

Alaska Volleyball Association

Player Commitment Contract

The purpose of the Alaska Volleyball Association (AVA) program is to develop your mental, physical, and emotional abilities as a volleyball player and to enhance your opportunities to play at a higher level if you so desire. In order to meet this goal, certain personal sacrifices must be made; sacrifices that show a commitment to this program and the team. These commitments include:

1. To work consistently toward higher individual techniques and team goals.
2. Complete dedication to the team as a whole.
3. Wholehearted participation in practice sessions, matches and tournaments.

As an AVA volleyball player and student athlete.....

- I will learn how to set goals, always strive to achieve them, and develop a lifestyle that will produce success on and off the court.

ACADEMICS: I will make academics my absolute first priority. Practice schedules are established well in advance so players are able to plan for study time accordingly.

ATTENDANCE: I will be present at every practice and game, unless I am sick, injured, have a medical appointment, have a family emergency, religious activities or I am participating in a school sponsored event. I realize that missing practices or games lets my team down and will result in a loss of playing time. Players with an excessive number of unexcused absences will be recommended for suspension or removed from the team. It is important for players to communicate with coaches in advance regarding schedule conflicts.

TARDINESS: I will arrive early or at the coach designated time and be ready to practice or compete in a match. Those players arriving late will be required to complete additional conditioning or volleyball drills.

ATTITUDE: I will always exhibit a positive attitude towards fellow players and the coaching staff. Coaches will not tolerate disruptive attitudes. In severe cases players will be recommended for removed from the team.

- I will overcome the urge to complain, think negative, backstab, take part in cliques, act selfishly, or engage in any activities that disrupt team chemistry.

- I will work hard to tell the truth in my interactions with teammate and coaches.

- I will be loyal to my teammates, to my coach, and to my program.

- I will work to resolve conflicts at the lowest level. Misunderstandings and conflicts are an inevitable part of any group activity, and maturing means learning to deal with these in an appropriate manner.

- I will learn the principle of positive reinforcement and apply them in practice and game and help my teammate succeed.

- I will comply with the acknowledgment rule at all time (using good listening, verbalization, and eye-contact skills).

- I will eliminate the use of obscenities during practice and games.

- I will accept the decisions of the coaching staff regarding playing time and I will support my teammate when I am not in a match.

RESPONSIBILITY TO TEAMMATES: Volleyball is a team sport, I will have an obligation to my teammates to abide by the rules.

- I will be accountable for all team requirements (e.g., being on time, doing my share of off court team duties such as, line judging, and scorekeeping) and I will do these with a sense of pride to support the team.

- I will learn to be aware of the effect of my mood swings on people around me and to keep these swings within a reasonable variance and let the coaches know when I have external problems that may affect my performance and the team.

Remember that athletic participation is a privilege. Playing in this club involves a great deal of individual and family sacrifice. If you agree to this commitment contract, you will be expected to adhere to these policies and realize that they are imperative to a sound team concept. Failure to follow these policies could result in any of the following consequences:

1. Disciplinary actions as decided by the coaching staff.
2. Suspension from the team for a series of unexcused absences from practices and/or tournaments.
3. Dismissal from the program.

As a team player I take full responsibility for my actions.

Player Signature Date
