



MACQUARIE
BANK

Our Belief, Our Tradition,
Our Vision



RUGBY CLUB

CODE OF CONDUCT

"Be the first to commit and the last to relent"

Personal

- Be respectful of your fellow players, the team and what the School provides
- Be honest with yourself and others
- Be confident that you have the self-belief in what you can and will achieve
- Identify your work ons and commit to improvement
- Value the importance of being an athlete and your own well-being
- Be responsible with the management of any injuries
- Be prepared to sweep the sheds
- Leave the jersey in a better place

Training

- Punctuality
- Commitment
- Attitude: train tough to play tough
- Organisation: be ready to train

Match Day

- Always remain in the game
- Be competitive
- Bring the right attitude
- Trust your mate to do his job
- Organisation: attire, protective equipment, hydration, nutrition, gear bag
- Do not be found wanting
- Enjoy the experience

School

- The importance of the classroom, and being proactive at non-Rugby events is paramount
- Be aware of the profile you want to portray
- Continually illustrate the values of the Hunter Valley Grammar School
- Represent the School with pride

"Boots on, game on"

Player

Coach