

Xtreme Code of Conduct

We believe that participation in a competitive volleyball program can provide athletes with high-level volleyball training, as well as provide an opportunity to learn some “life skills” – responsibility, dedication, leadership, hard work, and respect for others. The Code of Conduct for Xtreme has been established to promote these skills and qualities, and to help continue a strong volleyball program. Athletes are responsible for adhering to the Xtreme Code of Conduct. Athletes found in violation of the Code of Conduct may be restricted and/or removed from participation in the program. The Xtreme Volleyball Club has the right to initiate the removal of an athlete from the team if the athlete or parent does not adhere to this Code of Conduct.

GENERAL PLAYER GUIDELINES

-Athletes will not in any way engage in any conduct that does not serve the **greater good of the team**, this includes but not limited to being disrespectfully vocal towards decisions made about the team, playing time, lineups or teammates.

-Athletes are expected to treat each other with respect both **on and off** the court, and are also expected to be encouraging to their teammates.

- Athletes playing for Xtreme will be expected to make both **athletics** and **academics** a priority in their lives.
- Athletes are expected to manage their time accordingly so that they are able to attend and be on time to practices, tournaments and other related functions that fall within the Xtreme team schedule.
- Athletes will treat ALL coaches, parents, tournament staff and every adult with courtesy and respect at all times.
- Athletes are expected to respect the decisions made by the coaching staff at all times.

PRACTICE GUIDELINES

- Athletes are required to attend all practices. If for any reason an athlete cannot make practice, they are expected to notify the appropriate coach at least 24 hours in advance. If an emergency situation arises that result in an athlete not being able to make a practice, the athlete will need to make contact with the coach or director. ***Please note that this is the athlete’s responsibility***.
- Athletes will be expected to wear issued practice shirts to all practices.
- Athletes are expected to be on time to practice according to the guidelines established by the coach. Athletes should come to practice with a positive attitude and be ready to learn and participate fully. It is the responsibility of the athletes to assist the coach in making sure that the net systems and facilities are prepared and ready for practice, and stored appropriately at the end of practice.
- Practice will be open unless a coach specifies otherwise. Visitors should be limited to parents and siblings only (no boyfriends please).

TOURNAMENT GUIDELINES

- Transportation to and from tournaments will be the responsibility of parents. The coach will advise you on tournament details and arrival times at playing sites. **It is your responsibility to be aware of these details should you not be present when the information is given out.**
- While at tournaments and events, athletes should stay with their team and be prepared to play or perform officiating duties at a moment’s notice. **It is the responsibility of the athlete to confirm that their coach is aware of their location while at tournaments.**

TRAVEL GUIDELINES

- While in hotels, athletes will be expected to respect the property and privacy of others in the hotel. Loud or rowdy behavior will not be tolerated and could result in immediate expulsion from the hotel.
- Under no circumstances will athletes entertain guests in their hotel rooms. This includes anyone but parents and/or female siblings. Visitors should be restricted to the hotel lobby only.
- Under no circumstances will athletes enter another guest's room within the hotel that is not an Xtreme parent, player or coach.
- **Doors to team rooms must not be left propped open with the night latch for ease of re-entry.**
- Athletes will be expected to coordinate with a parent, the director and/or coach as to their whereabouts during non-playing periods.
- Players are prohibited from recording and publishing any images or likeness of themselves or teammates that are distasteful in nature.

TOBACCO, DRUGS, ALCOHOL

- Athletes are expected to abstain from the use of tobacco, drugs and alcohol at all times. This includes periods outside of sanctioned Xtreme activities.
- Any athlete found to be in possession of any illegal substance will be subject to immediate expulsion from the Xtreme Volleyball Club.

PARENTS ROLES AND RESPONSIBILITIES

- **The foremost responsibility of each parent is to be supportive of each player within the program.**
 - At no point in time will a parent approach an athlete in any manner other than to encourage and support that athlete. Foul language aimed at an athlete will not be tolerated.
- Parents are encouraged and expected to be active and involved members of the Xtreme Club.
- Parents are expected to be supportive of the coaches and staff at all times. This includes assistance with logistical needs, encouragement and being very understanding in the communications process.
- The line of communication should be from **COACH to ATHLETE to PARENT** for all issues involving athletes. Athletes are encouraged and expected to talk with their coaches about problems or concerns they may have as long as it does not pertain to playing time, only how they can better their playing abilities or leadership skills.
- **Parents are expected to refrain from discussing playing time issues or other issues at a tournament site or during normal practice times.** Coaches will do their best to explain all issues and decisions to that athlete who approaches them and asks for clarification in a disciplined and respectful manner, and only at an appropriate time. Parents should seek explanations from athletes first when seeking information about such topics. Parents who are seeking a deeper explanation should contact the director outside of normal practice times to set up a time for discussion. Coaches are expected to not entertain conversations of this type at a tournament or event, which includes at a playing site or any location while the event is going on (e.g. hotel, drive to/from event, on the plane, etc).

Webster's Definition of Teamwork:

The subordination of the individual's task to the common purpose of the team; the ability of a team to work together

CODE OF CONDUCT AGREEMENT

Completing this agreement will be considered a validation that you have read the Xtreme Volleyball Club CODE OF CONDUCT. You will not be allowed to participate in any sanctioned Xtreme tournament until this form is completed and returned.

I, (athlete's printed name)_____ have read and understand the **Xtreme Volleyball Club ATHLETIC CODE OF CONDUCT** as stated and agree to the guidelines. I understand that failure to do so at any time during the season will result in possible disciplinary actions.

Athlete's Signature_____ Date_____

I, (parent/guardian's printed name)_____ have read and understand the **Xtreme Volleyball Club ATHLETIC CODE OF CONDUCT** as stated and agree to the guidelines. I will, to the best of my ability, guide our athlete to adhere to these rules.

Parent/Guardian's Signature_____ Date_____

Season: 20__