

Force Volleyball Club Player Commitment

Congratulations on being selected as a member of this year's Force Volleyball Club. We ask that you take time to read through the following document and adhere to these standards set out by Force Volleyball Club. Your commitment to these standards will assist us in creating a positive atmosphere in all practices and competition and ultimately, not only give you a positive club experience, but enable you to reach your potential as a Volleyball player this club season.

1. I commit to giving 100% at every practice and competition. This includes effort and focus.
2. I commit to being 'coachable'. As an athlete, I will listen to my coach and respond positively to their feedback and understand that instruction is what enables me to improve as a player.
3. I will respect my coach both verbally and with my behavior understanding that he/she is knowledgeable, experienced and has committed time for the sole purpose of my improvement. I will bring any personal concerns to the coach personally before I discuss them with other players.
4. I will be respectful and supportive of my teammates.
5. I will respect all officials, even when I do not agree with their judgment. I understand that disrespectful behavior, foul language and inappropriate gestures will not be tolerated and could result in me losing playing privileges.
6. I will respect my opponents and always compete fairly.
7. I will cheer FOR my team during competition, and never AGAINST the other team.
8. I will attend all practices and tournaments, understanding that my teammates and coach rely on me to be present and committed. In the event that I cannot attend a tournament, I will inform my coach at least one week in advance so that he/she can plan accordingly.
9. I will come to all practices and tournaments early in order to prepare myself physically and mentally.
10. I understand the importance of character and integrity. I commit to implementing the core values of Force Volleyball Club in my own life as a person and player.
11. I understand the importance of personal fitness, and that both conditioning and training outside of practice time are not only my responsibility, but integral to my future success as an elite athlete.
12. I understand the importance of healthy eating, and how it affects my ability to perform on the court.