

LUVC Code of Conduct - Athletes' Commitment

All athletes competing with the Lanark United Volleyball Club are expected to:

- Demonstrate respect and support for their teammates and coaches, as well as for officials and opponents.
- Behave appropriately, responsibly, and respectfully as representatives of the Club during all Club activities and events.
- Refrain from participating in any in-person 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 and teammates through respectful dialogue and a 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 their schoolwork, family life, and sporting activities in a way that enables them to meet all obligations.
- It is expected that players will attend all practices and tournaments unless there is a justified reason for being absent (such as a family trip). If players are unable to attend a practice or a game, coaches must be informed at least 24 hours ahead of time so they may modify their plans. Player utilization in tournament play is 100% discretionary and the coach can and will refer to absenteeism in their decision-making process.
- Arrive promptly at the official start of practice to get ready and help in the setup and organization of equipment. Store and safeguard volleyball equipment at the end of matches and practices.
- Fulfill their athletic potential by listening attentively to the coaches and implementing their suggestions in good faith.
- Strive to earn playing time through positive behaviour in practice (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 so the coach may modify activity appropriately.
- Take good care of their playing and practice attire, ensuring that they are available and suitable at practice and games. Once provided, athletes are expected to wear their LUVC practice shirt at all team practices.
- Follow all rules with respect to our rental facility agreements and those of other OVA member clubs while guests in their facilities. Remain in only areas of our facilities we have permission to use.