



South Shore Smash Player Code of Conduct

In order to ensure the safety and well-being of the athletes, coaches and parents of the South Shore Smash Volleyball Club and to best represent the program, players and coaching staff, I hereby agree to abide by the following Code of Conduct:

- I will show sportsmanship and respect toward all opponents, teammates, spectators, officials, coaches and parents.
- I will refrain from any physical action that may endanger the safety and well-being of any person I come into contact with while participating in the South Shore Smash Volleyball Club program.
- I will refrain from any verbal action that may diminish the integrity of the program or an individual. I will verbally support all athletes and parents of the South Shore Smash Volleyball Club, as well as the players and parents from other programs. This includes general profanity I may be using when speaking in public areas, even though I am only speaking to a peer.
- I agree to uphold all laws and regulations as dictated by local, Provincial, and Federal governments (i.e. underage drinking, drug use, smoking, shoplifting, etc.) while under the supervision of the South Shore Smash Volleyball Club.
- I agree to abide by any nutritional guidelines as established by the South Shore Smash Volleyball Club coaches for athletes during tournaments.
- I will adhere to any training requirements as established by the coaching staff, including all aspects of the warm-up during all matches of tournaments. I understand the importance of team building and the psychology involved in a positive team warm up.
- I agree to respect the property of others (teammates, hotels, gyms, etc.) and to pay for any losses and/or damages for which I am found responsible.
- I agree never to leave the gym, facility or hotel without permission of the coaching staff. Should I be granted the permission to leave at those times, I will accompany members of the South Shore Smash Volleyball Club program, a parent chaperone, or my parents.
- I agree to abide by curfew rules set for the athletes for any overnight trips. Curfew rules include quiet, non-talking, non cell-phone times and being in rooms at the appointed time. I will only be in rooms belonging to my teammates, unless a coach has been informed and permission granted.
- I understand that on any trip or at any tournament, I am under the direct responsibility and authority of the South Shore Smash Volleyball Club coaching staff and will follow and abide by all rules and decisions made by these persons.
- I agree not to be in the possession of or utilize illegal drugs, tobacco and/or alcohol while under the supervision of the South Shore Smash Volleyball Club. I also agree not to be found in the presence of such substances being used by other youth or I will be found equally at fault. Supervision includes practice, tournaments & overnight trips.
- I will follow the rules put in place by my coach regarding cell phone usage.
- I will refrain from using social media (i.e. Facebook, twitter...) to speak negatively of teammates, opponents, spectators, officials, coaches and parents.
- I understand that violation of this code will result in disciplinary action that may include suspension or removal from the program. There will be no financial reimbursement for any violation of this policy that results in dismissal.