

Code of Conduct

APEX Players:

- I WILL abide by the official rules of USA Volleyball, Junior Volleyball Association, Amateur Athletic Union
- I WILL display good sportsmanship at all times.
- I WILL encourage teammates, regardless of the outcome on the court.
- I WILL be polite and respectful at ALL times when participating as a member of the APEX VBC.
- I WILL abide by the policies and guidelines of APEX VBC.
- I WILL acknowledge effort and good performance for APEX VBC athletes.
- I WILL remember this is a learning experience for ALL athletes and mistakes will happen.
- I WILL model exemplary spectator behavior while participating as a member of the APEX VBC.
- I WILL respect the history and tradition of the sport of volleyball by being a good ambassador.
- I WILL respect the officials.
- I WILL NOT criticize my fellow teammates.

I have read the code of conduct for APEX VBC players. I will uphold these rules as long as I'm participating in APEX VBC.

Athlete Printed Name: _____

Athlete Signature: _____

Date: _____

APEX Family & Friends:

- I WILL display good sportsmanship at all times.
- I WILL encourage my child and her team, regardless of the outcome on the court.
- I WILL generate goodwill by being polite and respectful to those around me at this event.
- I WILL follow the appropriate chain of communication with any questions or concerns (refer to handbook).
- I WILL abide by the policies and guidelines of APEX VBC.
- I WILL acknowledge effort and good performance for APEX VBC athletes.

- I WILL remember this is a learning experience for ALL athletes and mistakes will happen.
- I WILL model exemplary spectator behavior while attending events of my APEX VBC athlete.
- I WILL respect the history and tradition of the sport of volleyball by being a good ambassador.
- I WILL NOT coach my child from the bleachers and/or sidelines.
- I WILL NOT criticize my child's coach or her teammates.

I have read the code of conduct for APEX VBC family & friends. I will uphold these rules as long as my athlete is participating in APEX VBC.

Athlete Printed Name: _____

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

Date: _____

Club Rules (for the handbook)

1. Respect your fellow teammates.
2. Respect your coach.
3. Have a clean uniform at all times, your coach will notify you of what uniform will be worn for the day. Remember to bring ALL uniforms including your practice shirt with you to all games.
4. Be dressed appropriately during practice times.
5. Maintain positive sportsmanship at ALL times.
6. Notify your coach if you are unable to attend practice prior to the start time.
7. Notify your coach if you are unable to attend a day of games at least ___ prior to the event. We understand emergency do come up in this case notify your coach ASAP.
8. Maintain your schoolwork while participating in APEX VBC.
9. ONLY water is allowed in the home gym. No food is allowed in the home gym.
10. No profanity, no loud talking, and no horseplay.

11. Report all injuries to your coach.
12. Practice daily at home. Your game will only get better if you put in the extra work.
13. Follow ALL tournament rules as provided by the tournament committee. Tournament rules may vary for each tournament.