



PLAYER EXPECTATIONS/CODE OF CONDUCT 2025-2026

1. Players represent 208VBC and are expected to conduct themselves at all times (on and off the court) in a manner that will reflect the standards and ideals of the club, their team, the coaches and families. Players shall not engage in unsportsmanlike conduct, including the use of obscene or profane language or gestures. Players are expected to always show respect to all teammates, parents, coaches and officials. Players who violate this code of conduct will be subject to disciplinary action determined by the coach and club director(s).
2. Players are expected to maintain their church, school, and family responsibilities as well as attending all scheduled 208VBC practices, team meetings, games, and tournaments (unless other arrangements are made with their coach and/or the club director). It is the player's responsibility to notify their coach in advance if they will be absent.
3. Players are expected to be team players and encourage/support teammates whether you are on the court or on the sidelines.
4. Players should arrive at practice at least 10 minutes early in order to have time to put on shoes/kneepads and be ready to begin practice right at start time. Players must have all appropriate volleyball attire in order to practice (shoes, kneepads, appropriate clothing).
5. Players are expected to abstain from the use of alcohol, tobacco, drugs, and vaping during the volleyball season (approximately August-June). Violation of this expectation will result in reduction of play time, suspension, or removal from the team/club. Consequences for such violations will be at the discretion of the club director(s), club management team, and the coaches.
6. 208VBC encourages athletes to attend additional training opportunities such as camps, clinics, private lessons, etc. However, if the additional training opportunities conflict with a 208 event (practice, scrimmage, or tournament), preference must be given to the 208 event. Choosing a training opportunity above the 208 practice, scrimmage, or tournament may result in reduced playing time.
7. **24 HOUR RULE** - If an athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they need to wait at least 24 hours after the conclusion of the event to discuss the issue with the head coach and/or club director(s). This protects coaches from inappropriate parent behavior, gives

parents/players' emotions time to cool, and helps preserve a positive environment for all players. Failure to abide by the 24 hour rule may lead to banning parents from matches/tournaments.

8. If you have concerns regarding playing time or strategic decisions, **please refer to the "Conflict Resolution Agreement" section.**

PLAYING TIME

9. All players will have equal opportunities to train and play during practice sessions. Playing time in matches and tournaments is earned and is a privilege. 208VBC does not guarantee playing time during matches or tournaments. Coaches will make playing time decisions based on what they believe is best for the team.
10. Players are expected to earn a starting position and/or playing time every day in practice. Factors that can affect playing time include attendance at practice, attitude, work ethic, leadership skills, team chemistry, skill level, etc.
11. Players are encouraged to have open and honest conversations with their coaches. Discussions concerning playing time or any other discussions can take place between player and coach at any time. However, if a player and/or parent feels that there is a problem with the amount of play time, please refer to the **24 hour rule** and **conflict resolution agreement** section.

CONFLICT RESOLUTION AGREEMENT

208VBC strives to teach athletes to be their own advocate. If an athlete and/or parent has a concern, issue or problem that arises during the season, they are encouraged to follow the below-described steps (*keeping in mind the 24-hour rule outlined above*):

1. First the athlete should schedule a time to speak with his or her head coach directly to discuss the issue at hand. In the case of players on the 11s or 12s teams, the parents may request a meeting in which the athlete, parent and coach must be present. The athlete should not discuss such concerns with the coach during, or immediately before or after a practice or tournament. We are confident that the discussion between the athlete and head coach will resolve the issue.
2. However, if the issue remains unresolved, the parents may contact the Club Director to ask for a meeting to discuss the issue. The meeting should take place at a location considered adequate for private discussion agreed upon by both the parent and club director - NOT at a tournament and/or practice. The decision of the club director at this point is **FINAL**.

RELEASE OF PLAYER FROM 208VBC

Once an offer and acceptance form is signed by all parties, the athlete is officially part of the 208VBC family. If an athlete/family decides to depart 208VBC during the respective season, the following steps must take place:

STEP 1 - The athlete/family must submit a WRITTEN request for release to the club director, at 208volleyballclub@gmail.com stating the reason for the request.

STEP 2 - The athlete/family must pay the season's remaining monthly coaching fees in full. (*For example, if the athlete/family requests to be released from the club in February, the athlete will not be released until payment for monthly fees for February, March, April, May and June are received.*)

Additionally, all invoices that have been sent must be paid in full.

STEP 3 - 208VBC will release the athlete immediately once payment for all amounts in Step 2 are received. 208VBC will make notification to the ERVA office once the player has met all terms of the requested release.

CHAIN OF COMMAND - Jessica is the club owner and McKinna/Jessica are the co-club directors. We work together to run the club as smoothly as possible. Either one of us can help you with any questions that you may have. Whenever the term "club director" is used, we are referring to both McKinna and Jessica.

I, _____, have read, understand and agree to the policies, procedures and obligations set forth in this document and the 208VBC Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth herein.

Player Signature

Date