KINGSTON VOLLEYBALL APEX ATHLETE CODE OF CONDUCT & CONTRACT

Purpose
The purpose of this Code of Conduct is to ensure a positive, respectful, and safe environment where all athletes can develop their skills, teamwork, and character through volleyball.

Athlete Expectations

1. Commitment & Attendance
- I will attend all scheduled practices, games, and team events.
- I will arrive on time and be prepared to participate.
- I will notify my coach in advance if I cannot attend.

2. Effort & Attitude
- I will give my best effort at all times.
- I will maintain a positive attitude, even during challenges.
- I will be open to feedback and willing to improve.

3. Respect for Others
- I will treat teammates, coaches, officials, and opponents with respect.
- I will not engage in bullying, harassment, or inappropriate language.
- I will demonstrate good sportsmanship, win or lose.

4. Team Responsibility
- I understand that I am part of a team and will support my teammates.
- I will encourage others and contribute to a positive team environment.
- I will follow team rules and represent the club with pride.

5. Conduct at Practices and Games
- I will listen when coaches or officials are speaking.
- I will follow instructions and safety guidelines.
- I will not use my phone during team activities unless permitted.

6. Social Media & Public Behavior
- I will represent the club positively online and in public.
- I will not post negative or harmful content about teammates, coaches, or the club.
- I understand that my actions reflect on the team.

7. Health & Safety
- I will inform coaches of any injuries or health concerns.
- I will follow proper warm-up, cool-down, and safety procedures.
- I will not engage in unsafe or reckless behavior.

8. Equipment & Facilities
- I will take care of club equipment and facilities.
- I will return all borrowed equipment.
- I understand I may be responsible for lost or damaged items.

All athletes as members of APEX are expected to:

- Demonstrate respect and support for their teammates and coaches, as well as for officials and opponents.
- Refrain from hazing, initiation activities, or any conduct that humiliates, excludes, or endangers another athlete. Every athlete has the right to participate in an environment free from discrimination, bullying, harassment, hazing, intimidation, or retaliation.
- Refrain from possession, use, or be under the influence of alcohol, cannabis, tobacco, vaping products, or illegal drugs during any club activity or event.
- Refrain from participating in any personal or electronic communication that is critical of or disrespectful toward any member of the team, the Club, OVA or an opponent.

- Develop a positive relationship with the coaches through respectful dialogue and positive demeanor.
- Fulfill their responsibility as a member of the team by meeting their time commitments for training and competition. Each player is expected to manage his/her schoolwork, family life, work obligations, and sporting activities in a way that enables him/her to meet all obligations (if a player is unable to attend a practice or a game, coaches must be informed at least 24 hours ahead of time).
- Arrive 15+ minutes before the official start of practice to get dressed and help in the setup and organization of equipment. Store and safeguard volleyball equipment at the end of matches and practices.
- Strive to earn playing time through positive behaviour in practice such as attendance, effort, attitude, preparation, coachability, and team needs (e.g. hustle and determination, perseverance, skill demonstration, lively communication, willingness to learn and grow).
- Accept the role they are given during competition and see it in the context of team success.
- Disclose all injuries to a coach that have a bearing on their ability to participate safely in practice or competition.
- Take good care of their playing and practice attire, ensuring that they are available and suitable at practice and games.
- Attend all tournaments unless substantial notification is provided and the absence is approved.
- Behave appropriately, responsibly and respectfully as representatives of the Club during all Club activities and events.
- Behave respectfully in locker rooms and changing areas maintaining privacy for themselves and others.
- Follow all rules with respect to our rental facilities agreements and those of other OVA member clubs while guests in their facilities. To remain only in the areas of the facilities we have permission to use.
- Only discuss concerns with playing time or coaches decisions after a 24-hour cool-off period. You may not discuss these decisions during or shortly after the event as it can be detrimental to team focus and success.
- Be responsible for their personal belongings. The club is not responsible for lost, stolen, or damaged personal items.

Disciplinary Action

Failure to follow this Code of Conduct may result in:

- Verbal warning/Reduced playing time
- Suspension from practices/games
- Removal from the team (in serious cases)

Athlete Information

NAME:		**TEAM:**		**YEAR**	

Acknowledgement & Agreement

I understand and agree to follow the Athlete Code of Conduct. I understand that failure to comply may result in disciplinary action.

Signature:		DATE:	

Parent/Guardian Agreement

I have reviewed the Code of Conduct with my child and support the expectations outlined above.

Signature:		DATE:	