



MISSION VOLLEYBALL CLUB

ATHLETE & GUARDIAN CODE OF CONDUCT

The Mission Volleyball Club outlines specific standards of conduct, commitment, and sportsmanship for our athletes and their guardians to foster a structured, safe, positive, and productive environment for all participants, families, and staff. All athletes and guardians acknowledge the following requirements as conditions of membership with Mission Volleyball Club.

1. Respect, Conduct & Zero Tolerance

- Universal Respect: Athletes and guardians must demonstrate respect and support for coaches, teammates, opponents, officials, spectators, and Club representatives at all times during all activities, practices, tournaments, and travel.
- Zero Tolerance Policy: Bullying, abuse, harassment, and discrimination of any kind will not be tolerated under any circumstances.
- Responsible Communication & Language: Neither athletes nor guardians may participate in any in-person or electronic communication (including social media, team chats, or public forums) that is critical, derogatory, hateful, or disrespectful toward any teammate, the Club, the regional Volleyball Association, or an opponent. Players will not engage in negative language. Mission Volleyball Club will NOT tolerate negative language; if it becomes a continuous problem (more than one warning), it may result in missed tournament matches or other disciplinary actions.
- Positive Sportsmanship & Sidelines: Guardians must voice positive support and encouragement during matches and refrain from negative cheering, directing comments at officials/opponents, or shouting technical instructions to their athlete from the sidelines.
- Facility Rules: Respect all rules for rental facilities and host venues, remaining only in areas for which explicit permission has been granted.

2. Commitment, Attendance & Punctuality

- Understanding Commitment: Before accepting a position, guardians and athletes must ensure they understand the full scope of commitment, including training, travel, financial obligations, and overall dedication.
- Balancing Life & Sport: Athletes are expected to manage schoolwork, family life, and sports to meet all Club commitments.



- Punctuality & Preparation: Athletes must arrive on time/early for all practices and tournaments to assist with setup, warm-ups, and organization. Guardians are responsible for ensuring timely arrival.
- Absence Notification: Athletes and guardians must provide at least 24 hours' advance notice for any practice absences. Tournament availability is expected for all scheduled events, and any absence requires substantial advance notice for coaching staff planning purposes.

3. Performance, Playing Time & Development

- Positive Attitude & Effort: Players should expect a lot of themselves but always settle for the best they can do in the moment. Learn from errors without dwelling on them negatively, look for lessons when things are tough, and celebrate successes. Players are expected to show 100% effort during practice and at tournaments.
- Coachability & Communication: Players are expected to accept coaching and other directions—including roster assignments—in a positive, cooperative manner. Athletes must listen attentively, implement coaching suggestions, and strive to earn playing time through hard work, hustle, skill demonstration, and a willingness to learn.
- Questioning Coaching Decisions: During a game or match is not the time to question a coach's decision to make a substitution or line-up change. If a player wants to question coaching decisions, they must arrange to talk with the coach at a time and place where a rational and private discussion can take place.
- Playing Time & Absenteeism: Tournament playing time is 100% discretionary for the coaching staff (except where OVA Fair Play Rules apply). Absenteeism will be a major factor in coaching decisions.
- Team-First Mentality: Athletes must accept their assigned roles within the context of overall team success.
- Athlete Self-Advocacy: Guardians are expected to empower their athletes to communicate concerns directly with coaches, promoting maturity and self-advocacy.

4. Player Leadership & Health Protocols

- Leadership Culture: Mission Volleyball Club believes that all players can be a leader in their own way. Players lead by example, by doing their part, by helping out, by being enthusiastic, by supporting teammates, and by never getting down.
- Practice Health & Illness: If a player is sick during practice affecting their effort, they will be asked to sit out and quietly observe practice or contact their parent/guardian to pick them up.



- Injury & Health Reporting: Athletes must promptly disclose all injuries to coaches so appropriate first aid actions taken and training activities modified safely.

5. Cell Phone & Technology Policy

- Device Usage: Players are to have their cell phones off and put away during practice, games, and team meetings unless otherwise specified by the Coach.
- Emergency Exception: Phones may only be used for emergencies during team functions.

6. Club Protocols & Guardian Interactions

- Respect in Sport Mandatory Course: Guardians must complete the required "Respect in Sport" course mandated by the OVA. Specific details for doing so will be provided by Team Managers early in the season.
- The 24-Hour Rule: Guardians must observe the "24-hour rule" before raising performance or playing time concerns as per the Club Conflict Resolution Policy..
- Game-Day & Practice Boundaries: Guardians must not approach coaches during a game or tournament to discuss player selection, playing time, or strategy, and must refrain from disrupting practices.
- Complaint Protocol: All concerns must be raised following the official Club Conflict Resolution Policy.

7. Practical Responsibilities & Logistics

- Nutrition & Hydration: Guardians must ensure athletes have proper food, snacks, and hydration for all tournaments.
- Uniform Care & Practice Shirt: Athletes must maintain clean playing/practice attire and wear the official Mission Volleyball Club practice shirt to all team practices once provided. Athletes must bring both light and dark jerseys to all tournaments and all wear the same coloured bottoms as per the OVA Competitions Manual (length, style do not matter).
- Equipment Care: Athletes must participate in set-up and tear-down activities when required and properly store, collect, and safeguard all Club equipment after matches and practices.
- Financial & Volunteer Obligations: Guardians are responsible for paying all Club fees, travel expenses, and team dues in a timely manner according to the payment schedule set by the Club. Guardians are also required to step up as team volunteers (e.g., Team Manager, Scorekeeper, Line Judge) as needed.

ACKNOWLEDGEMENT & AGREEMENT



By signing below, the athlete and guardian acknowledge that they have read, understood, and agreed to adhere to all terms of the Mission Volleyball Club combined Athlete and Guardian Code of Conduct.

Athlete Name (Printed)

Athlete Signature

Date

Guardian Name (Printed)

Guardian Signature

Date