

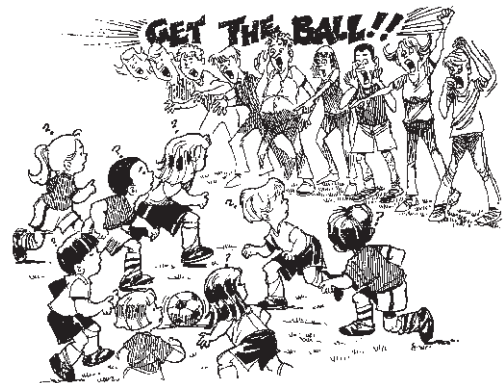
TEN COMMANDMENTS FOR COACHES



1. Be patient!
2. Improve one weakness at a time.
3. Encourage questions and discussions.
4. Encourage the players when appropriate.
5. Prepare your players for the unexpected in the game.
6. Provide only one tip or suggestion at a time.
7. Permit the players to make mistakes and learn from them.
8. Focus on individual improvement rather than comparing others.
9. Urge them to practice their technique for short periods each day.
10. They will continue to participate if they are playing and learning!

TEN COMMANDMENTS FOR PARENTS

1. Emphasize enjoyment and fun!
2. Praise effort as well as improvement.
3. Avoid heckling, jeering or distracting players.
4. Applaud positive performance by either team.
5. Appreciate a good play - no matter who makes it.
6. Always encourage your child to play by the rules.
7. Respect the judgment and strategy of the coach.
8. Relax and enjoy the game whether your team wins or not.
9. Attempt to understand and be informed of the rules.
10. Avoid criticizing players, coaches or referees for the loss of the game.



TEN COMMANDMENTS FOR PLAYERS



1. Treat opponents with respect.
2. Control your temper at all times.
3. Play hard, but play within the rules.
4. How you play is far more important than winning or losing.
5. Where rules apply, try to understand them and stick to them.
6. Play for the "fun of it", not just to please your parents or coach.
7. Win without boasting, lose without excuses and never quit.
8. Respect officials and accept their decisions without gesture or argument.
9. Always remember it is a privilege to represent CYSA and your community.
10. Be a good Sport!