

# **VB4Y Team Commitment:**

*I understand by signing this team commitment contract that  
I am a VB4Y team member  
and by not following the rules I will be dismissed from the Club.*

1. *I have made the decision to work with the VB4Y team and commit myself to the program. I also appreciate and understand the sacrifices my family has made to give me this opportunity. \_\_\_\_\_*
2. *I understand that my role on the team regardless of my playing time is very important to the success of the team. Each player contributes to the success of the team, whether it is on the court, in practice, taking statistics, or cheering on the team. I understand my role is evaluated every day and can change with individual progress, but that I must accept my role for the team to function effectively. \_\_\_\_\_*
3. *I understand that as a team we have set high standards, and I believe in the team philosophy and will follow the rules and guidelines. \_\_\_\_\_*
4. *I understand that playing time will not be equal. (You must ask yourself if you can sit on the bench. We have 6 spots on the court. We need all players to be positive and supportive of one another. If you cannot answer this question with a “yes, I can sit the bench and be supportive” then you have not made a positive commitment to the team, and should not be a part of the national team.) \_\_\_\_\_*
5. *As a team player I am willing and able to make adjustments and changes according to our coaches decisions. I know my coaches will only ask me to do things that will make me a better player, as well as benefit the team and only if they think I can do them. \_\_\_\_\_*
6. *Trust and Respect are mandatory elements for a successful team. I honestly believe in my role and that I will be a part of making the team a success. \_\_\_\_\_*
7. *I am willing to make the commitment and sacrifices to obtain success. I will give my best each and every practice, (At this level of play coaches should not have to ask you to hustle during practices-practice is where we become prepared for the game-you will not be happy with yourself or the team if you are lazy, undisciplined or selfish.) \_\_\_\_\_*
8. *I will take practice seriously- (no jokes when you make a mistake or lose a point-show us that it bothers you by making the proper adjustment the next time, if you're not sure how to, ASK! We do not want you to dwell on it, but fix it!) \_\_\_\_\_*
9. *I understand the ultimate goal is not about winning or losing-but increasing our performance each and every time we step foot on the court- \_\_\_\_\_*
10. *I agree to discipline myself to do whatever it takes to achieve my personal best. \_\_\_\_\_*

*Player's Signature: \_\_\_\_\_ Date: \_\_\_\_\_*

*AS the parents or guardian of: \_\_\_\_\_ I support her role on the VB4Y team, and I understand my role is to be positive and supportive of all of the team members. I am aware that playing time is not equal, and I understand that my child may not get equal playing time in tournaments that he/she attends. I understand that if I, as his/her parent or guardian, am not supportive and positive about his/her role and the team, my son/daughter will be asked to leave the team without receiving a refund. I understand that creating doubt in any way will negatively impact the team.*

*Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_*

*Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_*

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*Please review the backside-At VB4Y we have a 3 Strike Rule that is strictly enforced.*

# **VB4Y Team Commitment:** \_\_\_\_\_

*If I do not follow the rules it will greatly affect my playing time and will be cause for dismissal from the team.*

*I understand the **3 Strike Rules** can be a combination or a single event.*

*I understand for our team to be successful we must be self-disciplined. I understand I have the opportunity to correct my mistakes several times before I will be dismissed from the team. The list below outlines rules that must be adhered to in order for our team to show our coaches and each other respect on and off the court. I want our team to be united and successful. Therefore I agree to follow the VB4Y rules that I agreed to when I became apart of the VB4Y Team.*

*I will reframe from **chewing gum** at practice. I am aware my coach is allowing us to chew gum during games at tournaments if it does not become distracting.*

Violation#1 \_\_\_\_\_ Violation #2 \_\_\_\_\_ Violation#3 \_\_\_\_\_

*I will not use **disrespectful language** around the players, coaches, parents or officials while representing VB4Y. (This includes cursing, negative body language, back-talk, being argumentative, or walking away while I am being spoken too.)*

Violation#1 \_\_\_\_\_ Violation #2 \_\_\_\_\_ Violation#3 \_\_\_\_\_

*I will **maintain a positive attitude** while representing VB4Y. I understand when my attitude is negative it affects the team in a negative way.*

Violation#1 \_\_\_\_\_ Violation #2 \_\_\_\_\_ Violation#3 \_\_\_\_\_

*I also understand by **talking negative** about my team, the VB4Y club, and it's members, it does not show that I respect each and every player, and member of VB4Y. I understand that I should not be a part of a club that I do not respect.*

Violation#1 \_\_\_\_\_ Violation #2 \_\_\_\_\_ Violation#3 \_\_\_\_\_

*I understand **practices** are the key component to helping me grow as a player and for our team to be successful. I appreciate that our team has an understanding to events coming up that would interfere with practice and has allowed one day a month for a "grace absence". I understand that missing practice will have a strong affect as to my playing time.*

Violation#1 \_\_\_\_\_ Violation #2 \_\_\_\_\_ Violation#3 \_\_\_\_\_

December Grace Absence: \_\_\_\_\_ January Grace Absence: \_\_\_\_\_ February Grace Absence: \_\_\_\_\_

March Grace Absence : \_\_\_\_\_ April Grace Absence : \_\_\_\_\_ May Grace Absence: \_\_\_\_\_

June Grace Absence: \_\_\_\_\_

*I understand that I am replaceable and that I must **earn my position** every week on the team. I understand we do not have any "Super Stars" on our team. We are a team that uses each and every player whether on the court or off the court to make us a success. Each player has a role that contributes to our team success. I respect and value each person's role on our team.*

Violation#1 \_\_\_\_\_ Violation #2 \_\_\_\_\_ Violation#3 \_\_\_\_\_

*I understand the **equipment** we use in practices and at tournaments is expensive. I will not abuse the equipment. I will do my share in taking care of the equipment. I will be a part of set up and breakdown at each and every practice and tournament. I understand that if I kick a volleyball I will be charged \$40 to replace it. I also understand that each piece of equipment has a particular use and I agree to use the equipment the right way.*

Violation#1 \_\_\_\_\_ Violation #2 \_\_\_\_\_ Violation#3 \_\_\_\_\_

*I appreciate the opportunity to correct my behavior and I understand that there will be consequences for my actions. I also understand that if I cannot correct my behavior in a timely manner, for the benefit of the team, I will not be allowed to practice or attend tournaments with the team and could be dismissed from the team.*

*I understand by signing below, I have been given my verbal warning to the rules above and the next time will be cause for a violation mark.*

Player's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Director's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Team Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_