



## **Athlete Code of Conduct**

*The Crush Volleyball Club is committed to providing you with a positive and rewarding volleyball experience. Athletes have a critical role in this. By agreeing to these rules herein, you commit to supporting and respecting your teammates, coaches, and volunteers. You also agree and understand playing on a Club team within Crush Volleyball will require dedication and a certain amount of time.*

The following Code of Conduct has been developed to aid the athlete in becoming a well-rounded, confident and productive human being. CRUSH believes volleyball is more than just a game; it is a life experience to foster happy and healthy global citizens.

**All athletes are expected to conduct themselves in a manner consistent with the core values of the club. This includes but is not limited to the following:**

### **ATTEND: I understand that I will...**

- attend all practices, games, tournaments, and all other club activities (including during injury- for learning purposes). Gym time is limited.
- be dressed and ready to go with all equipment set up by the start of our practice/game times. I will arrive early to have time to get my gear on, socialize, set up nets, fill water bottles etc.
- arrive 1 hour early to the first game of tournaments to assemble as a team and prepare for the experience.
- show dedication to my team and provide my full attention to my team during practices, games, and anything else club related.

### **COMMUNICATE: I understand that I will follow Crush's Communication & Conflict Resolution Policies. This includes but is not limited to...**

- I will communicate with my teammates in a positive and humble way. All members of my team are equal and all will be given the respect they deserve regardless of their talent or skill level.
- I will not coach or criticize my teammates. Instead, I will encourage and support my teammates in all circumstances.
- I will contact the coaches if I will be away or late for any practices, games, tournaments, and all other club activities.
- If I have a concern regarding a tournament (playing time, coaching decision, minor issues etc.) I will wait until the following Monday to reach out to ensure a productive discussion.
- I will not engage in nor intensify drama. I understand that drama can implode teams, and I will avoid it in all circumstances related to my team and Club.



**RESPECT:** *I understand I must respect the club, club coaches, equipment, training facilities, players, officials, and administrators of Crush Volleyball. **Crush Volleyball considers being disrespectful a serious matter and will consider the appropriate form of discipline up to and including being removed from the Association.***

- I will treat everyone fairly regardless of gender, place of origin, colour, sexual orientation, religion, political belief or economic status: : verbal or physical behaviors that constitute harassment or abuse are totally unacceptable.
- I will refrain from public criticism of anyone associated with my team or club.
- I will show exceptional sportsmanship with officials and tournament staff regardless of how a match has been officiated.
- I will show exceptional sportsmanship to opponents at all times regardless of how sportsmanlike or unsportsmanlike the opponents are behaving. This includes refraining from “trash talking” during games, between matches and on social media. I will encourage other athletes to act accordingly.
- I will be respectful of teammates, coaches, parents, and volunteers at all times.
- I will positively represent the Crush Volleyball Club at all times during tournaments and team activities. Therefore, I will clean up after myself at gyms, restaurants, hotels, on ferries etc. and be respectful to all staff members.
- I understand my coach will provide me with on-going evaluations and feedback to enhance my development as a volleyball player. I recognize that accepting this feedback will make me a better athlete.
- I will respect the laws of consent. I will not post photos of the team (or its members) unless I have permission to do so.

***I understand that if my behaviour and/or attitude become an issue (on or off the court), I will not be allowed to play until a conversation with the coach has been had and an agreement established to rectify the situation.***

**ATHLETES MUST:**

1. At no time allow individuals who may request sexual favours or use threats of reprisal for rejection to go unreported.
2. Participate in a manner that ensures the safety of other athletes, coaches, officials, and spectators also at the games.
3. Respect other athlete's dignity: verbal or physical behaviors that constitute harassment or abuse are totally unacceptable.
4. Never advocate or condone the use of drugs or other banned performance enhancing substances.
5. Never use or condone the use of alcohol.
6. Report any injury or illness to my coach before any competition or training session.

***Crush has a Zero Tolerance Policy for the use of drugs and alcohol (including vaping). If use is detected, you will be sent home immediately and suspended from the team until further notice.***



## **CRUSH CLUB CORE VALUES**

### **Person First**

*We believe our athletes should be better people after their experience in CRUSH. We are committed to a high standard of volleyball excellence; but above all, we strive to foster happy and healthy human beings. We aim to raise humble leaders who are worth following: kind people who have integrity, respect, compassion, patience and can work hard.*

### **Teamwork**

*We are better together. We believe that as a collective, we are more successful. We value connection and encourage a collaborative culture of teamwork and support. Everyone involved in CRUSH is a valued member of our club. Parents, coaches, board members & athletes will always strive to be a good teammate.*

### **Fun**

*Youth sports should always be fun. Although there will be hard work, athletes must enjoy it or they will not keep playing. We believe having fun instills a love for the sport and encourages lifelong physical literacy.*

### **Inclusivity**

*We believe youth sports are for everyone, regardless of race, gender or economic status. If an athlete wants to play, they should play.*

### **Player-centered**

*Youth sports are for the kids, not the adults. We believe parents, coaches and administrators should set their private ambitions aside to let the kids play. We strive to create a positive, constructive and supportive environment centered on the youth reaching their full potential.*

### **Success**

*We are committed to CRUSH and our athletes to set, work towards, and achieve high standards of success in both sport and life.*

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*By signing this Parent Code of Conduct I acknowledge that I have read and agree to support all of the above statements. Furthermore, it is explicitly understood that should I not be able to follow the above policies, my Coach and/or Club will discipline accordingly up to and including being dismissed from Crush Volleyball.*

Name:

Date:

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Age Group:

Signature:

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