

Tempo Volleyball Club Player Code of Conduct

GENERAL RULES:

1. ALL players will be respectful of coaches, teammates and other members of Department of Athletics and Administrative Staff.
2. HAZING will NOT be tolerated in any form.
3. SEXUAL HARRASMENT will NOT be tolerated in any form.

TRAINING GUIDELINES:

1. Eat properly; colorful plates, fulfilling caloric needs, and always eating at least 1-2 hours before practice/competition.
2. SLEEP! Good sleep can improve speed, accuracy, and reaction time in athletes.
3. Drug use will not be tolerated.
4. Remember, according to Ohio state law, persons under 21 years of age are prohibited from purchasing or possessing alcohol, and from consuming alcohol in public.
5. Any taping or therapy will be done prior to practice. All injuries and sickness must be reported to the trainer and coaches IMMEDIATELY

PRACTICE RULES:

1. Before each practice, ALL players will "line up".
2. Practice attire will be the same for everyone at the beginning of practice. You should always have a long sleeve shirt at practice for defensive drills. Shirts must be tucked in and no jewelry is permitted in practice or competition.
3. Bra's showing through cut off sleeves will not be tolerated. Additionally, spandex needs to cover your butt entirely.
4. Practice starts on time. If you are late, the coaching staff will deal with you. Penalties range from warning or if frequent - dismissal.
5. You must have a water bottle filled and near the court at all times. **In addition to water breaks, you are permitted to drink water any time that you are not actively participating in a drill.**
6. Any overt display of displeasure or frustration will not be tolerated. The player will be sat down or dismissed from practice. We cannot afford losses of emotional control during competition or at any time. We will practice control during practice.
7. If you must leave practice for any reason, notify your teammates and the head coach.

COMPETITION GUIDELINES:

1. Only the COURT CAPTAIN shall talk to the officials.
2. Players that are not currently on the court will stand on the sidelines. They are expected to be attentive to the match, assist in stat keeping, encouraging of teammates and "on deck", ready to enter the match at any time.
3. Players will practice good sportsmanship at all times
4. The bench shall be kept NEAT throughout the match. No throwing towels, sweats, or water bottles at the bench. Between games bring all items that could be needed to the other bench.
5. Dual-sport athletes (varsity or club): your winter sport will take precedent over club. Club will take priority over spring sport participation.

MEDIA:

1. Make sure the coaching staff is aware of ALL requests for interviews prior to their publication.
2. The media uses scrutinizing photos and content on websites (Facebook, Tumblr, Snapchat, Instagram and Twitter) for information on athletic team members. Be aware of what you and/or your friends are posting on such sites to avoid an embarrassing or incriminating situation.
3. Be mindful of attire when off campus at social events. Do not put yourself in a position to tarnish you or the team's reputation.

DISMISSAL FROM THE TEAM:

1. Repeated violations and failure to adhere to the preceding rules will result in immediate dismissal from the team. Decisions are made at the discretion of the Head Coach and Club Director.

PARENTS/Guardians/SIGNIFICANT OTHERS:

1. If parents want to host a tailgate for post play they need to communicate with the Head Coach to make sure proper arrangements are made.
2. Parents are not to interrupt the coaching staff before, during, or in between back to back matches. Communication can be had at end of day.

ATTITUDE

1. HAVE FUN on and off the court
2. APPRECIATE effort, acts of kindness, support
3. ACKNOWLEDGE one another on and off the court
4. POSITIVE SELF-TALK