

Performance Volleyball Athlete Contract

My main goal is to become the best player for my TEAM! Only I am responsible for my own actions.

I am fully committed to this team and therefore I will:

Conduct myself in a manner to bring credit and prestige to myself and the team. I will demonstrate an attitude of respect toward all officials, opponents, and teammates. **Honor the Game!** Public displays of affection are never considered appropriate; especially in uniform, at practices, and tournaments. Make responsible decisions.

Budget my time to meet all the responsibilities in work, learning, and other personal areas. Attend every practice, tournament, and team function.

Pursue mental and physical conditioning outside of practice.

Communicate both on and off the court for mutual understanding. I will be responsible and communicate to my coach any concerns that I have instead of having my parents do it for me. As we recognize “social media” as a means of communication, it is our request that it is used only as a positive, uplifting form of communication in reference to Performance Volleyball.

Discipline my body for health including: adequate sleep, a healthy diet, and avoiding the use of drugs including alcohol and smoking.

Recognize the unique aspects of volleyball yet learn from my mistakes only and never make excuses.

Accept all coaching comments and assignments only as ways in which our team and I might improve.

Ignore the errors of my teammates, as I believe no one is trying to make a mistake.

Support full effort and the good skills my teammate’s exhibit. I will demonstrate a cheerful and positive attitude.

Concentrate, never create distractions or worry about worrying. Keep your focus on the task at hand, avoiding looking for additional “coaching” from the stands!

Perform with full effort and intensity to the best of my ability in all training and competition.

I remember that I am responsible for achieving my personal volleyball goals!



Performance Volleyball Parents Code of Ethics

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or Performance events.
- I understand that the coach has my child's best interest in mind and is the professional in charge. I will refrain from distracting my child by not talking to and/or not making gestures toward her during practice, tournaments, and team meetings except for positive encouragement.
- Parent must cooperate with all team members (including parents), game officials, and coaches. No one should make any disparaging remark about, or gesture toward, another player, team, coach, or official. This includes any and all "social" media outlets.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win! The game is for youth - not for adults.
- I will supervise and assume full responsibility for player's siblings and/or guest at all times while on facility property. I will leave the facility the way I found it, if not better.
- If a medical issue arises, I will bring a doctor's note to the coach excusing or permitting them to play again.
- I will encourage my daughter to perform to the best of her ability and to adhere to the rules of this club.
- I will be supportive of each and every member of the team, the coach, and the club.
- If I need to talk to the coach, I will **NOT** approach the coach after a match or tournament and I will wait **48 hours** to set up an appointment.

