



## ATHLETIC CODE OF CONDUCT

Alamo Volleyball is very proud that you have chosen to participate this season. We believe that participation in a respected and competitive volleyball program can provide athletes with high-level volleyball training, as well as provide an opportunity to learn some “life skills” – responsibility, dedication, leadership, hard work, and respect for others. The Alamo Athletic Code of Conduct has been established to promote these skills and qualities, and to help continue a strong volleyball program.

Athletes are responsible for adhering to the Alamo Code of Conduct. Athletes found in violation of the Code of Conduct may be restricted and/or removed from participation in the program. The Alamo Volleyball Association has the right to initiate the removal of an athlete from the Alamo program if the athlete or parent does not adhere to this Code of Conduct.

## GENERAL PLAYER GUIDELINES

- Athletes in the Alamo program will be expected to make both **athletics** and **academics** a priority in their lives.
- Athletes are expected to manage their time accordingly so that they are able to attend and be on time to practices, tournaments and other related functions that fall within the Alamo team schedule.
- Athletes will treat ALL coaches, parents, tournament staff and every adult with courtesy and respect at all times.
- Athletes are expected to respect the decisions made by the coaching staff at all times.

## PRACTICE GUIDELINES

- Athletes are required to attend all practices. If for any reason an athlete cannot make practice, they are expected to notify the appropriate coach at least 24 hours in advance. If an emergency situation arises that result in an athlete not being able to make a practice, the athlete will need to make contact with the appropriate coach. **\*Please note that this is the athlete’s responsibility\*.**
- Athletes will be expected to wear issued practice shirts and black shorts to all practices, and shirt tails tucked into shorts. Uniforms should be clean and in good condition.
- Athletes are expected to be on time to practice according to the guidelines established by the coach. Athletes should come to practice with a positive attitude and be ready to learn and participate fully. It is the responsibility of the athletes to assist the coach in making sure that the net systems and facilities are prepared and ready for practice, and stored appropriately at the end of practice.
- Practice will be open unless a coach specifies otherwise. Visitors should be limited to parents and siblings only (no boyfriends please).

## TOURNAMENT GUIDELINES

- Transportation to and from tournaments will be the responsibility of parents. We do not encourage Alamo Coaches to give rides to or from practices or tournaments. Your coach will advise you on tournament details and arrival times at playing sites. It is your responsibility to be aware of these details should you not be present when the information is given out.
- While at tournaments and events, athletes should stay with their team and be prepared to play or perform officiating duties at a moment’s notice. It is the responsibility of the athlete to confirm that their coach is aware of their location while at tournaments.



## ATHLETIC CODE OF CONDUCT

### TRAVEL GUIDELINES

- While in hotels, athletes will be expected to respect the property and privacy of others in the hotel. Loud or rowdy behavior will not be tolerated and could result in immediate expulsion from the hotel.
- Under no circumstances will athletes entertain guests in their hotel rooms. This includes anyone but parents and/or female siblings. Visitors should be restricted to the hotel lobby only.
- Under no circumstances will athletes enter another guest's room within the hotel that is not an Alamo parent, player or coach.
- **Doors to team rooms must not be left propped open with the night latch for ease of re-entry.**
- Athletes will be expected to coordinate with the team parent and/or coach as to their whereabouts during non-playing periods.
- Athletes will be expected to dress modestly and respectfully during non-playing periods. Tops should be long enough to be tucked into pants, if desired, and swimsuits should be worn in good taste. Remember that you are representatives of the Alamo Volleyball Association.
- Players are prohibited from recording and publishing any images or likeness of themselves or teammates that are distasteful in nature.
- Players must abide the Alamo "Social Media Policy".

### TOBACCO, DRUGS, ALCOHOL

- Athletes are expected to abstain from the use of tobacco, drugs and alcohol at all times. This includes periods outside of sanctioned Alamo activities.
- Any athlete found to be in possession of any illegal substance will be subject to immediate expulsion from the Alamo program.

### PARENTS ROLES AND RESPONSIBILITIES

- Parents are encouraged and expected to be active and involved members of the Alamo program.
- The foremost responsibility of each parent is to be supportive of each player and each team within the program.
- Parents are expected to be supportive of the coaches and staff at all times. This includes assistance with logistical needs, encouragement and being very understanding in the communications process.
- The line of communication should be from COACH to ATHLETE to PARENT for all issues involving athletes and/or teams. Athletes are encouraged and expected to talk with their coaches about problems or concerns they may have.
- **Parents are expected to refrain from discussing playing time issues or other issues at a tournament site or during normal practice times.** Coaches will do their best to explain all issues and decisions to that athlete who approaches them and asks for clarification in a disciplined and respectful manner, and only at an appropriate time. Parents should seek explanations from athletes first when seeking information about such topics. Parents who are seeking a deeper explanation should contact the appropriate coach outside of normal practice times to set up a time for discussion. Coaches are expected to not entertain conversations of this type at a tournament or event, which includes at a playing site or any location while the event is going on (e.g. hotel, drive to/from event, on the plane, etc).
- Parents must abide the Alamo "Social Media Policy".



**ATHLETIC CODE OF CONDUCT**

**CODE OF CONDUCT AGREEMENT**

Completing this agreement will be considered a validation that you have read the Alamo Volleyball Association CODE OF CONDUCT and SOCIAL MEDIA POLICY. You will not be allowed to participate in any sanctioned Alamo tournament until this form is completed and returned.

I, (athlete's printed name) \_\_\_\_\_ have read and understand the **Alamo Volleyball Association ATHLETIC CODE OF CONDUCT** as stated and agree to the guidelines. I understand that failure to do so at any time during the season will result in possible disciplinary actions.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

I, (parent/guardian's printed name) \_\_\_\_\_ have read and understand the **Alamo Volleyball Association ATHLETIC CODE OF CONDUCT** as stated and agree to the guidelines. I will, to the best of my ability, guide our athlete to adhere to these rules.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

Season: 20\_\_\_\_