



Player Agreement

1. I understand that practice start time means on the court on time (not walking in or putting on my shoes).
2. I will call every ball, every time, loudly. A loud gym is a happy gym.
3. I will be coachable and willing to improve and adjust technical skills per my coach's request. Players are expected to show 100% effort during practice and tournaments.
4. I will support my teammates even when I am not in the drill, scrimmage or match. A poor attitude towards yourself, your teammates or your coach is not acceptable.
5. I will refrain from using tobacco products, alcohol, or illegal drugs. I understand that Eastern Elite maintains a zero tolerance policy for student athletes and that the use of any of these items is grounds for immediate dismissal from the club.
6. I will appreciate the hard work of my coaches and my parents in providing me the opportunity to be the best player I can be.
7. I will respect my teammates and coaches at all times. I will not speak of my teammates, coaches or the Eastern Elite program in a derogatory manner. This includes any and all social media outlets.
8. I understand that playing time is earned, not guaranteed. All players will be given equal opportunity and instruction to earn their position, but it is up to me to put forth the effort. I understand that I must earn my position and time on the court by showing the will to compete, the desire to support my teammates on the floor, and the heart to give everything I have to the match.
9. I understand the time commitment involved in accepting a position on this team and know that I am expected to maintain my school grades while balancing that commitment.
10. I will accept my role on my team. I understand that equal playing time is not guaranteed nor required. My coaches have the responsibility of evaluating the players during each practice and during tournaments. I understand that playing time is determined by the evaluation of my performance and the team's need in a particular match. It is Eastern Elite's responsibility to improve each player's skills and it is each player's responsibility to improve their team.
11. I agree to abide by the USA Volleyball, Amateur Athletic Union and Carolina Region player, team, facility and tournament policies.
12. I have read the Eastern Elite Social Media Policy and agree to abide by the policies established therein.
13. I understand I am to wear only approved Eastern Elite uniform & warm up items at tournaments and team t-shirts at all practices.
14. I will prepare myself physically for practice and competition by striving to eat a nutritious diet, getting enough rest and staying hydrated.
15. Cell phones are to be off and put away during practice, games and team meetings unless otherwise specified by coach. Phones may be used for emergencies only.
16. I will notify my coach 48 hours in advance if I will miss a scheduled practice, unless there is an illness or emergency.
17. I understand that I am representing Eastern Elite Volleyball and will do so in the most positive manner that brings credit to me, my family and my Eastern Elite team.
18. I have received a copy of the Eastern Elite Club Expectations/Rules and agree to follow those expectations and rules.

Player Name (please print) _____

Player's Signature _____ Date _____