



# Code of Conduct

At all times:

No smoking, drinking or drugs are permitted at any time.

Buying alcohol for younger players is equally frowned upon and will result in an official warning.

No illegal, disruptive, destructive or dangerous behaviour will be allowed at any time. Repair or replacement fees for any damage caused to SotoTennis facilities or external facilities will be charged to any player who is responsible for the damaged property.

Behave properly: No form of racket abuse; no swearing in any language; no yelling in such a way as to disturb play; no hitting balls over the fence (players will be asked to retrieve them); no demeaning of any practice partners; no chewing gum whilst on court, in fitness sessions or in classes.

Be courteous and respectful to all members of staff and tennis club members.

Be courteous and respectful to all opponents, playing partners and training partners.

Be on time for all sessions - this means being ready to start at the agreed time.

Bring your own equipment to every session e.g. tennis rackets, water, tennis clothing and footwear, sun cream etc. If you run out of rackets you will be sent off the



court.

Refrain from any mobile phone usage in the gym, or on the court. This includes the use of the mobile phone for music. At tournaments, mobile phones will be switched off 45 minutes before the match up until 30 minutes after the match finishes.

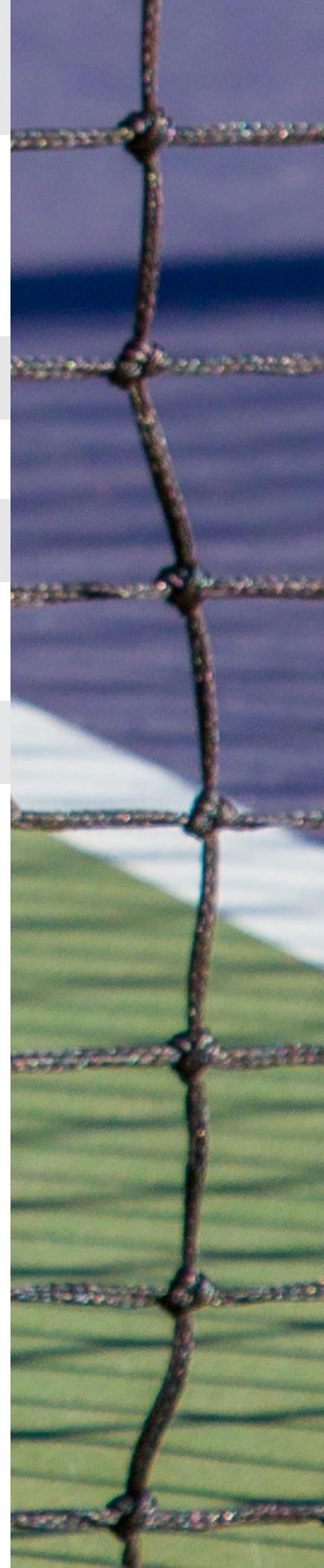
Focus on the areas of work, not the outcome.

Put 100% effort at all times.

Avoid an attitude of excuses, or display excessive moaning.

Record all information/data asked of you by coaching staff.

Abide by the house rules of your accommodation.



# El Octogono Club de Tennis

Shirts must be worn at all times in the tennis club

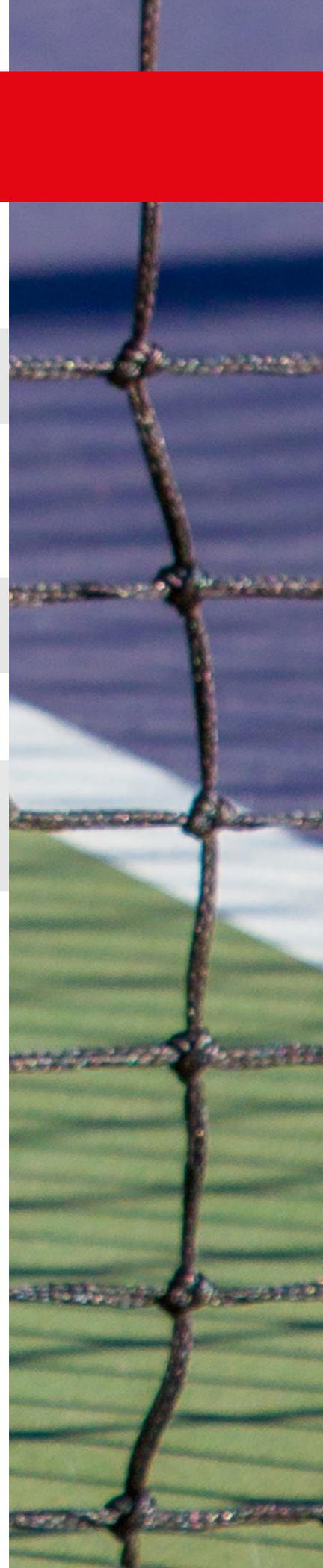
All rubbish must be removed from courts and clubhouse after every session

Bags must be left neatly in the corner to the left of the clubhouse. No bags are to be left in the club or on chairs/tables outside

Do not sit at lots of different tables outside the club, leave tables spare for club members

Clear tables and neatly put chairs back when you leave

Players must walk around padel courts when going to the equipment cupboard and bike racks. Do not pass over courts when players are on padel courts.



# Strength & Conditioning

Strength and conditioning sessions should be enjoyable but also a place for focus and hard work. There are certain rules that should be adhered to:

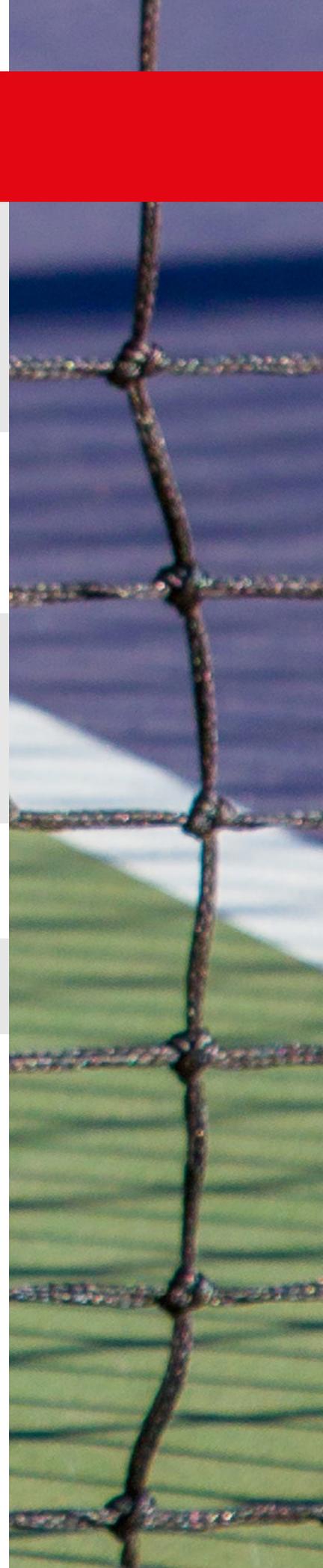
The purpose of these sessions is to train. Chat and relax during rest periods but not within 30 seconds of starting your set, and not until the correct weight is set up for your next set

Your sessions begin at the agreed start time. This means that you must be ready to start your warm up at this time. If you are more than 10 minutes late without prior warning and a valid reason, your session will be cancelled – no excuses

If you are late by less than 10 minutes two or more times in a week, your sessions for the day will be cancelled

Weights and all other equipment must be put away after the session.

The S&C coach will be ready to lead the session 5 minutes prior to the session start time. It is therefore advised that the player is in place and getting ready 5 minutes prior to the session so that everyone is ready to go at the agreed start time.



# Boarding House

House will be closed during weekdays from 9am – 11am and 2.30pm – 5pm.

Clothes must all have names or initials written on labels

All players are expected to make their bed every morning

All players must shower minimum every 24 hours

Players may bring their laundry to the laundry area only on designated wash days

Players must keep their own bedrooms and bathrooms tidy at all times

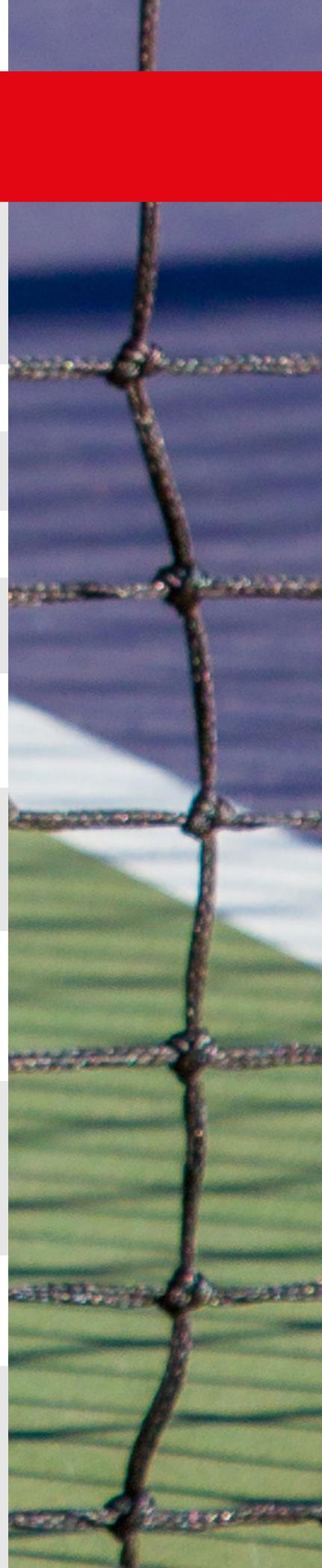
Players may leave the Academy House to go shopping during the evenings Monday to Thursday, so long as they return by 9pm.

Players are required to stay in the Academy House overnight Sunday to Thursday, unless a parent is visiting and has requested otherwise

Any player wishing to stay out overnight on Fridays or Saturdays must first gain permission from staff members and complete a visit request form. They must then sign out on the white board

All players returning from social trips must arrive back by the time stated on their visit form

If boarders are caught outside of the Academy House after retiring to their room for the night, an official warning will be immediately given to the offending parties.



If a girl is caught in a boy's room or vice versa, an official warning will be immediately given to the offending party/parties

All players' phone numbers must be left with the staff member on duty and the duty number must be added into the player's phone

All medication and passports must be handed to staff for safe keeping

Water may be taken into bedrooms but food is not allowed

If players are out for the day on official business during allocated meal times they may request a packed meal

There may be no mobile phones/usage at the meal table.

No video games may be brought into the house under any circumstances.

## Cycling

Helmets must be worn at all times and bikes must be fitted with a front and rear light.

A yellow reflector jacket is required at all times and is to be worn when cycling in the dark.

A bike lock is required and bikes should be secured when not in use.

It is the player's responsibility to maintain his or her bike. Any cost of repair or replacement is also the player's responsibility.

Players can request help to transport bikes for repair.

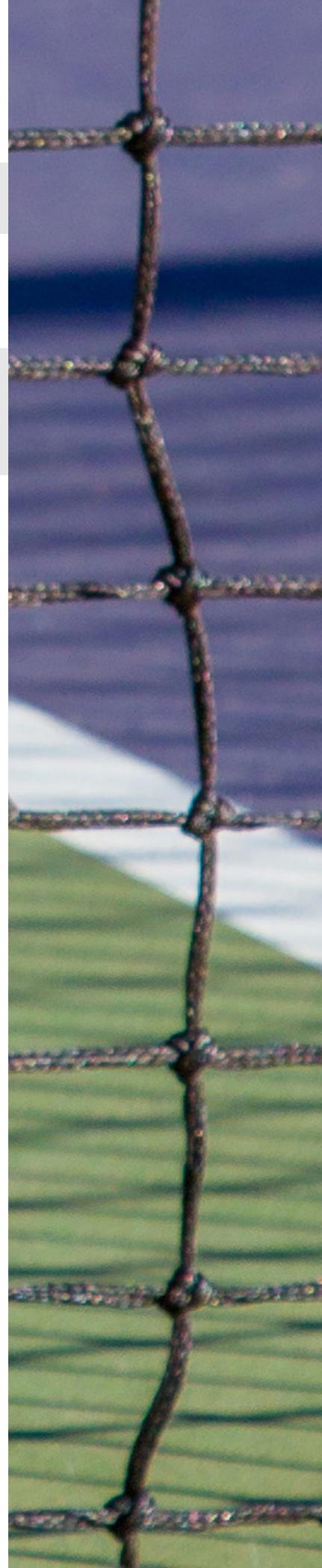


STA will not be liable for any injury, loss or damage whatsoever that may occur.

Cyclists must abide by the Highway Code at all times.

When not in use, bicycles must be stored and secured to the racks provided at the tennis club and boarding house

It is not permitted to take a bicycle that does not belong to you, without advance written permission.



# Disciplinary Actions

---

All violations of the rules and regulations will constitute disciplinary action as deemed appropriate by the Academy Director and staff. Consistent violation of any rules and regulations could constitute permanent dismissal from the academy. STA reserves the right to dismiss any player and/or their parent(s) at our discretion for any reason.

verbal warning – protocol:

1. Initial verbal warning
2. In the event of a continuation of rule breaking, the player will be required to spend time off the court/out of the gym session
3. If the player continues to be disobedient, they will be sent OUT of the session altogether.

Official warning – protocol:

1. Suspension from all on-court activities for one day
2. In the event of a continuation of rule breaking, the player will be suspended from all on-court activities for one week.
3. In severe cases, the player will be asked to leave SotoTennis Academy permanently.

Extreme cases will be dealt with at staff's discretion. Players are encouraged to help their squad mates out with the rules and guidelines. In some instances, if a player breaks a rule it might warrant an individual punishment; in other cases, the squad might be included.

We want players who can think for themselves, but also who understand the importance of those around them.

