



## PLAYER CODE OF CHARACTER AND CONDUCT

The following Player Code of Character and Conduct for FCAMDVB has been established to help each team member develop into the person he or she was created to be. It is not our expectation that any team member would have already attained these traits. However, it is our desire that team members would strive to grow in each of these areas of character and leadership during their time with FCAMDVB. May God bless you and assist you as you seek to apply these principles to your athletic training and competition, as well as your everyday life.

### PROPER CONDUCT

#### Performance

- Actions speak louder than words!
- Hustle at all times during games and practice.
- Work hard! Put forth 100% effort all of the time.
- Play in such a way that pleases the One who gave you your athletic ability.
- Stay focused! Pay attention during practice and games.
- Take pride in how you play the game, how you approach the game, how you wear your uniform, etc.
- You've got to have heart, desire, drive, motivation, dedication and intensity. Play the game with energy and quickness.
- Try to reduce the amount of physical errors during a game and set a goal to make even fewer mental errors.

#### Attitude

- Be confident, not cocky. Don't talk proudly about yourself and your accomplishments. There is strength in humility!
- Be a positive role model and example. Some of the greatest impact FCA Teams will have is in the area of their conduct both on and off the court or field.
- You must agree to submit willingly and cheerfully to the leadership of this team, even when you do not agree with their decisions.
- Overcome adversity! Develop the courage to persevere. Never give up or quit.
- Demonstrate self-control! There are certain things you cannot control; however, you can control your effort, attitude and behavior.
- Develop a thankful heart. Appreciation and thankfulness are the responsibility of each team member.
- Demonstrate class at the end of a game in both victory and defeat. Shake hands, look the opposing team members in their eyes and keep your head up high because of the effort you put forth.

## Communication

- Don't complain! Keep your remarks to yourself regarding things such as official calls, the weather, the facility conditions, coaches' decisions, game circumstances, teammates and opposing team members.
- Be respectful of officials, coaches, teammates, opposing team members, parents and the game itself.
- Encourage your teammates and your opponents.
- If you have a complaint or problem with someone, go to that person directly and work it out.
- If you have concerns regarding the team and how it's being run, bring them to one of the coaches or to the coaching staff.

## Teamwork

- Be a team player...not an individual.
- Focus on stats for the good of the team, not yourself. Do what it takes for your team to win, not to boost your own stats and ego.
- You will be expected to participate with your team as much as possible during all team functions, including special team-building events, team meetings and socials, unless approved by your team leadership.
- Be a learner! Seek to improve as a player and person. Extend your- self some grace in failure; don't let it get you down or discouraged. Get back up and be ready to go after the next one, competitively and with the proper intensity.

## Safety

- For your personal protection, make an effort to be with at least one other teammate when you go to the concession stand, restroom, or just walking around a sports complex (use "the buddy system" for young teams).
- All injuries, illnesses and emergencies must be reported IMMEDIATELY to the coaching staff. Stay alert, use common sense and make good decisions and choices.
- Have fun!

## **INAPPROPRIATE CONDUCT**

**The following behaviors will not be tolerated; disciplinary action will be taken for:**

- Attitude problems
- Throwing of equipment in a display of anger or frustration and any outward expressions or demonstrations of anger or frustration

### **Communication**

- Back-talking a coach or parent
- Crude, profane, or vulgar language
- Critical, judgmental or negative talk directed toward teammates
- Outward displays of displeasure with the officials and questioning officials in a clearly visible and inappropriate manner (verbal and non-verbal)
- Trash-talking and outward acts of pride directed towards the opposing team.
- Leaving the competition area. Remain in the competition area during games, unless there is an emergency or you receive permission from one of the coaches.

### **Safety**

- Horseplay, messing around or silly antics
- Consumption of alcohol and/or drugs

**Consequences for the above actions and attitudes could result in one or more of the following:**

- Sent home early from practice
- Not permitted to participate in a drill or practice station
- Extra physical fitness exercise (i.e. running, push-ups, etc.) Removal from a game
- Removal from the competition site
- Suspended from playing in upcoming games

These policies regarding character and conduct on an FCAMDVB team have been established for your protection, well-being and character/leadership development. In light of these principles, the final decision regarding any issue resides with your team leadership. The coaching staff's decision is final. FCAMDVB team members who willfully and repeatedly disregard these policies and the leadership of the team may be temporarily suspended from tournaments and other team activities or dismissed from the team. These decisions are at the discretion of the FCAMDVB leadership team. If you are dismissed from the team for a Code of Character and Conduct violation, you will be responsible for any additional costs, and no refunds will be given.



# PLAYER CODE OF CHARACTER AND CONDUCT

## COMMITMENT TO THE PLAYER CODE OF CHARACTER AND CONDUCT

With full understanding of the expectations and consequences, I hereby commit myself to abide by the FCAMDVB Player Code of Character and Conduct, as well as strive to grow in areas of character and leadership development, for the duration of my involvement with the FCA Maryland Volleyball Club.

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Player Signature

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Date

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Parent or Guardian Signature

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Date