

# **Team Rules for travel.**

## **2010 Club Volleyball Season**

Our team rules are not absolutely cut and dry. Coaches have flexibility for individual cases.

### **Team Rules:**

- 1- We will be on time! We will be on time for practices, and games. We will arrive at least 15 minutes before practices and 30 minutes before any games.
- 2- Everybody will be dressed and ready for pre-game warm-up on appointed time.
- 3- Everybody will go out on the floor together for pre-game warm-up.
- 4- We will get plenty of rest. We will look after ourselves by getting plenty of sleep.
- 5- We will eat right. Breakfast is the most important meal.
- 6- It is important how a team looks, so we will dress appropriately.

*Look like a player, dress like a player, act like a player.*

*When players look good, they feel good and when they feel good, they play well.*

*We look like champions. We act like champions. We play like champions.*

### **While on away trips:**

- 1- I will ask my team chaperon for permission before leaving for a walk or outing.
- 2- Curfew is 10:00pm, or otherwise stated by the coach or chaperon.
- 3- Lights out at 11:00pm, or otherwise stated by the coach or chaperon.
- 4- Anyone found with any drugs, alcohol, or cigarettes will be subject to immediate removal from the club.
- 5- No boys in the rooms at any time. No exceptions.
- 6- No girls from other clubs in the rooms without the prior knowledge/permission of your parent chaperon or coach.
- 7- Athletes are responsible for damages. If any athlete willfully destroys/vandalizes hotel property they will also be subject to a review by the club.

### **Consequences of Breaking Team Rules:**

- 1- Removal from athletes' room.  
This refers to an athlete being sent to stay with her parents or with team chaperons.
- 2- Loss of Privileges  
This generally refers to a loss of playing time.
- 3- Removal of the athlete from the event.  
This is a last resort and refers to an athlete being sent home.

### **Parent Chaperon:**

- 1- Supervise athletes when not at the venue.
- 2- Ensure that all team rules are being respected.
- 3- Report any questionable behaviour to the coach.
- 4- **Ensure that the team has a cooler and purchase food for the team to snack on and for quick breakfasts.**

### **Coach Responsibilities:**

- 1- Supervise athletes when at the venue.
- 2- Administer discipline/punishment as is necessary.