

2025 ATHLETE CODE OF CONDUCT

Athletes are expected to adhere to principles of behavior as outlined below:

- Promptly confirm status of participation (Going, Not going, Maybe) through TeamLinkt App to allow the coach to properly plan practices, line ups, etc.
- Attend practices, games, and team events regularly and on time. Athletes should be 100% ready to be on the court (knee pads, gym clothes, water bottle at the start time of practice - unless the coach has been previously notified through TeamLinkt).
- Inform coaches of injury or other circumstances that may prevent you from fully participating in team events.
- All players are responsible for setting up and taking down practice equipment.
- Come to practices and games with a positive attitude. Give your best effort, be open to learning new skills, and to receive feedback from coaches to ensure you have the best opportunity to learn and grow as an athlete.
- Commit to working hard for yourself, for your team and for your coaches.
- Team Members will be committed to hustle during drills, between drills, to and from water breaks (no walking or strolling) to keep the energy and engagement up. Our gym time is valuable and we need to take advantage!
- Respect teammates, opponents, parents, coaches, officials, and spectators.
- Treat team members on and off the court as valued members of the group. Be intentional, kind and inclusive with all teammates to ensure a healthy, positive team culture. Gossip, abuse, bullying, berating, and social exclusion of members is not acceptable behavior.
- Coaches are there to help you and the team to succeed. Treat them with respect (e.g. hold balls when they are talking) and accept their decisions.
- Have open, regular communication with the coaches from the onset of the season to help foster positive relationships and open lines of communication. When communicating with the coach, they will follow the Rule of Two both in person and online.
- Respect facilities that we are fortunate enough to use. Make sure areas used are clean and follow all facility guidelines (no outdoor shoes, water only etc.). Vandalism and theft will not be tolerated.
- Athletes will not consume alcohol, tobacco products, vaping products, or any drugs prior to or during practices, games, tournaments, and team functions. This does not include over-the-counter medications or prescription drugs as per parent approval. Phones are not to be used during practices, games or team-specific time

2025 COACH CODE OF CONDUCT

We are committed to developing all team members with the technical skills required in the sport of volleyball by focusing on their physical literacy, mental resilience and social connectedness, in a positive team environment. It is our goal to provide all athletes with a positive experience in a competitive team environment and to develop strong and respectful players.

Playtime 12U, 13U 14U:

- Playtime is equal for the first two sets of every match. All players listed on the roster will play one full set of every match.
- Playtime is earned in 3rd games.
- Practice attendance, punctuality, attitude, work ethic, commitment to learning, consistency, lineup chemistry, and support of team members will factor into who plays in the third set.

Playtime 15U:

- Playtime is earned in scrimmages, games, and mainly in practice. Starting roles are earned.
- Stats, personal attitude, and aptitude will determine who plays.
- Practice attendance, punctuality, attitude, work ethic, commitment to learning our systems, consistency, lineup chemistry, and support of team members will affect play time.

Coaches Commitment:

- To make every effort to treat all players equally.
- Treat athletes with respect and be patient with them.
- Make the well-being of all team members the top priority.
- To value each member as a person and a player.
- Adhere to the rule of two.
- Commit to improve 1% per day.
- Commit to give players an opportunity to communicate, and actively listen to them.
- To build a safe, positive, fun, and inclusive environment.
- To value player's and parent's investment of time and finances.
- To always be honest with players and parents.