

Athlete Code of Conduct:

1. Respect for Others:

- I will treat my teammates, coaches, officials and opponents with respect and courtesy.
- I will not engage in any form of verbal or physical abuse, including bullying or harassment.
- I will respect the decisions of coaches and officials, even if I disagree with them.

2. Positive Attitude:

- I will maintain a positive attitude during practices, games, and other club events
- I will encourage and support my teammates, recognizing that we all contribute to the success of the team.

3. Cooperation and Teamwork:

- I will work cooperatively with my teammates, coaches, and club staff to create a fun and supportive team environment.
- I will accept both victories and defeats graciously, understanding that sportsmanship is an integral part of the game.

4. Commitment to Improvement:

- I will attend all scheduled practices, games and club events, and I will notify coaches in advance if I am unable to attend.
- I will actively seek to improve my skills, listen to feedback from coaches and work towards personal and team goals.

5. Responsible Use of Facilities:

- I will respect the facilities where practices and games take place, keeping them clean and following any rules or guidelines provided.

6. Communication:

- I will communicate openly and respectfully with coaches and teammates.
- I will promptly address any concerns or conflicts through appropriate channels outlined by the volleyball club.

7. Integrity and Fair Play:

- I will uphold the principles of fair play, honesty, and integrity in all aspects of the game.
- I will not engage in cheating, unsportsmanlike conduct, or any behavior that brings a bad reputation to myself or Island Heat.

8. Personal Conduct:

- I will refrain from using drugs, alcohol, or engaging in any illegal activities while representing the volleyball club.
- I will maintain a healthy lifestyle that supports my overall well-being and athletic performance.

I understand that failure to adhere to this code of conduct may result in disciplinary action, including but not limited to verbal warnings, suspension, or expulsion from the volleyball club.