



Player Code of Conduct

Introduction

Volleyball Cape Breton is extremely excited for the upcoming season. We will continue to grow our developmental program and look forward to continued success. Player and parental input is very valuable to the club and will be welcomed. Please contact your coach or director with any question or need for information.

Goals & Philosophy

- To provide a platform that will enable the players, parents and coaches to have a most positive experience in the sport of volleyball
- To provide the opportunity for players to strive towards and achieve their potential as an athlete and volleyball player
- Through excellent coaching to provide the necessary technical, tactical, mental and physical training for the players to progressively advance their abilities to the highest level
- To learn important values in sport such as being a team player, sportsmanship and fair play
- To learn how to set personal and team goals and to learn from striving to achieve these goals
- To have fun while attempting to achieve all of the above and more

Some of the qualities a Volleyball Cape Breton athlete should possess are: dedication to the sport; a willingness to recognize the importance of the team; a desire to improve on and off the court; and adherence to all rules of the Volleyball Cape Breton.

General Policies for ALL Athletes – All Teams

- All Athletes must adhere to the VNS Code of Conduct.
- All Athletes are expected to attend all events scheduled for their team.
- All Athletes are responsible for their own uniforms. The club does not have replacements for lost uniforms. All replacement costs will be your responsibility.

UNEXCUSED ABSENCES FROM PRACTICES AND GAMES

Athletes shall make every effort to notify the coaching staff of any practice or game that he may miss, ideally 48 hours in advance. Infractions of this rule will result up to suspensions or dismissal from the team. This is not intended to prevent an Athlete from playing another sport while participating with Volleyball Cape Breton. Attendance at practices and tournaments may affect playing time.

SPORTSMANSHIP

Athletes, coaches, parents and fans are governed by the rules of good sportsmanship at all contests in which they attend or participate. The penalty for unsportsmanlike conduct could be ejection from the contest and even prohibition from attending future contests.



TOBACCO

Volleyball Cape Breton does not condone the use of tobacco by its athletes. Athletes shall not consume, possess, purchase, sell or give away tobacco at any athletic contest or during any travel for the purpose of athletic competition. The minimum penalty for an initial violation shall be suspension for two weeks. The penalty for a second violation shall be dismissal.

ALCOHOL & OTHER CONTROLLED SUBSTANCES

Volleyball Cape Breton will not condone or tolerate the consumption, possession, purchase or sale of alcohol and other controlled substances. The minimum penalty for an initial violation shall be suspension for two weeks. The penalty for a second violation shall be dismissal from the team.

PARENTAL RESPONSIBILITY

In the event an athlete breaches any of the rules and regulations set out in the Code of Conduct, penalties may include the athletes being immediately sent home from the competition at his parents' expense.

TRAVEL POLICIES

- Transportation to and from all games, practices, VCB-sponsored clinics, and tournaments is the responsibility of the parents.
- Any parent volunteer providing transportation for a tournament is under the direction of the Coach, as far as when and where Athletes are required to be. Please do not volunteer if you cannot work in conjunction with the team requirements.
- When at the lodging location, there shall be no display of disrespect toward any Club, Coach, Athlete, Parent, Chaperone, or Hotel Guest/Employee.
- All Athletes must adhere to curfews, established by their coach or chaperone, while traveling with the club.
- At no time will an Athlete be allowed to leave hotel property without the expressed permission of their coach or chaperone. Your parents may request, if there is appropriate "down time," to take you off premises.
- When at a lodging location, Athletes must travel in pairs (as a minimum) at all times.
- Boys are not permitted in the rooms of the Athletes' lodging at any time. The only exception to this policy is close relatives of an Athlete. Violation of the policy will result in immediate expulsion from the team.
- All cellphones will be given to coaching staff prior to lights out on trips – no exceptions.

Athletes Conduct at a Tournaments/Practice Site

These guidelines are set forth to protect the safety and integrity of you, your parents, the Coaches, and Volleyball Cape Breton Association. Please be aware that all circumstances are not accounted for and in the event of an undue circumstance, the Director will enforce appropriate action. It is the desire of the club to remain in good standing in the community and VNS and to be an example for excellence.



- Equal playing time is **NOT** guaranteed. Coaches evaluate athletes during practices on a weekly basis. Playing time at Tournaments is earned at Practice. If you have a question about your playing time, set up a time with your Coach to discuss the situation.
- Each athlete is **NOT** guaranteed to have some playing time in each match. We have great coaches and intend to allow them to do what's best for the teams **as a whole**.
- "Conduct unbecoming an Athlete" will not be tolerated at any VCB function/event. This covers a wide variety of circumstances, for example the use of foul language or rude gestures towards other athletes, parents, coaches, officials or opponents.
- When we are in the gym for a Tournament, you are responsible for staying with your Team. In the event friends attend a tournament, it should be understood that your priority is with your team.
- Proper nutrition is required. Practices will be very demanding on your physical abilities. Tournaments are an all-day affair, and in some cases two and three days long. Your Coach will advise you when to take breaks to eat. In all cases, it is important to stay well hydrated at all times.
- For most Tournaments, Teams will be responsible for minor officiating, scorekeeping and handling lines. Our policy on officiating is we want to officiate for other teams the way we ourselves would want to be officiated.
- No Team Member is permitted to leave a tournament site until all officiating responsibilities are completed. There may be circumstances for Local Tournaments where the Head Coach can give you permission to leave. If you leave before officiating duties are complete and without permission, you will be suspended for 1 match at the next tournament.
- You are to support your Teammates at all time while on the Team bench, whether you are playing in a particular match or not. Poor Bench behavior includes not expressing verbal/vocal support for your teammates, conducting side conversations taking other's attention off the match, disrupting the match with inappropriate discussion with the Coach or Coaches, or questioning your playing time or status during the match. Any behavior of this type is considered Conducting Unbecoming an Athlete and a Coach can ask for your Suspension.
- Parents are to be supportive of the entire Team at all time, and all Cape Breton Teams while at Tournaments. Parents are not to engage in any behavior in cheering that would reflect negatively on Cape Breton Volleyball Association. Guidelines for Parents are no different from Players in this regard.
- Only the Head Coach or the Team Captain, under the direction of the Head Coach, may question an official.
- If any of the Capers Teams are playing at the same tournament site, athletes will be advised and Teams will be encouraged to watch and cheer for other Capers Teams.

Note: A Tournament begins when a team leaves from the Meeting Point and does not end until the Team returns to the Meeting Point.



Social media policy:

Representing Volleyball Cape Breton. The players need to remember that they represent the VCB. As athletes which means their behavior can cause significant damage to the organization's image if they act inappropriately online.

Representing Yourself. The players own their personal brand. Whatever they post will be around years from now when a potential employer looks them up on a search engine, so they need to consider what kind of message you want to send about yourselves.

Posts are always visible. Once a player posts or tweets a message, it is captured and indexed by any number of search engines that crawl the Internet. This means that a message never actually goes away, even if the player has second thoughts and decides to delete it.

Beware of cameras. Each player needs to remember that anyone can be a journalist, since Smartphone's give everyone the ability to take pictures or video and instantly post it to social media. As a result, players need to use good judgment in social settings.

Volleyball Cape Breton guidelines

Here are a few general guidelines to consider as you post and tweet on your social media pages:

- Use some common sense. If you are not sure whether a post or tweet is appropriate, then it probably is not.
- Any form of bullying, harassment, profanity, vulgarity, threats and sexual references always fall into the "NOT ACCEPTABLE" category.
- Resist the temptation to engage with fans or players from other organizations if they are making derogatory comments online.
- Never tweet or post when you are emotional. Chances are the action will have a negative outcome.
- Be cautious when re-tweeting or reposting someone else's content. Such action can appear to be an endorsement of the message, even if you are not the original author.
- Never assume that a message or post is protected from public view, even if you have the "private" settings turned on for your profile.

Disciplinary process and consequences

Depending on the circumstances breaches of this policy will impose an appropriate suspension and or expulsion from all Volleyball Cape Breton teams and events

EXPULSIONS AND SUSPENSIONS

While it is not the intent of Volleyball Cape Breton to suggest there will or could be problems, the mission and integrity of Volleyball Cape Breton should be foremost in our minds.

Suspensions have been identified where appropriate in this document. The Head Coach and



Director will evaluate all situations. Fairness to all is our objective; use your common sense in all situations. Volleyball Cape Breton will support the following:

Automatic expulsions will result for the following offenses:

- Any form of bullying, harassment, profanity, vulgarity, threats and sexual references
- Smoking, or using alcohol or drugs at any Volleyball Cape Breton function
- Leaving lodging premises without notifying the Coach and without a chaperone
- Having boys in your room (other than relatives)
- If the Athlete has more than 8 absences (Subject to Coaching Director/Club Director Review)

GRIEVANCE/ESCALATION PROCEDURE

The procedure is designed to help Athletes and Parents with questions, concerns or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

1. The Athlete must first ask for a meeting between the Coaches and herself to discuss the issue at hand. In the case of players on 15's and younger Teams, the Parent may request the meeting after 48 hours.
2. If the issue is unresolved, the Parent may ask for a meeting between themselves and the Coaching Staff to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon in advance by both the Parent and Coach- NOT during a Tournament and/or a Practice.
3. If the issue is unresolved, the Parent must ask for a meeting with the Club Director, Head Coach, Parent, Athlete, and Coach. A scheduled time away from practice or a tournament is appropriate.

Athlete's Name

Athlete's Signature

Date



Player Code of Conduct

I hereby pledge to provide positive support and encouragement for my teammates by following this Players' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every tournament, match, set, and practice.
- I will place the emotional and physical wellbeing of my teammates ahead of my personal desire to win.
- I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will encourage my teammates at all times and this encouragement will always be positive in nature, whether I am playing or on the bench.
- I will not criticize my teammates or coaches to anyone at any time.
- I will arrive at practice on time (or early) and will not leave early; if I must miss practice I will contact my coach in advance to be excused.
- I will observe all training rules, curfews when traveling, and other directions that I may receive from my coaches.
- I will do everything I can to foster a playing and practice atmosphere that makes volleyball fun for everyone.
- I will be prepared to play positions that are not my usual position because I know that when asked to do so it is for the good of the team.

Athlete's Name

Athlete's Signature

Date

Parents Name

Parents Signature

Date