



Loveland Volleyball Club (LVBC) Athletic Responsibilities and Player Code of Conduct

As an LVBC Player, I will:

1. Set a good example of successful choices and character on the court, in the classroom and outside of school.
2. Be willing to commit 100% to club volleyball and my LVBC team during the entire season.
3. Show good sportsmanship and respect for my teammates, coaches, opponents, officials and parents.
4. Keep things in perspective and always strive toward a positive attitude.
5. Take responsibility for my own behavior and choices.
6. Keep winning and losing in perspective. LVBC is contracted to develop volleyball athletes and not about "winning at all costs."
7. Not swear at any time. I know that profanity or inappropriate gestures toward teammates, coaches, opposition, officials or crowd will not be tolerated and consequences will be implemented.
8. Maintain honest, open communication and I will cooperate with my teammates, coaches, and parents.
9. Work to improve fundamentally and emotionally, as well as to become a better athlete and develop higher self-esteem.
10. Set realistic goals and strive for my personal and team success and make successful choices to move positively toward them.
11. Support my teammates while they are playing and I will always be prepared for activity. I also understand that substituting is a way of providing opportunities for more athletes to participate in the game and will remember this when I am taken out of a game.
12. Support my teammates at all times. I know this is a TEAM sport, I will embrace it.
13. Keep my differences with my teammates, friendships, lack of friendships out of the gym and focus on being a good teammate and giving my best for the TEAM.
14. Not talk or text negatively about my teammates or coaches behind their back. I understand that our goal is to build each other up and not tear each other down.
15. Learn the fundamentals for the game and execute the fundamentals to the best of my ability.
16. Be loyal, be coachable, be open, be motivated, and be dedicated.
17. Not participate ill, hurt, injured or under the influence of drugs, alcohol or any performance enhancing substance.

Team Rules/Expectations:

No swearing at any time. Profanity or inappropriate gestures toward teammates, coaches, opposition, officials or crowd will not be tolerated at any time. Players choosing to be disrespectful will immediately be removed from playing, practicing or participating in any activity, event or competition as well as risk the chance of being removed from the team.

☒ ZERO TOLERANCE PRACTICES & TOURNAMENTS

1. 1st violation = 5 minutes removal from court
2. 2nd violation = 15 minutes removal from court
3. 3rd Violation = sit out one game of one match
4. 4th Violation = Sit out tournament
5. 5th Violation = Removed from Club
6. Violations are accumulative throughout the season

What your coaches expect from you:

- ☐ Practice how you will play – always practice competitively (even during pepper!) 100% Effort!
- ☐ Practice out of your comfort zone, the only way to improve is to try harder
- ☐ Challenge yourself and others
- ☐ Respect others
- ☐ Don't Cheat - Cheating not only hurts yourself but also your teammates
- ☐ Communicate – early and often
- ☐ Hustle at all times
- ☐ Expect to work hard and give 100%, 100% of the time
- ☐ Support your teammates and coaches all the time – it's a team sport – embrace it
- ☐ Do not be afraid to make a mistake, but be prepared to fix it
- ☐ Your differences, friendships, lack of friendships need to stay out of the gym – we are a team
- ☐ Learn to take constructive criticism

What you can expect from your coach:

- ☐ Loyalty to you and dedication to your successes
- ☐ Honesty about your abilities, your position, your playing time, and your role on the team
- ☐ Leadership and training necessary to achieve team goals
- ☐ The ability to work you hard to make you a better player
- ☐ To assist you in any way possible
- ☐ To be treated with respect
- ☐ To not allow you (or your team) to give up
- ☐ To expect and accept only the best
- ☐ To push you past your limits

I have read the above contract and agree to abide by the philosophy set forth by the Loveland Volleyball Club program.

Player's Signature _____ Date _____ Team _____

Parent/Guardian Signature _____ Date _____