



PARTICIPATION BASICS

- When families agree to allow their child to participate in this volleyball program, they are doing so with the understanding that they do not get any input into the position their child plays, how much time their child plays, the manner in which the team is trained and the tactics and strategies implemented during the season.
- IF any player chooses to not meet the minimum expectations in this document, they are subject to suspension from participation, loss of playing time and/or removal from the team (with no refund).

ATTITUDE AND DEMEANOR

- Volleyball is a TEAM sport. The essence of team sports is that an individual who chooses to participate on a team is willing to sacrifice their personal goals for what is best for the team.
- Players will maintain positive relationships with their teammates, coaches, parents, opponents and officials.
- Players will be attentive during instruction and be able to demonstrate competency and comprehension of tactics and strategies prior to Matches. Failure to do so will negatively impact playing time.
- Players will work hard and support their teammates.
- Players will make choices at practice and games that represent the best interest of the team.

PRACTICE/TRAINING

- Players are expected to attend all practices and/or training sessions (generally 1-2 a week)
- Players will arrive before practice is scheduled to begin, in order to have knee pads and volleyball shoes on and ready to go. Any player who is not ready at start of practice will be considered late and will be required to complete a fitness task equivalent to the time missed.
- Players will be attentive, cooperative, positive, compliant, and coachable during practice. Failure to do so may result in loss of playing time, suspension from the team activities, and/or removal from the team.
- Practice is not over until all equipment is put away.
- Injuries and Illness

- Players who believe they are injured need to see a doctor for clearance to play.
- Players who are sick must notify the coach and should not attend practices until cleared by a doctor.
- Any player who misses practice without notifying coach is subject to loss of playing time and/or suspension of participation.
- **There should be NO phone use of any kind during practice. Phones should not be visible during the duration of practice.**

GAME DAY EXPECTATIONS

- Players are expected to wear the team uniform color that the team chooses to wear for each game. And keep opposite jersey in your bag with you at all times at the tournaments just in case the Coach needs to make a lineup change with Liberos.
- Players need to be at the tournament 30 mins before game time. Dressed and ready to play.
- Every player is expected to help officiate games, line judge, libero tracking, score keeping or score flipper. Coaches will rotate so that it is not the same players all the time.
- Players, parents and coaches are representing Twin Rivers Volleyball Club. You are expected to show good sportsmanship at every tournament on and off the court. Please respect the Officials and the volleyball players help officiating the game. Everyone makes Mistakes!!! Parents please refrain from making comments during the game. Players if you have a concern wait when time is right and let your coach know.
- WE play as a team, each player is expected to cheer on their teammates. Any negative comments will result is loss of playing time.

Parent Signature_____

Player Signature_____