

TJVBC Player Commandments

One of my goals with TJVBC is to become the best volleyball player and person I can be. I understand that my participation in the Club requires I conduct myself with these TJVBC Player Commandments at the forefront of my actions and behaviors. I understand that a failure to meet these expectations will be cause for my playing time reduced or eliminated.

1. **ATTENDANCE:** I will attend all practice sessions, matches and tournaments. If I am unable to attend, I shall notify the coach or assistant coach at least 1 day prior to the session. I will provide a calendar of known dates that conflict with my commitment to practices and tournaments in advance to the parent representative and / or coach. I will never leave a practice or tournament without first receiving permission from my coach.
2. **PARTICIPATION:** I will exhibit a teamwork attitude, attend all practice sessions, matches and tournaments.
3. **SPORTSMANSHIP:** I will be courteous and respectful, to the facilities I am practicing or playing in at all times, to all coaches, my teammates, my competitors, the referees, and others. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or not playing well. I will be a positive model to my fellow players, coaches and the player's parents.
4. **HELPLESSNESS:** I will arrive early to all practice sessions and tournaments. I will be prepared to assist in net setup and tear-down, gym or team cleanup, share all referee, line judge and work responsibilities.
5. **COURTESY:** I will never use inappropriate language or gestures during practice or tournaments or while representing TJVBC.
6. **COOPERATION:** I will cooperate with my coaches and teammates and be ready to play every position in the spirit of teamwork.
7. **APPEARANCE:** I will dress appropriately, in the team uniform, for all tournaments.
8. **COMMITMENT:** I will budget my time to meet the responsibilities of being a TJVBC team member, maintaining my academic goals, and participating in social and community projects.
9. **COMMUNICATION:** I will communicate both on and off the court with my teammates and coaches for mutual understanding. If I am concerned about playing time or skill development, I will communicate directly with my coach and request help. I promise to follow the TJVBC Risk Management Plan procedures.
10. **ATTITUDE:** I will work hard at practices and tournaments. I will take the time together as a team seriously. I will be attentive and focused on my coach's instruction. I will embrace their suggestions for improvement with eagerness and appreciation. I will be responsive to their requests and be willing to try new or different things.

Athletes Signature

Date

Parents Signature

Date

Parents Signature

Date

TJVBC Parent Code of Conduct

One of my goals with TJVBC is to help my child become the best volleyball player and person they can be. I understand that participation in the Club requires I conduct myself with these TJVBC Parent Commandments at the forefront of my actions and behaviors. I understand that a failure to meet these expectations will mean that I will not be permitted to attend practices or tournaments.

1. **ATTENDANCE:** I will help my child attend all practice sessions, matches and tournaments. If my child is unable to attend, I will notify the coach or assistant coach at least 1 day prior to the session to be missed. I will provide a calendar of known dates that conflict with my commitment to practices and tournaments in advance to my child's Coach. I will never take my child from a practice or tournament without first notifying my child's coach.
2. **SPORTSMANSHIP:** I will always be an example to my child in the area of good sportsmanship during practices and tournaments. I will refrain from criticizing officials, opposing players, other parents, coaches, my child's teammates, and my child. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or not playing well. I will be a positive model to my child, the other players, their parents and the coaches.
3. **HELPFULNESS:** I will help my child arrive early to all practice sessions and tournaments. As a parent, I will assist with gym or team cleanup, and encourage my child to share all referee, line judge and work responsibilities. I will offer assistance to the Team Rep. with communication to fellow parents.
4. **COURTESY:** I will never use inappropriate language or gestures during practice or tournaments or while representing TJVBC.
5. **COOPERATION:** I will cooperate, with my child's coaches and parent teammates, with the parent representative regarding team issues and financial commitments, and with the TJVBC Board of Directors on questions or concerns regarding the Club.
6. **APPEARANCE:** I assist my child with appropriate dress, in the team uniform, for all tournaments.
7. **COMMITMENT:** I will regularly check my email and the TJVBC web page (www.tallyvball.com), recognizing this electronic method is the primary means of communication for practice changes, team assignments, etc. I will make sure my child has adequate, safe, and on-time transportation to and from all practices and tournaments.
8. **COMMUNICATION:** I will allow my child to work to resolve problems or issues on the team with the coaching staff in accordance with the TJVBC Risk Management Plan. I will **NEVER** confront any of my child's coaches at a tournament or practice about playing time or coaching techniques. If I absolutely feel the need to discuss this type of problem with my child's coach, I will follow the TJVBC Risk Management Plan procedures, defined in the TJVBC Management Plan document.
9. **ATTITUDE:** I will encourage my child to work hard at practices and tournaments and to take the time with the team seriously. I will assure my child is attentive and focused on the coach's instruction. I will support the coach's suggestions for my child's improvement with eagerness and appreciation.
10. **PAYMENT:** I will make timely payment of dues to the club for my child's participation in TJVBC. I understand and agree to the financial commitments of the Club.

Parents Signature

Date

Parents Signature

Date