

## LCWC Athletic Policy

Student-athletes must abide by all rules and guidelines set forth in the document below, team rules may be established by each individual teams' head Coach and his/her staff within parameters set by the Director & Board Members. These policies are critical to keep the interests of the student athletes in focus. By signing below the parents, guardians, and athletes fully take responsibility for holding these standards.

- Phones are to be left at the door, unless authorized by a coach or in case of emergency
- At practice there is an "all in" policy. Give 100%, 100% of the time.
- Prioritize your team, not friends? You are here.
- Attitude, arrogance, mistreatment of the coaches and other athletes are strictly prohibited. The first time you are asked to sit out, the second will be a call to the parents/guardians, the third and final the athlete will be removed from the team/club. This policy goes for parents/guardians as well as athletes/coaches.
- Playing time is earned in practice, talent does not determine play time. The **BIG 3** does, all in, team first, then athletic ability. If you would like to ask or discuss more play time a self-assessment will be given and then discussed between the athlete, coach, and ethics coordinator. Parents/guardians are always encouraged to attend those meetings.
- Parents/guardians are encouraged to stay at practice. Parents/guardians are our biggest protectors and advocates. It takes a village and we are proud of our LCWC community, coaching staff, and athletes.
- Practice shirts are required. One is given, additional may be purchased. No exceptions. Clean gym shoes are required. Appropriate shorts, spandex must have a 3" inseam. No shorter. If the above is not met you will be required to sit out.
- Coaches & school employees are not your maids. Please keep the gym clean. Take home what you bring in. Leave the gym better than you came into it. This is including but not limited to practice spaces, tournaments, and locker rooms.
- At LCWC- Volleyclub we accept and understand playing multisport and remaining a dual/tri athlete is worth the experience and the importance for high school careers. Attendance is strongly impressionable to coaches and teammates, please RSVP to practices in the sportsplus app. It can affect playtime at tournaments. Coaches

have planned every minute of practice, that is based on attendance. If you must miss for any reason, please do the best to give as much notice as possible. Teaching our athletes balance is a huge part of our focus, we encourage the athletes to balance accordingly.

- Tournament expectations. Every tournament has different expectations; we require every athlete to follow the rules set by the tournament host and conduct themselves in accordance with the policy of LCWC. If you are required to stay and referee a game, the entire team stays, no exception. At home tournaments 17-18's are required to work. The hourly wage of \$12 per hour is given.
- We understand that everyone wants the best for our coaches, athletes, and their families. Disagreements and Disputes to coaches, staff members, and parents, particularly during tournaments and practices is not acceptable. During those times we are focused on doing our best and being our best. All complaints/disagreements can be discussed in writing, or a meeting can be scheduled with the Director. We ask that you hold strong to the 48-hour rule, please give a cool off period prior to hitting the send button.

#### AAU MEMBERSHIP REQUIREMENTS:

- An AAU Membership is required prior to attending tournaments. A roster is handed in to the tournament directors and required by MJVBA to be eligible. Please follow the link and instructions below.

GO TO: <https://aausports.org/membership/>

1. Add all necessary information and INCLUDE **LCWC (UT4KRU68Z)** as the athletes' club. Team parents are also required to obtain membership.
2. The team parent membership **IS** reimbursed by the club. Following approval of the membership from AAU please forward that information to *youth2sports@gmail.com* and the membership will be reimbursed within 7-10 days.
3. If this is not complete or not possible, PLEASE email or call as soon as possible, for athletic eligibility it is critical. All memberships will be verified by the club.