



Raleigh Volleyball Club Player Commandments

One of my goals with Raleigh Volleyballs is to become the best volleyball player and person I can be. I understand that my participation in the Club requires I conduct myself with these Raleigh Volleyball Player Commandments at the forefront of my actions and behaviors. I understand that a failure to meet these expectations will be cause for my playing time reduced or eliminated.

1. **ATTENDANCE:** I will attend all practice sessions, matches and tournaments. If I am unable to attend, I shall notify the coach or assistant coach at least 1 day prior to the session by both E-mail **and** Phone/Text . I will provide a calendar of known dates that conflict with my commitment to practices and tournaments in advance to the parent representative and / or coach. I will never leave a practice or tournament without first receiving permission from my coach.
2. **PARTICIPATION:** I will exhibit a teamwork attitude; attend all practice sessions, matches and tournaments.
3. **SPORTSMANSHIP:** I will be courteous and respectful, to the facilities I am practicing or playing in at all times, to all coaches, my teammates, my competitors, the referees, and others. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or not playing well. I will be a positive model to my fellow players, coaches and the player's parents.
4. **HELPFULNESS:** I will arrive early to all practice sessions and tournaments. I will be prepared to assist in net setup and tear-down, gym or team cleanup, share all referee, line judge and work responsibilities.
5. **COURTESY:** I will never use inappropriate language or gestures during practice or tournaments or while representing Raleigh Volleyballs.
6. **COOPERATION:** I will cooperate with my coaches and teammates and be ready to play every position in the spirit of teamwork.
7. **APPEARANCE:** I will dress appropriately, in the team uniform, for all tournaments.
8. **COMMITMENT:** I will budget my time to meet the responsibilities of being a Raleigh Volleyball team member, maintaining my academic goals, and participating in social and community projects.
9. **COMMUNICATION:** I will communicate both on and off the court with my teammates and coaches for mutual understanding. If I am concerned about playing time or skill development, I will communicate directly with my coach and request help.
10. **PLAYING TIME:** I understand that playing time is earned, not guaranteed. All players will be given equal opportunity and instruction in practice to earn their position, but it is up to me to put forth the effort. I understand that I must earn my position and time on the court by showing the will to compete, the desire to support my teammates on the floor, and the heart to do whatever it takes to give everything I have to the match.
11. **ATTITUDE:** I will work hard at practices and tournaments. I will take the time together as a team seriously. I will be attentive and focused on my coach's instruction. I will embrace their suggestions for improvement with eagerness and appreciation. I will be responsive to their requests and be willing to try new or different things.

_____ Parent's Signature Date _____

_____ Player's Signature Date _____