

# THE “ROYALS GOLD STANDARD”

## Expectations...Accountability...Consistency... Execution

It isn't easy.... It takes time and energy... EVERYBODY must be on board and accountable...One weak link will open the door to excuses and mediocrity.

### Core Values:

- **Best Effort** – Life happens, but that does not release anyone from their responsibilities to provide their BEST EFFORT to uphold the Royals Gold Standard.
  - **5 Minute Philosophy** – If you are not 5 minutes early....you are late...for everything.
  - **Elite Player** - You are a representative of both your team and the Calgary Royals.
  - **Look the part, Be the Part and Live the Part.** Respect is earned not given and we strive to earn everyone's respect in all we do on and off the ice.
  - **Appearance** – Appropriate hair, clean cut, cleanliness for ALL TEAM functions i.e. team meals, tournaments. Coach's Option: Shirt and Tie or a zipped up Calgary Royals track suit. We do not wear hats indoors.
  - **Dressing Rooms** - Our sanctuary and the culture within is undeniable. Phones are put away, players are always comfortable physically (showers) and there is a respect for everyone's mental and physical space. Cross the line in this regard and the consequences will be extreme.
  - **Language** – Awareness of social situations and professional conduct for players and coaches. We all represent families, sponsors, partners and much more than ourselves.
  - **Game and Practice** - Warm-up/Cool-down – Proper footwear with the Calgary Royals track suits or related apparel MUST be worn. Training in undergear is not acceptable. We always dynamically warm-up for practices and games.
  - **Public Area Awareness** – We don't change in the view of the public.
  - **“Leave it cleaner than we found it”** – Dressing rooms, busses, and hotel rooms are to be left as clean, or cleaner, than when we arrived.
- ***We all play for the logo on the front and not the name on the back. Our players and our parents represent this value system.***
- ***We earn, we strive, and we grow. We recognize the journey to be our best can be very challenging.***
- ***We are proud to be Calgary Royals!!***