



## 2019-20 PLAYER CODE OF CONDUCT & COMMITMENT

The purpose of the Cowlitz Aces Volleyball Club (CAVBC) program is to develop your mental, physical, and emotional abilities as a volleyball player and to enhance your opportunities to play a higher level if you so desire. In order to meet this goal, certain personal sacrifices must be made; sacrifices that show a commitment to this program and the team. These commitments include:

- To work consistently toward higher individual techniques and team goals.
- Complete dedication to the team as a whole.
- Wholehearted participation in practice sessions, matches and tournaments.

**Activities:** We understand there are activities that will arise, such as other sports, family activities, etc. While we understand and encourage these activities it is also understood that you committed yourself to the team. It is important your commitment to the team is taken seriously. Please discuss any conflicts with your coach so these conflicts may be resolved, if possible. Missing practice or tournaments without previous arrangements will not be tolerated and each team will address the problem with you which may include dismissal from the team. Understand practice and tournaments are where you receive instruction and experience and attending all tournaments are paramount to a team's success.

**Absences:** You must call the coach and inform them of the absence 24 hours prior (if possible) to their practice date. Missing practices or games lets the team down and will result in a loss of playing time.

**Tournaments:** Three weeks advance notice is required if you can't attend a tournament. Last minute exceptions only granted with family emergencies or sickness. Failure to inform us may result in CAVBC withdrawing your membership without refund.

**Referee Duties:** When your team has referee duties, the ENTIRE team must stay and work until the last officiating duty is completed. On certain conditions coaches may release players early from refereeing duty.

**Punctuality:** You need to be fully dressed and ready to workout at assign start time.

**Equipment:** Bring ALL your uniform items and equipment to ALL tournaments.

**Respect:** We demand that you treat everyone involved with our club with the utmost respect in their actions and words. Further, we will not tolerate un-sportsmanlike conduct of any kind with other team players, fans, coaches or the officials. We also expect you to treat all coaches with respect and coaches will treat you with the same respect.

**Illegal activities:** The club has a zero tolerance when it comes to any illegal activities by its members. CAVBC will dismiss you if you are caught smoking or tobacco products, involved with any drugs, drinking or involved in any illegal activities period. CAVBC will refer to the WIAA player eligibility rules related to any participation with illegal activity and any suspicious activity will be reported to the local authorities and/or the player's school authorities. This includes inappropriate use of social media.

**Gyms:** You need to understand that we are a guest in the gyms and that any actions in the gym reflect you, the team and the CAVBC. There will be no horseplay, foul language or any inappropriate behavior in any gym while participating in any club activity. Every player on the team is responsible for making sure the equipment is put up properly, gym is free of trash, and the gym is secure after the team leaves.

**Travel Commitment:** If player is participating in a travel team and violates any part of the Commitment letter, the player will be immediately sent home from the tournament or practice at the expense of the parent/guardian.

**Letter of Commitment:** I understand that by signing this letter I am committed to joining CAVBC for the entire 2019-20 season