

# TN Rugby Academy Player Code of Conduct

## Family – School – Rugby

The first maxim of a rugby player should be to keep a proper priority in life. Faith and family followed by academic excellence and then the game or rugby. It takes a well-rounded, disciplined person to do all three well.



## Responsibility

A rugby player must, above all else, have a firm foundation in personal responsibility. He is responsible for his actions. The primary responsibility of a student athlete is academic achievement. Be a student first, and commit to getting the best education possible. It is each player's responsibility to maintain a healthy lifestyle including the proper diet and nutrition while avoiding the misuse of performance enhancing or recreational substances.

## Dedication

A Rugby Player must have an uncommon level of dedication to the sport to be successful. Anything worth doing should be done well. A player must be dedicated to his team both on and off the field including a willingness to participate in team events. This applies not only to the field but also to the classroom and in line with the maxim of Family-School-Rugby.

## Respect

A Rugby Player has a demonstrated respect for the game. That includes respect for his team, coaches, match officials, opponents, and the game itself. He has respect for his opponent when his team is the better one on the day and also when things just don't seem to go his way. Have respect for your team by complying with the policies and procedures of the organization including punctual participation, demonstrating a responsible financial commitment and a dedication to strength and conditioning.

## Humility

A Rugby Player must above all be humble in attitude towards others, inside and outside of the game. The saying, "Humble in Victory and Gracious in Defeat" must be lived out on the field. Outside of the practices and games, whenever rugby colors are worn it is in understanding that he is a reflection of all those who play the game and have every played the game.