RSVC Player Expectations Guide

Confidence • Discipline • Respect

Purpose

This guide outlines the expectations that help create a safe, respectful, and positive volleyball environment for every RSVC athlete.

These expectations support athlete development, teamwork, personal responsibility, and enjoyment of the game. They should be read together with applicable RSVC policies and program information.

Attendance

Regular attendance helps athletes build skills, confidence, teamwork, and consistency. Athletes and families are encouraged to communicate in advance whenever an absence is unavoidable.

Punctuality & Preparedness

Athletes are encouraged to arrive on time, prepared, and ready to learn. Being punctual helps training start smoothly and shows respect for teammates, coaches, and the group.

Athletes should arrive with suitable athletic clothing, clean indoor court shoes, water, and any required personal equipment.

Respect & Inclusion

Every athlete is expected to treat coaches, teammates, officials, volunteers, opponents, facility staff, and other members of the volleyball community with courtesy and respect.

Positive communication, inclusion, and supportive behaviour help create a healthy team culture where athletes can learn confidently.

Effort & Participation

Athletes are encouraged to give a genuine effort, maintain a positive attitude, and take part actively in training activities regardless of experience level.

Growth comes through practice, patience, coachability, and a willingness to try new skills. Mistakes are a normal part of learning.

Communication

Open, respectful, and timely communication supports positive relationships between athletes, families, coaches, and the club.

Athletes are encouraged to ask questions when they need clarification or support. Questions or concerns from families should be shared through the appropriate RSVC communication channel.

Equipment & Uniform

Athletes should use equipment responsibly and follow coach instructions for safe setup, use, and storage.

Where a program has specific uniform or apparel requirements, families will be advised in advance. Optional club apparel is not required unless specifically stated for the program or event.

Sportsmanship

RSVC values honesty, fairness, respect, and integrity both on and off the court.

Athletes are encouraged to support teammates, respect opponents and officials, respond appropriately to both success and disappointment, and represent themselves and RSVC positively.

Behaviour During Training & Events

Athletes are expected to help maintain a safe, respectful, and focused environment by following reasonable coach instructions, respecting facilities and equipment, and avoiding behaviour that distracts or interferes with others.

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Bullying, harassment, discrimination, intimidation, unsafe conduct, or deliberate disruption is not consistent with RSVC expectations.

Health & Safety

Athlete safety is a shared responsibility. Athletes and families should report injuries, illness, suspected concussion symptoms, medical concerns, or safety concerns promptly.

Athletes should stop or modify participation when directed by a coach or when they feel unwell or unsafe. RSVC will respond based on the information available and the circumstances at the time; RSVC personnel do not provide medical diagnosis or medical clearance.

Parent & Guardian Support

Parents and guardians play an important role in supporting athlete development through encouragement, respectful communication, reliable attendance, and partnership with the club.

Working together helps create a positive experience for every athlete while allowing coaches to focus on training and athlete development.

Final Statement

These expectations reflect the values of Rocky Spikes Youth Volleyball Club and help support an environment where athletes can learn, develop, and enjoy volleyball.

RSVC appreciates the cooperation of athletes and families in promoting a respectful, inclusive, and positive club culture.

> **At RSVC, the goal is simple: arrive ready to learn, give a genuine effort, support your teammates, and help make the gym a positive place for everyone.**

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