



## PLAYER CODE OF CONDUCT

Rampage Volleyball Centre strives to provide a safe, fun, and inclusive environment where athletes can grow. As a member of our program, we expect you to embrace the following principles:

### Athlete Behavior:

- **Embrace Growth:** Come prepared to learn, give your best effort, and be open to coaching feedback as you develop your skills.
- **Be a Team Player:** Acknowledge coaches and teammates. Commit to working hard for yourself and the team. Support your own and your teammates' progress.
- **Champion Sportsmanship:** Display good sportsmanship in all interactions before, during, and after games.
- **Respect Everyone:** Treat teammates, opponents, parents, coaches, officials, and spectators with respect. Represent Rampage and the sport with pride.
- **Build a Strong Team:** Value your teammates on and off the court. Be kind, inclusive, and reject gossip, abuse, bullying, and exclusion to foster a positive team culture.
- **Support Our Culture:** Help maintain a positive team environment by being respectful. If you witness negativity that could harm the team, inform a coach.
- **Trust Your Coaches:** Respect your coaches' guidance and decisions; they are dedicated to your and the team's success.
- **Communicate Effectively:** Maintain open communication with your coaches to build strong relationships and clear understanding.
- **Care for Facilities:** Show respect for the facilities we use by keeping them clean and following all guidelines. Vandalism and theft are not permitted.
- **Prioritize Health and Well-being:** Refrain from using alcohol, tobacco, vaping products, or illegal drugs at team events (unless for approved medical reasons).
- Keep your coaches informed by notifying them in advance (if you can) if you will miss a team event.
- Communicate any injuries or other situations that might prevent you from fully participating in team activities to your coaches.
- Be sure to follow the social media guidelines of both Volleyball Alberta and RVC.



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### **Disciplinary Guidelines:**

At Rampage Volleyball Centre, our disciplinary approach aims to be both fair and educational. The team coaching staff will always be the first point of contact. Minor behavioral issues will be addressed directly with the player by the coach. For more significant concerns, the club executive and parents will be involved to ensure a comprehensive understanding. We believe in providing players with a chance to share their side of the story.

- **Addressing Minor Issues:** These can include showing disrespect, being late or missing events without notice, unsportsmanlike conduct, or not following team rules. To help players learn and grow, consequences for minor issues might involve contributing more to team tasks (like setting up), receiving less playing time, or temporarily sitting out of team events.
- **Addressing Major Issues:** These are more serious and can include offensive behavior like discrimination or racism, repeated minor issues, involvement in illegal activity, or using drugs or alcohol at team events. In these situations, coaches will bring the issue to the board who will then have the authority to suspend or remove a player from the team.