



## NC COASTAL VOLLEYBALL CLUB PLAYER CODE OF CONDUCT

I will do my best to act at all times in a manner that brings credit to me, my family, my team and NC Coastal Volleyball Club. In particular:

1. I will refrain from using tobacco products, alcohol or illegal substances at any time. I understand that NC Coastal maintains a no tolerance policy for student-athletes and that use of alcohol, tobacco, or illegal substances is grounds for immediate dismissal from the club.
2. I will appreciate the hard work of the coaches and my parents in providing me the opportunity to play volleyball and be the best player I can be.
3. I will dedicate myself to my team and give my best efforts toward reaching my personal and team goals as I expect they will do for me.
4. I will respect my teammates and will refrain from criticizing anyone on or off the court. I will not post any words or images on social media that can be construed as negative, defaming or hurtful about my teammates, coaches, club members or opponents. I will not speak about my teammates, coaches or club in a derogatory manner. I will remain positive. If I have concerns or problems, I will speak with my parents, coaches and/or club director to find a solution.
5. I understand that playing time is earned, not guaranteed. I understand that all players will be given equal opportunity and instruction 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 in practices and matches.
6. I will do my best to be present at all team functions (practices, tournaments, overnight trips, team meetings, team dinners and special events) unless I receive prior permission from my head coach to miss an event. I recognize that failure to meet my obligations to my team could result in reduction in playing time.
7. I realize in the event I must miss a practice, tournament or team event, I must notify my head coach in writing by email (or text) and by phone 24 hours in advance of practice and one month in advance of a tournament.
8. During tournaments and overnight trips I will:
  - a. Respect and follow the rules, regulations and curfews established by the coaches and/or chaperones at all times;
  - b. Arrive on time. I will notify the head coach and chaperone immediately once I realize travel conditions may cause me to be late. If I arrive late without sufficient prior notification, my play will be limited to exceptional substitutions due to injury during the first match for which I am present;
  - c. Remain with at least one of my teammates or parents at all times;
  - d. Abide by all rules established by NC Coastal Volleyball Club staff and chaperones;
  - e. Act respectfully toward all teams, players, coaches and officials;
  - f. Not leave a tournament site or practice without previous permission from my head coach;
  - g. Accept that unsportsmanlike conduct may be grounds for suspension, dismissal and/or removal from a game, match, tournament or the team.

Player Name \_\_\_\_\_ Date \_\_\_\_\_

Player Signature \_\_\_\_\_