



Standards of Conduct

There is a lot more expected of our players than just their volleyball skills. Players are expected to participate in all practices as scheduled. Failure to do so may result in less playing time. It is the player's responsibility to notify their coach if they cannot attend a practice. Players are expected to sign up for the full season and to make all tournaments. Players are expected to consistently work on their own to raise the levels of their physical condition. All players will sign a code of conduct form as part of their membership with USA Volleyball. The following standards must be observed for one to continue as an active member of Snake River Juniors Volleyball Club; violation of standards marked with (*) mean suspension or dismissal from Snake River Juniors:

1. *Alcohol and drugs including marijuana are prohibited at all times.
2. *Smoking is prohibited.
3. *As a representative of Snake River Juniors Volleyball Club player's actions and behavior should always be such as to reflect positively on the player, their team, and Snake River Juniors Volleyball Club.
4. Players must be on time for all team commitments. Early is best.
5. Players must call their team coach when they are going to be late or absent from a practice or tournament.
6. All players are expected to pursue all physical conditioning activities and drills unless excused by a doctor or the coach.
7. Players must report all physical injuries or illness to their head coach immediately.
8. Players prohibited from supervised practice are expected to actively pursue physical conditioning and skill improvement on their own.
9. All equipment must be properly cared for, keeping in mind that the equipment is the property of the host school. Players are expected to help set up and take down equipment at each practice. Players are also to assist in accounting for volleyballs.
10. All players must abide by the rules established for practice and tournament facilities, both locally and in other cities.
11. Players are expected to help as requested during Snake River Juniors Volleyball Club hosted tournaments and are not excused after any tournament until released by the tournament director and coach.
12. Each player will keep their coach informed of their presence at tournaments.
13. Each player is expected to treat all other players, teammates, coaches, referees and fans with courtesy and respect.
14. If players are involved in a dispute, they must immediately work out problems between them. If they are unable to resolve their problem immediately, they must meet with the coaches until their problems are resolved. Problems between players must never be left unresolved.

Practice Rules:

Our focus with practice is to create a safe and eager learning environment. To achieve that, certain rules are required by all teams as detailed below:

- Every practice is important. It is expected that each player will exercise good time management skills so that scheduling conflicts are kept to a minimum.
- All athletes are expected to make every effort to attend practice. If a player must miss a practice, a telephone call or text (not email) to their head coach is expected at least 4 hours before practice. Only after attempting and failing to reach your head coach, can a player contact a teammate to relay the message to the head coach. Advanced notice is expected if the missed practice is due to vacation, school function or another event scheduled in advance.
- Missing practice may result in loss of playtime based upon whether the absence was excused and the expectations set up by the coach at the parent meeting.
- Excused absences are for family or school events in which the player cannot control the scheduling of that event (concerts, plays or games).
- Players who can only attend a half hour or 45 minutes of a practice because of another event should still come to practice. It is much better to get some practice time rather than miss the whole practice.
- Injured athletes who can attend school are expected to attend practice to support their team and be available to help where they can, even if they cannot physically participate in practice. Players with fever or stomach flu (diarrhea and/or vomiting) should not come to practice.
- Scheduled practice time is start time. Please arrive early enough to be dressed and completely ready for practice by start time. This usually requires arriving not less than 15 minutes before start time.
- All practices are open and parents are welcome to observe practices at any time. Parents may not coach or offer instruction to their daughter or another team member at any time during practice. Parents are not permitted on the court unless requested by the coaching staff.
- There should be no jewelry worn at practice. Please leave your jewelry at home.
- Players are required to take proper care of practice equipment, keeping in mind that the equipment is the property of the host school.

Playing Time

Playing time, for many players and parents, is a central concern that can distract from our focus on the team's success and can often create divisions within the team. Snake River Juniors has a playing time philosophy that progresses by age and skill level for each team. Playing time is very important to us. It is important to apply the skills and fundamentals taught in practice in match situations. Only then can a coach and player truly realize which skills the player is proficient at and which skills require more training. Your club membership fees go toward practice time and instruction by qualified, experienced coaches NOT playing time in tournaments. We will guarantee a "fair" amount of playing time for every player, not an "equal" amount. More playing time is earned by being at practice and working hard to improve, as well as executing skills when given the opportunity to play. In any case, every player will have an equal opportunity to COMPETE for playtime within their position during practice and at tournaments. A player's time will be affected by any of the following:

- A player's practice attendance, practice intensity, and practice productivity
- A player's ability to perform at the necessary level for a skill or position
- How a player's attitude adds to or detracts from the chemistry or performance of the team
- A player's past performance during the tournament or the last week of practice
- A player's effort and work ethic
- The importance of the match
- The needs of the team in the present as well as later in the season
- Not being in good standing with respect to team fees

Some generalizations can be made with regards to playtime issues.

- It is our goal that all players have some on-court role every tournament. There may be exceptions with players recovering from injuries, problems with adherence to team rules/policies or when teams are trying to win a bid/move to the gold bracket of tournament play in a multi-day tournament.
- Playtime is generally more equal at the younger age groups (Youth, 12s and 13s).
- Playtime will vary by position with some positions playing all the way around the court and some playing only front or back row.
- Playtime is more equal during pool play than in tournament play.
- Playtime may be more equal earlier in the season as coaches are exploring different lineups and identifying starters.
- Playtime may be more equal in one-day local tournaments compared to multi-day tournaments, qualifiers or Regional tournaments.
- Position and time on court are determined by the needs of her current club team, not her history from past seasons or the current needs of her school team.

All playing time is decided by the coaches and is not negotiable. Coaches have the right to play whomever they think is best suited for a position and who helps contribute to the team's development and success. Here are some suggestions on how to talk with your coaches about playing time.

- Avoid language that is demanding or accusatory. Instead ask, "What can I do to play more..."
- Avoid seeking to talk to your coach when you are emotional. We seek to utilize the 24-hour rule if at all possible.
- Parents may participate in the conversation with the coach but the player should always be present when discussing playtime issues.
- We will not discuss other players on the team but will focus on what you, the player, need to do to have opportunities to play more.
- While email or a phone call can start a discussion we prefer that all playtime discussion to be in-person with the coach and the player and scheduled before or after practice.