



Club Policies

Each athlete and parent(s) will be expected to comply with the rules and regulations set forth in this Parent and Player Commitment Agreement. Any athlete who willfully performs any act, which is detrimental to their team, teammates, Altamont Volleyball Club or staff members, shall be subject to discipline, suspension or expulsion.

Participation: Participation is open to all without regard to race, creed or national origin.

Player Conduct: Players are expected to act in a sportsmanlike manner and set a proper example during all Club activities, including practices, travel, tournaments, and any activity on or off the court in which the Club chooses to participate. A player NEVER talks negatively about herself, her teammates, coaches, opponents, referees or tournament officials. A team's success depends upon each player's attitude as well as her skills. Team unity should take precedence over individual needs and can only be created with commitment by each player. An attitude that is not conducive to team unity cannot be tolerated. Continuous insubordination on the part of a player can lead to discipline, suspension or ultimately, expulsion from the Club.

Parent Conduct: Please remember to cheer positively for your daughter's team. Negative comments, parent sideline coaching or even overly enthusiastic encouragement of your daughter can be disruptive to the team effort and will not be tolerated. In this situation, the coach will talk to the parent. Lack of cooperation will result in the dismissal of the parent from the competition.

NCVA Chaperone Requirement: The NCVA requires any parent who will serve as a chaperone to complete a two page "Consent and Waiver Release Form."

Parent Participation in Altamont Volleyball Club: There will be many opportunities to participate in the Club this year. Each team will have a team parent who helps coordinate various issues between the coach/club/team. Additionally, teams will need to assign a photographer, a food coordinator, a team reporter, a fundraiser coordinator, and multiple chaperones.

Practice: Players are required to attend all practices. Players must arrive 15 minutes prior to the posted start time for practice. Tardiness shows a lack of respect to your coach and team and will result in discipline. In the event a player cannot attend practice, courtesy and Club policy require the player to notify the coach directly. Do not have a teammate notify the coach, it is not her responsibility. A player is allowed 3 excused absences from practice. Excused absences include illness, injury, excess school work, and family emergencies. For any subsequent missed practice the player will be required to make up the practice prior to being allowed to play. In the event that no make up practice is available before tournament play the player will be benched for one game as determined by the coach. The player will still be responsible for making up the practice following the tournament. If a player misses a practice the day before a tournament the player will be benched for one game as determined by the coach. Excess absences may result in discipline, suspension or expulsion from the Club. Only Club members may attend practice sessions unless approved by the Coach or a Director.

While at practice a player will:

- Show their coaches and teammates respect.
- Give 100% of her attention and effort to all drills and scrimmages.
- Accept responsibility for her actions.
- Notify coaches immediately of any injuries or illnesses.
- Be encouraging and not distract others from their focus.
- Wear Altamont apparel.
- Not wear any jewelry or chew gum at any time.

Tournaments: Travel to and from practices and tournaments are the responsibility of each player's family. It is suggested that parents from the same general area form carpools. Only adults 25 years or older will be allowed to drive players to tournaments. NO players are allowed to drive to tournaments. Players should be on the court prepared to warm up at least 45 minutes prior to the start of the tournament, unless otherwise indicated by their coach. The team shall decide before each tournament what they are going to wear for that tournament. Players are

required to arrive and leave in the same Altamont apparel. If you lose part of your uniform you must notify your coach immediately and replace it immediately. Volleyball shoes should NOT be worn outside of the gym as they will lose their traction much faster. Player bags should be lined up neatly at all practices and tournaments. All zippers should be zipped and all contents should be inside the bag.

While at a tournament a player will:

- Stay with teammates during 'off' times. Volleyball is a team sport; bond with yours! ☺
- Not use electronic devices. This includes IPODs, Phones, DVDs, etc.
- Consume healthy foods. No candy, soda, coffee, Jamba Juice, etc.
- Return to the game court by the 17th point of the 2nd game. No one should have to look for you.
- Always be in groups of two or three players.
- Stretch when the day is done.
- Assist in cleaning up our team area. Do not rely on the parents to do it for you!
- Make sure you wear something warm after a tournament if it is raining or cold.

School: Altamont Volleyball Club understands the importance of school. If a player is in danger of failing a class, the parents may contact the Club to discuss options. Finals week is always very important. The Club understands the need for additional study and will try to accommodate the player's schedules.

Communication:

1. Early communication of expectations is very important, and consistent communication between players and coaches is encouraged throughout the season. It is important that a player learn to communicate issues with her coach quickly before they become a detriment to her, or the team.
2. All but the most difficult situations should be resolved directly between player and coach. If a resolution is not found, a meeting with the coach, player and parent(s) may be requested. If resolution is still not found, a meeting of all concerned parties with the Director of the club should be requested (any of the three parties involved: coach, player, parent may make this request). This sequence of problem resolution will be strictly followed. It is imperative that all issues are dealt with as quickly as possible.
3. When to communicate is just as important as what to communicate. We suggest that you analyze the issue and pick the most appropriate time:
 - A non-emotional issue might be able to be resolved before or after practice.
 - If an issue is difficult and/or emotional, it is best to request a separate meeting with the coach. Trying to deal with it right before practice could be disruptive to the practice, not only for the player, but the coach and the other team members.
 - Do not request to meet during a tournament. The coach is there to work with the players, meet timelines set by tournament officials and make sure everything is going smoothly. He or she does not have time to resolve issues then.

Playing Time: Playing time is a concern that arises nearly every season. Respect the coach's decision on playing time; amount of playing time is not guaranteed and is measured on attitude, consistency, and on effort and achievement in practice and games. Coaches are very cognizant of playing time and want each player to have the opportunity to play successfully. If a player works hard and demonstrates in practice the ability to perform the skills necessary to play the game, she will be given the opportunity to play. When given the opportunity to play, each player must bring to the court the skills that she demonstrated in practice that earned the playing time. If play in the game does not match her success during practice, then she must rededicate herself on the practice court. This cycle can only lead to success for the team as well as the player. In club volleyball, there is no guaranteed court time for any player during a tournament, though it is hoped that there will be an opportunity for all players to gain some "on court" experience during the course of the season.

Travel: All players are the responsibility of Altamont Volleyball Club while on travel tournaments.

1. If lodging is required, players will be housed together, usually 3-5 players in each room. Players will be responsible for all room charges including chaperones and coaches. The coaching staff assigns roommates.
2. At least one female parent chaperone MUST be assigned to each team for all overnight trips. A dad may chaperone only if his wife is also a chaperone.
3. Players will be expected to attend all team activities, including but not limited to - team breakfasts, lunches and dinners; team meetings; or other team functions. Traveling players may have "free time" during which they are expected to request permission from their coach/chaperone regarding their activities and destinations.
4. Players must travel in groups of three or more at all times when travelling with the team. Do not leave the team without letting the coach or chaperone know where you are going.

5. All teams will have a curfew when traveling. Curfew will vary depending upon the team age group and the tournament schedule. Curfew will be set by the coach. Curfew means in your own room with lights off, TV off, in bed and quiet. All cell phones will be confiscated by chaperones at lights out.
6. Players shall not allow anyone into their rooms, other than members of the Club. Members of the opposite sex are NOT allowed in the rooms. FRIENDS ARE NOT ALLOWED IN THE ROOMS.
7. If a player breaks a rule they may be subject to discipline, suspension or expulsion and may be sent home at the parent's expense.

Drug, Alcohol & Tobacco Policy: Possession and/or use of drugs, alcohol and tobacco are strictly prohibited. If there is evidence proving a player is using or is in possession of drugs, alcohol or tobacco, whether at an Altamont event or otherwise she will be subject to expulsion.

Updates to this code of conduct will be posted on the Altamont Volleyball Club website.

NCVA Codes of Conduct/Behavior

<p><i>Parent Code of Conduct</i></p> <ul style="list-style-type: none"> ▪ Remain in the spectator area during matches. ▪ Do not advise the coach on how to coach. ▪ Do not make derogatory comments to coaches, officials, tournament directors or players of either team. ▪ Do not try to coach your child during the match. ▪ Do not drink alcohol at tournaments or come to a tournament having consumed too much alcohol. ▪ Cheer for your child's team. ▪ Show interest, enthusiasm, and support for your child. ▪ Be in control of your emotions. ▪ Help when asked to do so by coaches or officials. ▪ Thank coaches, officials, tournament directors, and other volunteers who conducted the event. ▪ Know the rules. ▪ Avoid conduct that is inappropriate as determined by comparison to normally accepted behavior. ▪ Physical or verbal intimidation of any individual is unacceptable. ▪ Follow the rules of the tournament, such as NO FOOD IN GYM, no beach chairs, etc 	<p><i>Player Behavior Code</i></p> <p>As an athlete, I:</p> <ul style="list-style-type: none"> ▪ will participate in volleyball free of alcohol and drugs. ▪ will use positive verbal and physical behavior, controlling my temper and aggression. ▪ will give true information concerning another individual's involvement in or knowledge of an incident relevant to a violation of the rules. ▪ will play by the rules of volleyball. ▪ will display fair play by treating all those involved in the match with dignity and respect. ▪ will treat others as I would like to be treated. ▪ will work hard and honestly to improve performance and participation. ▪ will maintain a positive image of myself by participating for enjoyment. ▪ will respect the decisions of officials and tournament directors.
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