



## Athlete Code of Conduct

As a member of the Northern Chill Volleyball Club you are expected to conduct yourself in a manner that demonstrates good sportsmanship and a respect for others at all times. It is essential that you support your fellow teammates, your coaches and your Club to the best of your ability.

As an athlete you will be expected to adhere to the following standards of behavior throughout the volleyball season:

- Act as a role model and ambassador for the club and for the sport of volleyball;
- Give your best effort at all times, at both practices and tournaments;
- Do your best to be a true team player;
- Play by the rules of the game and the true spirit of the sport;
- Play volleyball because you want to, not because others want you to;
- Remember that winning isn't everything - that enjoying the sport, improving your skills, making friends and doing your best are important goals;
- Be on time for and attend all practices and games, unless you have a legitimate reason, in which case, your coach/manager should be notified in advance;
- Wear appropriate practice clothing and prescribed game uniforms;
- Listen intently to those who are speaking with you and teaching you;
- Pay attention whenever your coaches pause to instruct your teammates during scrimmages;
- Respect others (coaches, teammates, officials, opponents, parents, executive members) and the equipment and facilities loaned to you for your use;
- Be an active participant in all NCVC activities;
- Encourage your parents to contribute and volunteer at the team and/or club level (e.g. driving to tournaments, fundraising, and host tournament committees, etc.); and Thank them!
- All fees and forms will be submitted on time or the player in question must sit out both practices and matches until these responsibilities are completed.
- Athletes will arrive at practice and tournaments on time, ready to play with the required equipment and uniforms. If, for some reason, the player cannot follow through on their commitment it is their responsibility to contact the coach/manager ASAP.
- Report any injuries and ailments immediately to your coach who will note these on the practice or game sheet.
- The athletes will show respect for all facilities used by the club.
- Respect your fellow teammates and coaches, support them to your utmost in your team endeavors
- Understand your role on the team as explained to you by your coaches and execute that role to the best of your ability.
- Respect all officials, opposing athletes, coaches, spectators and use only appropriate language.
- Abide by, and accept gracefully, the decisions of officials no matter which team those decisions may favor.
- Demonstrate appreciation for and applaud good play and never make derogatory remarks about officials, coaches or the athletes of any team. This expectation also includes any postings to Social Media.
- Respect and care for the facilities in which practices and competitions are being held and listen to those in authority.
- Be aware of and abide by the regulations of the Ontario Volleyball Association (OVA) and Volleyball Canada (VC).
- Exhibit the same standard of behavior when out in public as you do on the court.
- Realize that when off the court, especially when wearing Club clothing, you are a representative of the Northern Chill Volleyball Club.
- Cell phones are a great communication tool, however they can be a distraction. Cell phones will not be permitted at any point during matches. This includes a window before and after matches to be determined by the coach.
- Any athlete who violates this code of conduct will not be eligible to receive any awards