

Athlete Code of Conduct

Approved: September 14, 2025

Athletes competing with the Lanark United Volleyball Club (LUVC) are expected to uphold a high standard of conduct, commitment, and sportsmanship both on and off the court.

Respect and Conduct:

- Show respect and support for Officials, Opponents, Teammates and Coaches.
- Behave appropriately, responsibly, and respectfully as representatives of the Club during all Club activities and events.
- Bullying, abuse, harassment, and discrimination of any kind will not be tolerated.
- Do not participate in any in-person or electronic communication that is critical of or disrespectful toward any teammate, the Club, the Ontario Volleyball Association (OVA), or an opponent.
- Develop a positive relationship with coaches and teammates through respectful dialogue and a positive demeanor.

Commitment and Attendance:

- Fulfill their responsibility as a team member by meeting their time commitments for training and competition.
- Each athlete is expected to manage their schoolwork, family life, and sporting activities in a way that enables them to meet all obligations.
- Athletes are expected to attend all practices and tournaments unless there is a justified reason for absence.
- If unable to attend a practice or game, coaches must be informed at least 24 hours ahead of time.
- Athlete utilization in tournament play is 100% discretionary for the coach, and absenteeism can and will be a factor in their decision-making process.
- Each athlete is expected to attend practices and tournaments on time.



Preparation and Equipment:

- 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.

Athlete Development and Role:

- Fulfill their athletic potential by listening attentively to the coaches and implementing their suggestions in good faith.
- Strive to earn playing time through positive behavior in practice, including hustle and determination, perseverance, skill demonstration, lively discussion and willingness to learn and grow.
- Accept the role they are given during competition and view it within the context of overall team success.

Health and Attire:

- 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 they are available and suitable at practices and games.
- Once provided, athletes are expected to wear their LUVU practice shirt at all team practices.

Facility Rules:

- Follow all rules with respect to rental facility agreements (for LUVU's own facilities) and those of other OVA member clubs when guests in their facilities.
- Remain only in areas of facilities for which they have permission to use.



These expectations aim to foster responsible, dedicated, and respectful athletes who contribute positively to the Lanark United Volleyball Club's community and success.

Guardian Signature

Athlete Signature

Date

Date