



LITHGOW DISTRICT FOOTBALL INC.

ENJOYMENT THROUGH PARTICIPATION

PREFACE TO L.D.F. Inc CONSTITUTION

Lithgow District Football Inc aims to make Football the sport of choice for families in Lithgow.

To achieve this we will strive to:

- Ensure that the game is administered in a fair and efficient manner.
- Promote the values of fair play and sportsmanship.
- Encourage participation of players of all levels of ability by ensuring a fair go for all.
- Support and respect the rules of the games and those responsible to administer them.
- Seek to maximise the potential of players.
- Recognise the contribution that volunteers make to the sport.

To support these aims, Lithgow District Football Inc supports the Australian Sports Commission's Code of Conduct. The Code reminds:

- Coaches to:
 - ✓ Treat all players equally and recognise that all players deserve equal time.
 - ✓ Remember that children compete for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing.
 - ✓ Develop each athlete's respect for the ability of opponents, as well as for the judgement of officials.
- Parents to:
 - ✓ Recognise the value and importance of volunteer Coaches. They give their time and resources to provide for your child.
 - ✓ Focus upon your child's efforts and performance rather than the overall outcome. This assists your child in setting realistic goals related to their own ability by reducing the emphasis on winning.
 - ✓ Encourage your child to always participate according to the rules. Remember that children learn the best by example; applaud good performances by all athletes.
- Players to:
 - ✓ Compete and train for the "fun of it" not just to please your Parents or Coach.
 - ✓ Play by the rules.
 - ✓ Be a good sport. Cheer all good performances.
 - ✓ Remember that the goal of training or competition is to have fun, improve your skills and feel good.
 - ✓ Co-operate with your Coach, teammates and opponents for without them there is no competition.

Lithgow District Football Inc has a duty of care to all persons in our sporting activities and therefore has developed the following member protection policy.