



**EMBRACE MULTICULTURALISM. VALUE DIVERSITY. DO NOT TOLERATE DISCRIMINATORY TALK FOR EVEN A MOMENT.**

- Respect your player peers, opposition, and personnel on both sides.
- Respect and accept the referee's decisions.
- Call out inequality.
- Embrace people coming in from different backgrounds and cultures. You'll learn a lot from each other.