

KINGSTON ROCK VOLLEYBALL CLUB 2019-2020

ATHLETE EXPECTATIONS CONTRACT



KINGSTON ROCK VOLLEYBALL CLUB requires all Athletes to adhere to the Codes of Conduct of the Ontario Volleyball Association and Volleyball Canada.

Also, Note that Substance use/abuse of any kind will NOT be tolerated and will result in automatic dismissal from the team/club.

Commitment

As a member of the Kingston Rock Volleyball Club, athletes commit themselves to the program, coaching staff, and teammates. Players are expected to dedicate themselves to the team by giving their full effort every time they step onto the court. Team members are required to attend all games, practices, meetings and workouts with illness and emergencies as the exceptions. If a player chooses to miss a practice or game due to family vacation, school activities, another sport, etc., the player will, in fairness to the athletes who have fulfilled their commitment, receive deducted playing time.

Respect

Players will respect themselves, teammates, coaches, opposing teams, fans, parents and referees in a way that emulates the highest of Club values. Players will conduct themselves in a positive and patient way. Players will encourage their teammates and respect the authority of coaches and referees. Athletes will always participate with sportsmanship in mind; meaning they win with pride and lose with dignity; always giving a best effort.

Academics

Kingston Rock Volleyball Club recognizes that all participants are student athletes. Coaches expect that students attend class, maintain their grades, and represent the team in a positive way. While the coaching staff understands that as a student you are involved in many activities, Kingston Rock is a commitment you have made and as such, you must make it a top priority. Ensuring your academic and other obligations are organized/completed well in advance will help you to avoid undue stress and conflicts in this regard. The coaching staff must be made aware of any other school/extracurricular conflicts within the first 3 weeks of the season.

Equipment

Everyone will share in the task of setting up and putting away equipment. No one is permitted to get out or work with balls until all equipment is properly and safely set up. Further, athletes are equally responsible to take all equipment down and properly store it away, when applicable. Similarly, athletes who are not actively participating in a drill at any given moment are equally responsible for the 'shagging' and controlling of loose balls and retaining a safe court. Special care must be given to cranking poles, as pulling too hard tends to strip gears.

All athletes are required to have proper court shoes, and a water bottle for all practices and games. Knee pads and foam rollers are also recommended. Athletes interested in acquiring ankle braces or other volleyball-specific equipment can order them directly through canuckstuff.com. Kingston Rock Volleyball Club will provide all uniforms and warm-up gear and players are required to wear only those items while at Club competitions. In addition, club T-shirts are to be worn for all practice sessions.

Practices

Players will arrive at least 15 minutes prior to the start of practice. 15 minutes early is on time. 10 minutes early is 5 minutes late. Any absence or tardy arrival must be approved by the Coach no later than 24 hours prior to practice time. Communication with coaches is key, and players are expected to inform the coaches themselves unless an emergency arises.

Cell phones will not be permitted at practice or at games. Players should leave their phones in their bags until the coaches dismiss them. Players with phones out will have them confiscated until the end of the team involvement. Practices benefit the athlete and the whole team, please attend, be on time, be prepared, and be respectful.

Games

Playing time is a privilege, not a right. It is earned through the fulfillment of practice expectations around effort and attendance. All athletes who have met those will have fair opportunity to compete in matches. The Coach will have discretion on the distribution of playing time in playoffs and third sets of matches and the coach's decisions are final.

Sportsmanship and Teamwork will also be top priorities. Players will conduct themselves in a way that represents Kingston Rock Volleyball Club and the team with dignity and class. Athletes will be expected to support each other and help each other be right. Coaches will respond to foul language and negative behaviours with anything from direct conversations to reduced or withdrawn playing time.

Bullying

There will be no bullying of others on or off the court, including over social media. There will be a zero-tolerance policy regarding badmouthing teammates or coaches in any form. If coaching staff is informed of any bullying it could result in immediate team suspension.

As a Kingston Rock Athlete, I understand that it is my responsibility to make all teammates and staff feel welcome and supported, towards our common goals.

Fitness and Injury Management

I understand that it is my responsibility to maintain and improve my strength and physical condition throughout the season. All physical training sessions are considered a regular part of the team practice commitment.

I also understand that it is my responsibility to adhere to any rehabilitation program that is prescribed for me after injury diagnosis, and that it is my coach’s responsibility to ensure that I do not return to play (or train) until medically cleared to do so.

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Players must detach the signed section below and return it to coaches at the start of the first practice following tryouts.
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KINGSTON ROCK ATHLETE CONTRACT AGREEMENT

I, _____, have read the Kingston Rock Volleyball Club Athlete Expectations Contract. I will conduct myself in a way that represents the Club and Team in a positive manner. I understand and agree to abide to these guidelines and agree to take responsibility, for all my behaviours and actions on and off the court.

Player Signature

Date

Parent Signature

Date

