

# Reef VBC's Do's and Don'ts List

- 1) **Always** visit our website [www.reefvbc.com](http://www.reefvbc.com) before coming to practice or leaving for a tournament. Always refresh the web page to update the site for last minute changes.
- 2) All scheduled **payments are due on or before the first practice of each month**. Late payments will result in sitting out of practices and tournaments until payment is received.
- 3) Volleyball is a TEAM SPORT; the coaching staff will always do what is in the best interest of the team even if that means it is not in the best interest of the individual. As a player or parent of an athlete participating in a "Team Sport", I understand that playtime and position played will be determined based upon what is best for the team as a whole and not just what is best for the athlete as an individual.

## Players

- 1) Be at all practices and tournaments on time. Support your teammates at all times (both on and off the court). Disrespecting a teammate or coach will not be tolerated.
- 2) Get plenty of rest and make sure you eat something before a tournament. Bring snacks for the day!
- 4) Notify your coach and email [reefvbc@gmail.com](mailto:reefvbc@gmail.com) as soon as you know you will be missing a tournament / practice. You must include the reason you are missing. Non-Excused absences can reduce playtime during the next tournament or carry other consequences.
- 5) Do not disrupt our practices. You will be given a warning and if the problem continues you may be asked to leave the club. We are your volleyball classroom, come ready to work hard.
- 6) Reef's coaching staff is always available to help you understand areas you need to improve upon. Please make it a point to talk with your coach before or after a practice if you have any questions about what areas you need to improve.

## Parents

- 1) Please **DO NOT** coach your child or any other player while they are participating in a practice or tournament. It is too hard for the athletes to listen to both their coach and their parent. Leave all the coaching to us and just be supportive of your athlete and their team.
- 2) Please **DO NOT** make any derogatory remarks or gestures towards any player (including your own child), parents, or coaching staff. You will receive only 1 warning before action is taken. Take any concerns to Brock or Brice Redmond only, we will address the issue as needed.
- 3) **Player playtime and position played is at the discretion of the team coach and staff at Reef VBC.** It is never appropriate to confront a coach at a tournament or practice about playtime. If you wish to discuss what areas your athlete needs to improve upon to help the team please schedule an appointment to speak with the coach prior to or after a practice.
- 4) ANY MEETINGS REGARDING PLAYTIME OR POSITION BEING PLAYED WILL BE HELD WITH THE ATHLETE PRESENT. REEF VBC WILL NOT HAVE MULTIPLE MEETINGS REGARDING THE PLAYTIME TOPIC.

## "ENCOURAGE NOT DISCOURAGE"

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Player's Signature \_\_\_\_\_ Date \_\_\_\_\_