

VB4Y Regional Team

Teams Commitment:

*I understand by signing this team commitment contract that
I am a regional team member for VB4Y.*

- 1. I have made the decision to work with the regional 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.*
- 3. I understand that I will get to play up to 40% of pool play at each tournament as long as I am in good standing with the team and have attended all practices prior to the tournament, and not considered a red shirt player.*
- 4. I understand that pool play is not part of semi finals or finals, and that I may or may not get a chance to play in semi finals or finals.*
- 5. I understand that 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.*
- 6. I understand that as a team we have high standards, and I believe in the team philosophy and will follow the rules and guidelines.*
- 7. I understand that playing time will not be equal. (You must ask yourself if you can sit on the bench. We have 10 players and 6 spots on the court. We need all 10 players to be positive and supportive of one another. If you cannot answer this question with a “yes, I can sit on the bench and be supportive” then you have not made a positive commitment to the team, and should not be a part of the regional team.)*
- 8. As a team player I am willing and able to make adjustment 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.*
- 9. Trust and Respect are mandatory elements for a successful team.*
- 10. I will give my best at 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.)*
- 11. I will take practice seriously- (no jokes when you make a mistake, make the adjustment to correct your mistake-if you are not sure how to correct yourself, ask us.) You are here to learn, we do not want you to dwell on errors or act like it does not matter, we want you to learn how to fix it!)*
- 12. I understand that the ultimate goal is not about winning or losing-but increasing our performance each and every time we step foot on the court-*
- 13. I agreed to discipline myself to do whatever it takes to achieve my personal best.*

Players Signature: _____ Date: _____

AS the parents or guardian of: _____ I support her role on the VB4Y regional 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 my child may only play 40 % of pool play matches at a tournament. I understand that her best learning opportunities are at practice. I will make every effort to see that she is at each and every practice. I understand that tournaments are fun and a rewarding experience for the players to experience the ambience of a tournament. I also understand that it is important for our child to attend all of the tournaments and support the team. I understand that if I, as their parent or guardian, is not supportive and positive about their role and the team, my child may be asked to leave the team without receiving a refund. I understand that creating doubt in any way is negatively impacting the team.

Signature: _____ Date: _____

Signature: _____ Date: _____
