



What *Respect*

Looks like at the *Vipers*

- Listening when coaches, referees or teammates are speaking
- Respecting referee decisions, even when you disagree
- Supporting teammates instead of blaming or tearing them down
- Respecting captains and leadership decisions
- Respecting volunteers who give up their time for the team
- Parents supporting positively from the sidelines
- Communicating concerns respectfully and privately
- Encouraging effort, not criticising mistakes
- Respecting every player's role within the team



What *Resilience* Looks like at the *Vipers*

- Staying positive when things don't go your way
- Accepting feedback and learning from mistakes
- Resetting after frustration or disappointment
- Handling losses and setbacks respectfully
- Continuing to work hard even when tired or challenged
- Supporting teammates when they make mistakes
- Being coachable and willing to learn
- Managing emotions without disrespect or negative behaviour



What *Resilience* Looks like at the *Vipers*

- Results are not just about the scoreboard
- Results come from teamwork, effort and attitude
- Results are players improving each week
- Results are players supporting each other
- Results are showing respect and discipline
- Results are learning to trust teammates and coaches
- Results are creating a positive team culture
- Results are becoming better players and better people