

High Styx

Code of Conduct & Player / Parent Handbook

A professional guide to the standards, expectations, and developmental philosophy of High Styx Field Hockey Club.

Club Contact Information

Email: highstyxfhc@gmail.com

Website: www.highstyx.com

Purpose of This Handbook

This handbook establishes the behavioral, attendance, and participation standards for players, parents/guardians, and coaches associated with High Styx. It is intended to promote athlete development, sportsmanship, safety, and a unified club culture.

This document may be updated periodically by High Styx. Participation in the club constitutes acknowledgement of, and agreement to comply with, the standards described herein.

Contents

1.	Contact Information & Administrative Notices
2.	Club Vision, Purpose & Core Values
3.	Parent / Guardian Code of Conduct
4.	Player Code of Conduct
5.	Coach Code of Conduct
6.	Attendance, Punctuality & Participation Expectations
7.	Winning Culture & The High Styx Way
8.	High Styx Leadership Philosophy
9.	Development Pyramid & Developmental Process
10.	Refund Policy
11.	Acknowledgement & Signature Page

Note: This handbook is intended as a standards and expectations document. It does not create a guarantee of roster status, playing time, team placement, or continued membership. High Styx reserves the right to interpret and enforce these standards in a manner consistent with athlete safety, club values, and sound professional judgment.

1. Contact Information & Administrative Notices

High Styx Field Hockey Club

Email: highstyxfhc@gmail.com

Website: www.highstyx.com

Administrative Notice

This handbook applies to all players, parents/guardians, coaches, assistant coaches, interns, volunteers, and other representatives participating in or attending High Styx practices, games, tournaments, clinics, meetings, and events.

In addition to this handbook, all participants are expected to follow the rules and policies of USA Field Hockey, tournament organizers, facility operators, and any applicable local, state, or federal law.

2. Club Vision, Purpose & Core Values

High Styx recognizes sport as a vehicle to teach life lessons and concrete values. Our purpose is not only to develop skilled field hockey players, but also to help young people become accountable, resilient, respectful, and team-oriented individuals.

Core Values

- **Integrity:** Doing the right thing consistently, on and off the field.
- **Teamwork:** Contributing positively to the success of the group.
- **Dedication:** Demonstrating effort, preparation, and commitment.
- **Accountability:** Taking responsibility for decisions, behavior, and performance.
- **Growth Mindset:** Approaching challenges as opportunities to learn and improve.
- **Commitment to Excellence:** Pursuing high standards in preparation, training, and conduct.
- **Respect:** Respecting self, teammates, coaches, opponents, officials, facilities, and the game.

High Styx programming is designed to engage athletes both on and off the field, fostering development individually and within a team setting. We seek to push each athlete through a constructive development process so they can become the best version of themselves in a way that strengthens the entire club community.

3. Parent / Guardian Code of Conduct

Parents and guardians play an essential role in building a healthy club culture. By registering a child with High Styx and/or attending club events, each parent or guardian agrees to uphold the following standards.

Parent / Guardian Obligations

- Adhere to the USA Field Hockey Code of Conduct and all High Styx policies, rules, and procedures as they apply to parents/guardians.
- Be encouraging, supportive, and affirming with respect to their child's participation and development.
- Respect officials and accept officiating decisions at all times.
- Support the coach, assistant coach, interns, and club representatives in a professional manner.

- Direct concerns regarding their child only to the appropriate coach or club leadership, and not to other parents.
- Address concerns only at a mutually agreed-upon time and never immediately prior to, during, or directly after a match or training session.
- Ensure that their child arrives on time and prepared for all training sessions, matches, and club events.
- Promote independence by allowing athletes to report to coaches with the equipment and information they need.
- Model sportsmanship, composure, and professionalism in all communications and interactions.

Prohibited Parent / Guardian Conduct

- Use of tobacco, alcohol, or other prohibited substances at any match, practice, or club event.
- Shouting instructions from the sideline to one's own child or any other athlete.
- Interfering with coaching decisions, player positioning, substitutions, or team tactics.
- Unsportsmanlike conduct toward any official, coach, manager, player, parent, or spectator.
- Negative comments directed at High Styx players, players from other clubs, the coaching staff, or officials.
- Gossip, harassment, bullying, intimidation, retaliatory behavior, or conduct that undermines the club environment.
- Entering team or player areas unless specifically permitted by staff or event rules.

Communication Protocol

Constructive communication is encouraged; however, concerns must be raised respectfully and through proper channels. Parents/guardians should allow a cooling-off period after games and should request a meeting with the appropriate coach if discussion is necessary. Club matters should not be debated publicly, through sideline commentary, or through informal parent networks in a manner that disrupts the team environment.

Disciplinary Notice: Any violation of the Parent / Guardian Code of Conduct may result in corrective action, including verbal warning, written warning, removal from an event, suspension from practices or games, restriction from sidelines or team areas, and/or termination of club participation privileges.

4. Player Code of Conduct

All High Styx athletes are expected to conduct themselves in a manner that reflects positively on the club. Membership carries with it a responsibility to uphold high standards of effort, character, and sportsmanship.

Player Commitments

- **Commitment to Development:** Train and compete to the best of one's ability and maintain a positive attitude.
- **Effort and Resilience:** Never quit on one's team, club, or coach, and respond constructively to challenges.
- **Preparedness:** Arrive on time and prepared with the proper equipment, mindset, and readiness to participate.
- **Sportsmanship:** Accept wins and losses with dignity, class, and humility.

- **Respect:** Respect coaches, assistant coaches, interns, club officials, teammates, opponents, and officials at all times.
- **Rule Compliance:** Learn and follow the Rules of the Game, team rules, and High Styx policies.
- **Language and Conduct:** Use appropriate language and avoid behavior that is disruptive, profane, abusive, or disrespectful.
- **Team Support:** Offer positive encouragement to teammates and contribute to an inclusive team environment.
- **Communication:** Notify the coach in advance when late or absent from training, games, or events whenever reasonably possible.
- **Representation:** Represent High Styx positively both on and off the field, including in digital spaces and on social media.
- **Inclusion:** Be inclusive of all teammates, embrace differences, and actively build positive relationships with peers.

Prohibited Player Conduct

- Bullying, hazing, harassment, discrimination, exclusionary conduct, or retaliation.
- Taunting, disrespectful behavior toward teammates, opponents, coaches, or officials.
- Intentional damage to equipment, facilities, or property.
- Dishonesty, theft, or behavior inconsistent with club values.
- Use of prohibited substances, possession of illegal items, or any conduct creating a safety risk.
- Repeated disregard for team rules, attendance expectations, or coaching direction.

Disciplinary Notice: Any violation of the Player Code of Conduct may result in corrective action including reduced participation opportunities, suspension from practices or games, removal from competitive rosters, and/or expulsion from club activities, as determined by High Styx in its sole professional discretion.

5. Coach Code of Conduct

High Styx coaches, assistant coaches, interns, and staff are expected to lead by example. Coaching conduct should support athlete development, safety, and a positive learning environment.

Coach Expectations

- Model professionalism, preparedness, integrity, and emotional composure at all club events.
- Provide instruction in a manner that is age-appropriate, constructive, and aligned with High Styx values.
- Prioritize athlete development, learning, and confidence-building over short-term results.
- Treat all athletes with fairness, dignity, and respect, while recognizing that equal treatment does not always require identical treatment.
- Communicate clear expectations, feedback, and developmental priorities.
- Encourage athlete independence, leadership, and ownership of the learning process.

- Demonstrate skills when helpful and provide coaching points during training, substitutions, and halftime as appropriate.
- Maintain an active coaching presence; silence is not a substitute for instruction and leadership.
- Support a positive sideline environment and appropriately manage parent interactions and team logistics.
- Comply with all safety expectations, organizational policies, and applicable codes of conduct.

Coach Standards Related to Team Development

- Operate under the shared High Styx developmental philosophy and club-wide standards.
- Help teach team structure, tactical understanding, and repeatable habits that can be executed in competition.
- Foster accountability, enthusiasm, and effort, recognizing that a coach's demeanor influences team energy.
- Identify and support athlete growth, including both skill-based and character-based development.
- Use sound judgment in competitive environments, recognizing when developmental priorities and game management must both be considered.

Any coach or staff member who fails to meet these standards may be subject to review and corrective action by club leadership.

6. Attendance, Punctuality & Participation Expectations

Attendance

Training sessions and games are intended to be positive, productive experiences that athletes want to attend. Attendance is also a key part of development and team preparedness. Every reasonable effort should be made to attend all scheduled training sessions, matches, and club events.

If an athlete cannot attend, the athlete and/or parent should notify the coach as early as possible with the reason for the absence. Because one athlete's consistent absence can hinder the development of the team, athletes missing more than one-third (1/3) of training sessions without prior approval may be removed from competitive rosters or subject to other team-placement consequences.

Punctuality

Players are expected to arrive on time and prepared, with all necessary equipment and the mental readiness to train or compete. Appropriate readiness includes a positive attitude, proper uniform or training attire, stick, shin guards, mouthguard, water, and any other equipment identified by the coach.

Participation and Effort

Attendance alone does not satisfy club expectations. Athletes are expected to participate with effort, focus, coachability, and respect for the training environment. Repeated lack of effort or preparedness may be addressed as a conduct matter.

7. Winning Culture & The High Styx Way

Winning Culture

High Styx believes a true winning culture is built on habits rather than outcomes. We define success through preparation, discipline, accountability, teamwork, coachability, and continuous growth. While competition matters and we compete to perform at a high level, we do not define the value of an athlete or team solely by wins and losses.

Our aim is to create players who can contribute with skill, character, and leadership abilities. We believe that when development is done well and the culture is strong, success in competition will follow.

The High Styx Way

High Styx has a vision of continuous development on and off the field, with the goal of becoming a leader in producing athletic, well-rounded teams. Our philosophy centers around a true club culture made up of loyal and local families. Teams are not treated as separate entities, but rather as connected parts of the overall club, united by shared vision, leadership, direction, and colors.

Developing players and coaches who share a sense of belonging is a hallmark of strong programs. Accordingly, High Styx seeks to incorporate both the physical and psychological elements necessary for each player to fulfill her potential.

Field hockey should be enjoyable regardless of age and ability—from beginners playing for fun to athletes aspiring to compete in college or beyond. The club therefore seeks to foster an environment where fun, challenge, belonging, and high standards coexist.

8. High Styx Leadership Philosophy

The High Styx coaching staff is made up of high-level college coaches, experienced and successful scholastic coaches, and current collegiate athletes with a strong interest in athlete development and opportunity creation.

Our staff is dedicated to supporting youth players committed to the pursuit of excellence by providing a high level of field hockey education. We strive to make decisions that maximize member opportunity, enjoyment, and long-term growth—both in life and in the game.

High Styx guides its teams and coaches under one philosophical umbrella. Our primary mission is not merely to win league trophies or tournament championships; it is to create dynamic players who can contribute in all ways with skill and leadership abilities. Team results are important, but they are secondary to complete player development.

9. Development Pyramid & Developmental Process

Development Pyramid

High Styx uses a progressive development model. At the base is character: respect, accountability, effort, and coachability. The next layer is technical learning and repetition. Above that is tactical understanding and decision-making. At the highest level is confident execution under pressure. This progression recognizes that athletes develop best when they build on a strong foundation.

Developmental Process

The learning calendar is a long-term progression spanning the youth years, approximately ages 8 through 18. High Styx recognizes four core developmental phases:

- **1. Learning:** Players are introduced to skills, shown technique, and encouraged to use those skills through drill work and guided practice.

- **2. Understanding:** Players develop a clear understanding of the skills being taught and can articulate and execute them with consistency.
- **3. Implementing:** Players can apply skills in game play, recognizing when the proper opportunity arises for each skill or concept.
- **4. Execution:** Players can perform high-level skills and concepts in competition with confidence, speed, and consistency.

Each phase should be substantially developed before the athlete is expected to progress fully to the next stage. For that reason, High Styx places significant emphasis on the learning process. Results have meaning only when they reflect true retention of knowledge, improvement in habits, and sustained player development.

10. Refund Policy

Except as otherwise required by law, no refunds will be issued for High Styx registrations, season fees, event fees, or similar charges unless the event or season has been cancelled by High Styx. Requests for exceptions will be reviewed, if at all, solely at the discretion of club leadership and do not create any obligation on the part of the club.

11. Acknowledgement & Signature Page

By signing below, the undersigned acknowledge that they have read, understand, and agree to comply with the High Styx Code of Conduct & Player / Parent Handbook. The undersigned further understand that failure to comply with these standards may result in disciplinary action, including suspension or removal from club participation.

Player Name: _____

Date:

Player Signature: _____

Parent / Guardian Name: _____

Date:

Parent / Guardian Signature: _____

Coach / Club Representative: _____

Date:

High Styx reserves the right to amend this handbook and to interpret or enforce its policies in a manner consistent with athlete welfare, club operations, and the best interests of the organization.