

306 Elite Respect Policy

At 306 Elite we are committed to promoting both self-respect and respect for others, to all of our members. The 306 Respect Policy is a behavioral guideline that we insist our members follow. We reserve the right to remove athletes and parents who cannot abide by the 306 Elite Respect Policy from the 306 Elite program.

- 1) We use the word “respect” often in our literature and we understand it is a broad concept, especially for our younger athletes and members. Please take the time to read through the breakdown below, of what it is to be respectful:
 - Acknowledge other people's value as both a teammate, and an individual.
 - Consider each person to be of equal worth to yourself. Every teammate, and member at 306 Elite has as much worth and value as you do.
 - Allow others to maintain dignity. Don't manipulate or take advantage of others and don't try to negatively tear them down.
 - Allow others to make their own choices and decisions and to be their own person,
 - Treat others as you would like to be treated.
 - Practice self-respect. It is important that you treat yourself with the same respect and courtesy that you would extend to another person. Use positive self-talk.
 - If someone is disrespecting you and not seeing your value as a person, you have the right to call them out on it. If someone says something discriminatory or cruel to you, speak up. Tell them why you found it disrespectful and why.
 - Listen! Look people in the eye when they are talking to you. Pay attention to what they are saying to you and do not turn away from them while they are speaking, or check your phone.
 - Be mindful of your words. Think carefully about what you are going to say, and if it is going to hurt someone's feelings.
 - Cultivate good manners. This is as simple as saying “thank you”, and “please” when you are requesting something from another person. It shows that you respect the time and effort that it will take for them to help you and it will allow them to feel respected.

- 2) Athletes and Parents are required to behave respectfully at all times while representing 306 Elite and/or being involved in 306 Elite activities. This includes:
 - In the gym: Athletes and parents will treat 306 Elite members, coaches, and staff with respect and courtesy at all times.
 - At competitions and other events: Athletes and parents will be respectful and courteous to all 306 members and staff, competition officials, other programs, other teams and all other athletes and parents.
 - On social media: Athletes and parents will not post or share negative comments about 306 Elite members, staff, competition hosts, other programs, other teams, etc.

- 3) Athletes and parents will not partake in gossip or slanderous comments about 306 Elite members, the 306 Elite program, staff, competition hosts, or about any other programs, teams, athletes or parents.

- 4) Athletes and parents will not partake in bullying of 306 Elite members, staff, competition hosts, other programs or teams, or their members. Types of bullying include but are not limited to:
 - Bullying in person
 - Bullying/gossiping behind someone's back
 - Bullying on social media such as twitter, facebook, instagram
 - We circle back to: treat others how you wish to be treated.
- 5) Athletes and parents will use appropriate language and tone at all times in the 306 Elite gym. No cursing is permitted.
- 6) Athletes will not partake in underage drinking or drugs of any kind while representing 306 Elite. This includes:
 - While they are at a 306 Elite event, trip, outing, competition
 - While they are wearing 306 Elite clothing, uniforms or gear
 - While they are a member of 306 Elite
- 7) 306 Elite athletes will not post or share photos on social media including drugs, underage drinking, foul language or any other inappropriate material.
- 8) Athletes and parents will display exemplary sportsmanship at all times while representing 306 Elite. Sportsmanship is an aspiration that sport should be enjoyed for its own sake, with proper consideration for fairness, ethics, respect, and a sense of fellowship with your competitors. Sportsmanship includes values such as:
 - Fairness, self control, courage and persistence:
 - Treating others fairly.
 - Maintaining self-control when dealing with others, and when facing disappointment or adversity.
 - Be courageous weather the odds are with you or against you – no defeatist attitudes.
 - Maintain your purpose in spite of difficulty, obstacles, or discouragement.
 - Be humble, not boastful. Win with humility, lose with grace:
 - No “sore loser” behavior such as:
 - Blaming others for a loss.
 - Not accepting responsibility for personal actions that contributed to a loss.
 - Reacting to the loss in an immature or improper fashion, making excuses for the defeat.
 - Citing unfavorable conditions or other petty issues as the reasons for the defeat.
 - Instead, use this approach:
 - Take responsibility for your teams actions and outcomes.
 - Learn from your mistakes.
 - Celebrate what you did well, and make a plan for what you need to do, going forward, to contribute to your team's success.
 - No “bad winner” behavior such as:
 - Gloating or bragging about your win
 - Lowering opponents self esteem by constantly reminding them of their loss
 - Not showing respect to the other team
 - Becoming complacent by deciding you are the “best” and have no room for improvement.
 - Instead be a humble winner:
 - Congratulate and support all competitors.
 - Point out the achievements/good in the other athletes routines.
 - Get back to the gym and continuing to work hard with focus.
 - Be mindful of your words and actions.
 - Cheer on your fellow athletes, regardless of what program they affiliate with.