West Coast Volleyball Club

Athlete Contract

West Coast Volleyball Club is committed to providing athletes with a positive and rewarding volleyball experience. By agreeing to these rules herein, you commit to supporting and respecting your teammates, coaches, and volunteers. You also agree and understand playing on a Club team within West Coast Volleyball Club will require dedication and a time commitment.

- I will adhere to the rules of WCVC and the Volleybox, including their respective Return to Play Plan's
- I understand that I am expected to attend all training sessions, games, tournaments, and all other club activity (including during injury - for learning purposes)
- I understand that I must show dedication to my team and provide my full attention to my team and coaches during practices, games, and any other club related event
- I understand that I must respect the club, club coaches, players, officials, and administrators of West Coast Volleyball Club
- I understand that I must report any injury or illness to my coach before any competition or training session
- I understand my coach will provide me with on-going evaluations and feedback to enhance my development as a volleyball player
- I understand that any complaints must first be communicated to the coach or assistant coach. If not satisfied I must then communicate to Technical Director and/or the Board of Directors. I will ensure this communication will be done away from other players/ parents, and will allow 48 hours before commencing communication to ensure emotions have cooled off
- I have read and understood the West Coast Volleyball Club Social media policy and will abide by these guidelines
- I have read and understood the West Coast Volleyball Club travel policy and will abide by these rules
- I understand that I may be removed from the team or Club for failing to abide by these rules or any other Club rules as set out in the West Coast Volleyball Club policies.
- I understand it is not West Coast Volleyball Club's responsibility to arrange transportation to and from practices and tournaments

Clothing and Dress Code Policy

Introduction

The Dress Code policy is intended to ensure appropriate and professional representation of the West Coast Volleyball Club at practices and tournaments. This policy applies to players.

Athletes

- Members must wear an appropriate Volleyball/ athletic t-shirt.
- Appropriate volleyball/athletic shoes must be worn at all times during practice and competition.
- Appropriate t-shirts cannot have the sleeves cut off or contain wording or logos that are:
    - Sexually explicit
    - Contain alcoholic or drug advertisements, or offensive material
    - Bearing logos from other clubs
- Tank tops are prohibited.
- Midriffs must be covered.
- No jewelry, including watches, earrings, bracelets, necklaces during practice or competition (If needed you may cover a piercing with tape)
- Spandex shorts are permitted but must fully cover the buttocks and underwear.
- Before and after practice or competition, athletes must change out of their playing attire in a change room, or if unavailable discretely and quickly to not draw any unwanted attention to the member or West Coast Volleyball Club.