



CCVC Player Commandments

One of my goals with CCVC is to become the best volleyball player and person I can be. I understand that my participation in the Club requires I conduct myself with these CCVC Player Commandments at the forefront of my actions and behaviors. I understand that a failure to meet these expectations will be cause for my playing time reduced or eliminated.

- 1. ATTENDANCE** –I will attend all practice sessions, matches and tournaments. If I am unable to attend, I shall notify the coach or assistant coach 1 day prior to the session. I will provide a calendar of known dates that conflict with my commitment to practices and tournaments in advance to the parent representative and / or coach. I will never leave a practice or tournament without first receiving permission from my coach.
- 2. PARTICIPATION** –I will exhibit a teamwork attitude, attend all practice sessions, matches and tournaments. I understand the coaches make the final decision on all play time and will support their decision. I will discuss my role on the team with my coach on a one-on-one basis and request feedback and suggestions to improve my skills and to increase my playing time.
- 3. SPORTSMANSHIP** –I will be courteous and respectful, to the facilities I am practicing or playing in at all times, to all coaches, my teammates, my competitors, the referees, and others. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or not playing well. I will be a positive model to my fellow players, coaches and the player's parents.
- 4. HELPFULNESS** - I will arrive early to all practice sessions and tournaments. I will be prepared to assist in net setup and tear-down, gym or team "campsite" cleanup, share all referee, line judge and work responsibilities.
- 5. COURTESY** –I will not use any inappropriate language or gestures during practice or tournaments or while representing CCVC.
- 6. COOPERATION** –I will cooperate with my coaches and teammates and be ready to play every position in the spirit of teamwork.
- 7. APPEARANCE** –I will dress appropriately, in the team uniform, for all tournaments.
- 8. COMMITMENT** –I will budget my time to meet the responsibilities of being a CCVC team member, maintaining my academic goals, and participating in social and community projects.
- 9. COMMUNICATION** –I will communicate both on and off the court with my teammates and coaches for mutual understanding. If I am concerned about playing time and skill development, I will communicate directly with my coach and request help. I promise to follow the *CCVC Grievance Process*.
- 10. ATTITUDE** –I will work hard at practices and tournaments. I will take the time together as a team seriously. I will be attentive and focused on my coach's instruction. I will their embrace suggestions for improvement with eagerness and appreciation from my coach. I will be responsive to their requests and be willing to try new or different things.

Athlete's Signature

Date

Parent's Signature

Date

Parent's Signature

Date