

THE ELITE VOLLEYBALL CLUB

PLAYER PLEDGE

Practice / Tournament Rules:

- Players are expected to make every practice.
- Players acknowledge that while we operate in age groups we sometimes move players to teams which best suit the players ability and our club program
- Players must remain at the competition site until released by the coach
- Players are required to be at the gym at least 15 minutes prior to their scheduled practice time.
- Players must be completely prepared both mentally and physically (shoes, kneepads etc.) to begin practice at the scheduled start time.
- If a player must miss a practice an email at least 24 hours in advance to his Head Coach and the Club Director, is required.
- If a player must miss a practice unexpectedly, a phone call must be made to his Head Coach prior to the practice.
- A written / email notice is mandatory if a player cannot make a practice or tournament due to extenuating circumstances; this notice should be sent to his Head Coach and the Club Director.
- Players are expected to help set up and take down equipment at each practice.
- Players are to assist in accounting for volleyballs.
- All club and facility equipment must be properly cared for.
- All players are required to participate in all physical conditioning activities and drills unless excused by a doctor or the coach.
- All players are expected to fulfill all outside training assignments.
- All players are required to receive permission from their Head Coach before leaving any tournament.
- All players 15 and older must maintain a minimum level of fitness, which will be determined by hydrostatic weighing and body weight. If body fat percentage increases by more than 2% or body weight increases by more than 8% this will be deemed non compliant and could result in your release from The Elite Volleyball Club.

Players Standard of Conduct:

- Decisions by the team coach are final, both at practice and for games & tournaments.
- These decisions apply to conduct, meetings, meals, and schedules while at tournaments.
- A serious difference of opinion may only be addressed at a later time, by contacting the Club Director
- A player must report all physical injuries or any illness to the coach.
- No derogatory or negative comments about players, coaches or club.
- NO Alcohol
- No Tobacco
- No drugs.
- Non-prescription and prescription drugs must be approved through the Head Coach and Club Director.
- Healthy eating and sleeping practices are to be a part of a daily routine.
- Players must be on time for all team commitments.
- Players are expected to attend every tournament.
- All players will abide by the rules established for scrimmage and tournament facilities, both locally and in other cities.
- Only good sportsmanship conduct toward fellow players and toward opposing team players will be tolerated.

I understand, accept and will abide by these goals, rules, and standards of conduct. I also understand that any non-compliance can be cause for my playing status release from the Elite Club.

Signature _____

Printed Name _____

Date _____