

ALBANY ALL STARS ROLLER DERBY

LEAGUE CULTURE

As a teammate, I will...

- Communicate with respect to all those involved with my League.
 - Delivery is important; and when engaging with my League, I will be aware of how my message may be heard. As a bystander, I am accountable for calling out disrespectful dialogue and helping my teammates to control their message. I will not shy away from difficult conversations - but I will engage in conflict in a kind and constructive way.
- Always assume best intentions from my teammates.
 - I will challenge myself and those around me to come from a place of encouragement and goodwill, not discouragement.
- Bring my best self.
 - I will make my best effort to be at all practices possible. I will be on time to practice, be present from start to finish, keep my side conversations to a minimum, and give 100% of my attention and effort to the task at hand.
- Know and encourage all of my teammates.
 - I will make my best effort to know every one of my teammates - both on and off the track. I will challenge myself to come out of my comfort zone and engage with every one of my teammates at practice.
- Commit to creating an inclusive and diverse League.
 - I will be inclusive in my language and encourage my teammates to do the same. I will challenge myself to grow within this context. This includes correct pronouns, gender neutral language, and bias free communication.
- Fulfill my commitments.
 - I will do my part to help the League grow and thrive. I will be honest with myself about my capabilities and commit to roles and responsibilities that both fulfill my requirements and better my League.
- Make the business of the League a priority.
 - When I am asked to give feedback, participate in programs, and attend meetings, I will make my best effort to participate fully.