

TN HEAT VOLLEYBALL

TEAM COVENANT

In conjunction with the Tennessee Heat Sports Player-Parent Participation Form, the TN Heat Volleyball program is asking families to read through and commit to the following covenant. We are striving for the clear, thorough communication in an effort to provide the BEST experience for our players and families.

Communicate the following with the coaching staff as soon as you know it will result in missing team events:

1. Anytime you plan on leaving town.
2. Any injury, illness, or health related concerns.
3. Any issues that involve law enforcement.
4. Any education issues, including any disciplinary action.
5. Any transportation issues.
6. Any problems that may be occurring at home or outside of volleyball.

Respond to all team communication so we know it was read and received.

1. This means liking ALL Remind messages from the coaching staff.
2. If you have any questions about what has been sent out, please ask.
3. I know you guys always have your phones on you almost all the time. Do not leave texts unread for days.

Drugs, Alcohol, and Tobacco Policies (Section 6 - Heat Participation Form for additional details)

1. There should be no use of drugs, alcohol, or tobacco at any time by a player. Should an incident occur involving the use of a banned substance, it will be dealt with in a dismissal from the team. There is no gray area here.
2. Don't be around people who smoke, drink alcohol illegally, or do illegal drugs. Should you be in a social media post where they are blatantly being used. Claiming "it was not me" will be unacceptable.

Gym Expectations

1. Please keep the FBC Gym (and any other gym we visit) and locker room neat and orderly. Take care of the space we've been blessed with using.
2. Be respectful of all who might be in the gym. A lot of people use the space before and/or after our practices.
3. Keep the gym clean. Pick up any trash that you see lying around.
4. Unless you have a commitment immediately before or after practice, it is expected that all will help with setup and breakdown.
5. When we have visitors. Represent our team well by being respectful and kind.
6. Any damage to the gym, locker room, walls, bathrooms, or showers needs to be immediately communicated to the coaches.
7. No one outside of our program, or who the church has given permission, is allowed in the gym during our practices. This is OUR safe space.
8. Do not open the building doors to someone you do not recognize.
9. Do not wait for your parents to pick you up outside. Always wait inside the building until you've seen they have arrived.
10. Let coaches know if you see anyone suspicious around the building.

TEAM COVENANT CONT.

Weight Room

- Be on time (10 minutes early is on time). On time is late.
- You may only follow the coach's workout plan, and you must lift when an adult/coach is present.
- If you wear jewelry, remove it before participating in any activity.
- Dress code will be enforced. If a coach can see ANY undergarments, you will be asked to change or sit out.
- Have fun, work hard, be respectful of the equipment.

Practice Expectations

1. Be on time (10-15 minutes early).
2. Be positive. Negativity about self or team will not be tolerated.
3. No sitting on the ground when not in a drill. It looks lazy. We are not lazy.
4. Be engaged. Listen to instructions. If you do not understand the drill, ask. If you still do not understand, watch a few reps before joining in the drill. Don't be a 'drill killer'.
5. Bring energy. No one needs an energy vampire in the gym. If you need a second to gather yourself, step out, get a drink, and return when you are in the right headspace.
6. Give 100% of what you have. If you only have 75%, give 100% of the 75%.
7. Communicate.
8. Shag all balls before breaking for water. No walking!
9. NO PHONES OUT (put them in your bag before we start practice).

Represent our program and yourself well.

1. While on the bench, be engaged! Don't sit the whole time. Make fun cheers!
2. Always be ready to be subbed in.
3. After shaking hands with the opponent, we will meet briefly at the side of the court, then you'll be dismissed.
4. No cell phones until after our post-game talk has taken place.
5. Your parents are not permitted to speak to the coaching staff about your playing time. If you have any questions or concerns about that, players are welcome to come to us and speak with us directly. (Section 5 - Heat Participation Form for additional details)
6. Jerseys will go home with you during the season for washing, but they will be returned to the coach at the end of the season.

Travel

1. Always be on time for departure time, if we are carpooling from FBC Lebanon. If you will be late, communicate that with coaches.
2. If you are meeting the team at the away game, please arrive 45 minutes prior to game time.
3. Make sure you have the correct jersey, knee pads, socks, and athletic shoes.
4. Make sure the locker room we use at away games is clean.
5. If you are going home with a teammate's/another parent/family, parents please email/text me who will be taking your player home.

TEAM COVENANT CONT.

Home & Away Games, & Tournaments

- Arrive 45 minutes before our first game time (MS team for MS games and HS for JV and Varsity games).
- No phones once you've arrived! Spend quality time with your teammates and coaches.
- Players may not sit with their boyfriend in the stands before their games. Again, spend quality time with your teammates and coaches. (Section 6 - Heat Participation Form for more details).
- Never leave the gym without permission from a coach. Game times and court assignments can change without much notice, and we always need to be prepared to play.
- Be aware of your surroundings. Don't clog up the walkways and/or doorways. If gathering, find a space away from the crowd.
- Families will be expected to volunteer at a minimum of three home games.

Academics

1. Be aware of our schedule and if you attend a tutorial share it with your tutors. They should be made aware of any conflicts the first week of your classes.
2. Represent the Tennessee Heat Volleyball team well in your classes. Be attentive, complete your work on time, and ask questions if you have them.
3. Coordinate with tutors to complete work before games/tournaments if possible.
4. Do not skip classes if we do not have conflicting games/tournaments.

Spiritual Walk

1. We will have a devotion at each Friday practice.
2. If you are interested in leading one, let a coach know.
3. We will be implementing 'Accountability Sisters' this year, instead of Big/Lil Sisters. Accountability partners will meet each Tuesday and Friday during practice time to share prayer requests, encourage each other, and set spiritual goals. They will also set 'teammate goals' for themselves to help everyone on their team.

Three-Strikes Policy (Section 7 - Heat Participation Form for additional details)

This policy applies to every aspect within the team rules and expectations as well as the Tennessee Heat Sports policy. This is to be applied at the discretion of the coaching staff as this is not a "one size fits all" application.

1. Strike-one: Meeting with coaching staff and discussing any changes in behavior that need to be made before the next team activity (practice, game, travel, etc.).
2. Strike-two: Meeting with coaching staff, physical consequence, and exclusion of team activity (practice, game, travel, etc.) for a week.
3. Strike-three: Meeting with coaching staff regarding dismissal from the team.

I, _____ (player's name) have read and agree to the TN Heat Volleyball Rules and Policies. I understand that my coaches and teammates will uphold me to these stated standards. If I fail to abide by these expectations, I will accept the consequences of my choices.

I, _____ (parent's name) have read and agree to the TN Heat Volleyball Rules and Policies. I understand that the TN Heat Volleyball coaches and my daughter's teammates will uphold my daughter to these stated standards. If my daughter fails to abide by these expectations, my family will accept the consequences of our daughter's choices.

Player Signature

Parent Signature