



East Coast Elite Volleyball Club | P.O. Box 60 | Glenwood, MD 21738-0060

Welcome to East Coast Elite Volleyball Club. We look forward to an exciting volleyball season! The following are **the player rules and expectations of ECE**.

1. Attitude

- a. My interaction with my teammates and coaches, all referees, opposing players, and spectators will be respectful and dignified. I will act as a distinguished representative of ECE, showing the utmost care and consideration for all equipment I use and every facility I visit. This includes cleaning up after myself at every practice and tournament.
- b. I will not communicate with spectators while in practice or at tournaments. If I need personal assistance relating to my play while on the court, I will bring it to the attention of my coach or team captain.
- c. I will store my cell phone and other electronic devices in my bag at practices and during games in which I am playing or working. I understand that cell phones should only be used during these times to communicate with parents or guardians or in an emergency.
- d. I am a member of a team. My success is maximized when every member on my team is successful. At all times, I will be supportive of my teammates while they are on the court, and I will take pride in their success. I will engage my full heart and mind in the execution of my duty to this team because everyone is depending on me to give them my best.

2. Practices

- a. I will quickly ready myself for practice when I arrive to the gym, both physically and mentally. I will commit myself to focusing on the task at hand the minute I arrive at the gym, and I will immediately begin my warm up drills at the start of every practice.
- b. If I know that I will need to miss a practice, I will inform a coach as soon as possible. I will not rely on my teammates to get the message to the coach but always be sure to do this myself.
- c. If I am not present, for any reason, at practice the week before a tournament, I understand that the coach may take this into consideration when determining playing time for that tournament.
- d. Excessive absences from practice may result in my dismissal from the team.

3. Tournaments

- a. I acknowledge that my coaches have both my best interests and the interests of the team at heart when determining line-ups for games. I accept that my playing time at tournaments is



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determined by my coaches, and I will not let my playing time affect my attitude in a negative way.

b. I will let my coach know at least two weeks in advance if I know that I will need to miss a tournament. If I am injured, I am still expected to attend the tournament to support my teammates.

c. I will be at all tournament sites at the time my coach has requested. I will not leave a tournament until I have been dismissed by my coach.

d. I understand that strengthening my volleyball knowledge is important. I will take the CHRVA online Officials Clinics (Scorer and Referee clinics) and complete the refereeing requirements as listed on the CHRVA website.

e. I will accept any tournament work role respectfully and without complaint.

4. Problems

a. If I have a problem with a teammate, I will try to solve it as quickly as possible. I will try to work this out with her on my own before approaching my team captain or coach.

b. I am encouraged to approach my coach with any concerns I have, but I will wait until I can calmly discuss the issue before I do. I understand that the coaches will not discuss any concerns regarding playing time during tournaments.

c. If I am injured during practices or at a tournament, I will alert my coach to this injury as soon as possible.

I, _____, agree to abide by these player rules and expectations. I understand that my standing on this team will be affected if I violate any policies of ECE, CHRVA, or USAV, and I could even be dismissed from the team. I further understand that my parents will not be allowed to recover my fees if I am dismissed from the team for any reason.

Signature _____ **Date** _____

Players Keep This Copy of the Player Expectation Contract.



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Welcome to East Coast Elite Volleyball Club. We look forward to an exciting volleyball season! The following are **the parent rules and expectations of ECE**.

1. Attitude

- a. My interaction with all players, coaches, referees, opposing players, and spectators will be respectful and dignified. I will act as a distinguished representative of ECE, showing the utmost care and consideration for every facility I visit. This includes ensuring that our team cleans up after itself at every practice and tournament.
- b. I will not communicate with my daughter while she is on the court in practice or at tournaments. If I have an emergency and need to pull my daughter from the court, I will bring it to the attention of the coach.
- c. I understand that my daughter will store her cell phone and other electronic devices in her bag at practices and during tournament games. I understand that cell phones should only be used during these times to communicate with parents/guardians or in an emergency.
- d. My daughter is a member of a team. Her success is maximized when every member on her team is successful. I will be supportive of my daughter's teammates while they are on the court and I will appreciate their success.

2. Practices

- a. I will commit to getting my daughter to practice on time. I am aware there are many parents and coaches who are willing to help me in this task should I require assistance.
- b. If she needs to miss a practice, I understand that my daughter will inform a coach as soon as possible.
- c. I understand if my daughter is not present, for any reason, at practice the week before a tournament, the coach may take this into consideration when determining playing time for that tournament.
- d. Excessive absences from practice may result in my daughter's dismissal from the team.

3. Tournaments

- a. I acknowledge that ECE coaches have my daughter's best interests and the interests of the team at heart when determining line-ups for games. I accept that my daughter's playing time at tournaments is determined by the coaches and I will trust the coaches to make the right decisions in that regard.



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b. My daughter will let my coach know at least two weeks in advance if she will need to miss a tournament. If my daughter is injured, she is still expected to attend the tournament to support my teammates.

c. I will have my daughter at all tournament sites at the time her coach has requested. I will not allow my daughter to leave a tournament until she has been dismissed by her coach.

d. I understand that parent support is critical at tournaments to ensure that all girls are safe and able to perform at their best. I will assist the team with work duties to the best of my capacity.

4. Problems

a. I understand that part of the lessons learned by playing sports include learning how to communicate effectively with one's peers and superiors. I will encourage my daughter to approach her teammates and coach directly with any of her concerns before I make any attempt to get involved.

b. I understand that the coaches will not discuss any concerns regarding playing time during tournaments.

I/We, _____, agree to abide by these parent rules and expectations.

I/we understand that my/our daughter's standing on this team will be affected if I/we violate any policies of ECE, CHRVA, or USAV, and she could be dismissed from the team.

Signature _____ Date _____

Signature _____ Date _____

Parents Keep This Copy the Parent Expectation Contract



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Signature Copy for ECE Office

The following player has read and agrees to follow all ECE rules and expectations as stated in the Player Expectation Contract.

I, _____, agree to abide by these player rules and expectations. I understand that my standing on this team will be affected if I violate any policies of ECE, CHRVA, or USAV, and I could even be dismissed from the team. I further understand that my parents will not be allowed to recover my fees if I am dismissed from the team for any reason.

Player Signature _____ Date _____

Team: Tsunami 17

Coach: Janice Kruger

Parents

The following parent/s have read and agree to follow all ECE rules and expectations as stated in the Parent Expectation Contract.

I/We, _____, agree to abide by these parent rules and expectations, I/we understand that my/our daughter's standing on this team will be affected if I/we violate any policies of ECE, CHRVA, or USAV, and she could be dismissed from the team.

Signature _____ Date _____

Signature _____ Date _____



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Player Signature _____ Date _____

Team: Cyclones 16

Coach: Cary Chin

Parents

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Player Signature _____ Date _____

Team: Storm 15

Coach: Jade Guo

Parents

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Signature _____

Date _____

Signature _____

Date _____



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Player Signature _____ Date _____

Team: Typhoon 15

Coach: Chris Liang

Parents

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Signature _____

Date _____

Signature _____

Date _____



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Player Signature _____ Date _____

Team: Hurricanes 14

Coach: Dayu Tsau

Parents

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I/We, _____, agree to abide by these parent rules and expectations, I/we understand that my/our daughter's standing on this team will be affected if I/we violate any policies of ECE, CHRVA, or USAV, and she could be dismissed from the team.

Signature _____ Date _____

Signature _____ Date _____