



## **CULTURE & ENVIRONMENT**

Centrals ASA's Culture is known as

### **"The Tiger"**

Is a set of **BELIEFS, ATTITUDES and VALUES** installed into our Club to achieve successes both on and off the field?

**"The Tiger"** Is designed to motivate you to achieve something special.

For **"The Tiger"** to work we must never cross:

### **THE LINE**

**Accountability**  
**Responsibility**  
**Ownership**  
**Attitude**

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**Blame**  
**Denial**  
**Excuses**  
**Disrespect**

**10 Things That Require Zero Talent.**



1. Being on Time
2. Being Prepared
3. Work Ethic
4. Effort
5. Body Language
6. Energy
7. Attitude
8. Passion
9. Being Coachable
10. Doing Extra

### **OFF FIELD STANDARDS & EXPECTATIONS**

- Behaviour at all times must be of the **highest standard**. We will be keeping a keen eye on all our players throughout our preparation. It is expected that there will be no misdemeanours throughout the season.
- Theft, Drugs, Alcohol, Disrespect, Property Damage etc. – May result in disciplinary action being taken or dismissal from the Club.
- Respect others and watch your language. Be courteous and well-mannered to members of the public, staff, committee members and others at all times, you are representing your family and Club.
- **Look out for each other “mates looking after mates”**



## **TRAINING SCHEDULE & PUNCTUALITY**

- Lateness is rudeness!
- It is up to you to know when, where and what time we are training!
- All players must be 10 mins earlier than what the schedule requires for all meetings/field sessions etc. That also includes those who require taping.
- If you are injured or sick you must still attend training or at least advise your Coach / Manager.

## **UNIFORM & APPAREL**

Uniform and apparel when requested is mandatory for all players and staff.

## **MOBILE PHONES**

**No Mobile phones** in team meetings, change rooms or on the training paddock.



## **PLAYERS CODE OF BEHAVIOUR**

It is a requirement of the Club that all participants abide by the following Code of Behaviour at all times.

1. Always be punctual
2. Be friendly and courteous at all times
3. Obey and respect directions given by officials
4. Always act in a proper manner
5. Exercise self-control and do not be persuaded by others
6. Always consider others
7. No smoking, partaking in alcohol or prohibited substances while participating in the game of rugby league.
8. Do not use derogatory, discriminative or abusive language while participating in the game of rugby league.
9. Do not deface or damage property belonging to others
10. Dress appropriately at all times
11. Be responsible for your own actions and property at all times

Failure to abide by the above code of behaviour may result in disciplinary action being taken



## Basic Coaching Principles

Create a strong culture, Develop, strong work ethic and respect for discipline, improve overall core skills, individual skills, Game sense Provide education of rugby league specific information and techniques Player welfare and wellbeing, Drill lengths (age group = time) eg. under 6 = maximum of 6-minutes / drill **Preparation is the key**. Training field set out before the players get there