**PAKVC Athlete Code of Conduct**

***If your athlete is offered a spot on a PAKVC team, and the offer is accepted, this form must be returned to the coach at the first practice.***

My primary goal is to become the best player that I can be. I am responsible for my own actions and behavior. I am fully committed to PAKVC and agree that:

Attitude:

1. I will conduct myself in a manner that is respectful to me, my team and to PAKVC.

2. I will commit to my team by getting adequate sleep, eating a healthy diet, and abstaining for alcohol, illegal drugs or tobacco during the course of the club season.

3. I will play with full effort and intensity.

Communication:

1. I will avoid criticism of my teammates, as I believe no one is trying to make a mistake.

2. I will avoid giving unsolicited coaching tips to teammates and defer responsibility to my coaches.

3. I will refrain from posting or communicating negative comments about other players, coaches, parents or the club via texting, email or social media.

Coachability:

1. I will accept decisions by my coaches knowing that everyone cannot start. I will accept my role on the team and do what it takes for the team to succeed.

Practice:

1. I will manage my time to meet my commitments to my team, my family, my classes and my other commitments.

2. I will proactively contact my coach as far as ahead of time if I am unable to make it to practice or a tournament.

3. I will commit to being ready to step on the floor at the scheduled practice start time. That means I will have to get to practice at least 15 minutes ahead of time so that I can change and get ready.

Athlete/Player Agreement & Consent

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read, understand, and agree to the policies, procedures, and code of conduct requirements as set forth in the PAKVC Parent/Player Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein.

Player Name (printed) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_