

Angels of Albuquerque Volleyball Club: Athlete Code of Conduct & Team Commitment

Our Philosophy: Excellence, Character, and Teamwork:

As a member of the Angels of Albuquerque Volleyball Club, you are part of a community dedicated to achieving excellence, both on and off the court. We believe that true success is built on a foundation of character, discipline, and unwavering support for one another. Your actions, words, and commitment directly contribute to our collective success.

This document outlines the standards of conduct and commitment expected of every athlete representing our club. By adhering to these principles, you contribute to a positive, competitive, and respectful environment where every player can thrive.

Athlete Code of Conduct:

As an athlete of the Angels of Albuquerque Volleyball Club, I commit to the following standards:

1. Commitment to My Team

- **Positive Contribution:** I will be a supportive and encouraging teammate at all times. I understand that negative comments or actions toward a teammate undermine the entire team's chemistry and success.
- **Unity and Inclusion:** I will be a unifier, accepting and respecting every member of my team and the club. I will not engage in or tolerate cliques, gossip, or any behavior that excludes or demeans a teammate.
- **Shared Success:** I will celebrate the successes of my teammates as I do my own and offer encouragement during challenges.

2. Commitment to Personal Integrity

- **Respectful Conduct:** I will show respect toward all coaches, teammates, opponents, officials, and spectators. I will control my emotions and refrain from any form of verbal or physical aggression.
- **Honesty and Accountability:** I will be honest in all my interactions and take responsibility for my actions. If I am aware of a violation of the Code of Conduct, I will report it to the coaching staff.

- Health and Wellness: I will take proper care of my body, including getting adequate rest, proper nutrition, and reporting any injuries to the coaching staff promptly. I will abstain from the use of alcohol, drugs, tobacco and vaping.

3. On-Court and Gameday Conduct

- Effort and Focus: I will give my best effort at every practice and competition. I will be coachable, open to feedback, and focused on improving my skills and my contribution to the team.
- Sportsmanship: I will compete with honor and respect, playing by the rules of volleyball. I will treat all opponents with dignity and will be gracious in both victory and defeat.
- Respect for Officials: I will respect the decisions of the officials and will not engage in arguing or disrespectful behavior. I will direct all questions about calls through my coach.

4. Off-Court and Digital Citizenship

- Club Representation: I will always act as a positive ambassador for the Angels of Albuquerque Volleyball Club. I understand that my behavior in the community and online reflects on myself, my team, and the entire club.
- Social Media Responsibility: I will not post, share, or endorse any content that is negative, disrespectful, or defamatory toward any teammate, coach, opponent, official, or another club. My online presence will align with the values of sportsmanship and respect.
- Privacy: I will respect the property and privacy of others.

Player Attendance Policy:

Commitment is the cornerstone of a successful team. Your presence at all team functions is critical for developing team strategy, chemistry, and individual skills.

- Practice and Tournament Attendance: All players are expected to attend every practice and tournament for the entire duration of the event.
- Communication of Absence:

- If an absence is unavoidable (due to illness, family emergency, or a mandatory school event), the player (not the parent) must communicate directly with the head coach as far in advance as possible.
- Unexcused absences or a pattern of missing practices may result in reduced playing time, as determined by the coaching staff.
- Punctuality: Athletes are expected to arrive at the designated time for all practices and tournaments, ready to warm up. Tardiness may also result in a loss of playing time.

Acknowledgement and Agreement:

I understand that my participation with the Angels of Albuquerque Volleyball Club is a privilege, not a right. I have read, understood, and agree to abide by this Athlete Code of Conduct and Attendance Policy. I acknowledge that any violation of these standards may result in disciplinary action, including but not limited to reduced playing time, suspension, or dismissal from the club without a refund.