



NO DINX / NCVA HIGH PERFORMANCE PROGRAM PARTICIPANT POLICIES AND PROCEDURES

Four Overriding Principles Govern the Establishment of Our Policies and Procedures:

1. You have an obligation to be discreet and exemplary in your conduct at all times – on and off the court. Your conduct must bring credit and integrity to your program.
2. By agreeing to become a member of this team, you have agreed to do your very best to live within these guidelines. Staff members should not have to ask you to do that which you have already agreed to do.
3. Represent your region with the highest level of respect. Your reputation is OUR reputation. Be safe and smart in your social decisions not only during this experience, but any time after you leave this program and wear High Performance clothing. Wear your No Dinx / NCVA High Performance clothing with pride, and realize that you will always be representing your region.
4. Each player is responsible for all information in these guidelines, which are confidential to only team members and staff members. Bring these guidelines to all practices, meetings, and competitions.

General

1. Communicate with coaches, staff, and other players. If you do not understand, ask. Learn how and when to ask.
2. All players have the responsibility for confronting and seeking out solutions to their team-related problems or issues. If there is a problem between two or more players, they must immediately seek a solution. If this is not possible, they must meet with staff members until the problem is resolved. If there is a problem between player(s) and staff, the player(s) must immediately meet with the staff member until the problem is resolved. If this is not possible, the player(s) must bring the problem to the captain, who in turn will bring it to the staff.
3. All players must follow all the rules established by the various organizations, programs, institutions, gyms, training facilities, offices, hotels, airlines, etc., with whom we come into contact.
4. We may, at our discretion, deny any athlete whose account becomes delinquent in all activities the privilege of playing in a tournament or ask him/her to sit out at practice until the account is paid in full, or arrangements for payment are made with a staff member.
5. The No Dinx / NCVA High Performance Program has the philosophy that the amount of playing time for all athletes is determined by the performance of the athlete, and is left to the discretion of his/her coaches. This includes playing time on travel tournaments. **We do not guarantee equal playing time to any player or at any event.**
6. Practices are open to anyone interested in observing. However, because space for observing can be so limited, we ask that observers stay in the seated areas provided. Coaches, the media, and other appropriate professionals are exceptions.
7. Parking during practice or other events is limited to designated spaces only. Please respect the parking restrictions; observing them is a requirement of our lease.

Practice

1. We expect all athletes to attend every practice. Only an illness or injury serious enough to keep the athlete home from school or a genuine family emergency is a legitimate excuse for missing practice. Regardless of the reason, if an athlete misses an excessive amount of practice, his/her playing time may decrease or he/she may be dismissed from the team.
2. If an athlete cannot be at practice, the athlete must call the staff. It is the athlete's responsibility (not the parent's) to contact his/her coach before the practice starts. Players who do not communicate with their staff about a missed practice, or who miss a practice for an unacceptable reason, will sit out at least the first match of the next competition they attend.
3. Injured athletes are expected to attend practice to support their team and to be available to help where they can, even if they cannot physically participate in practice.
4. Scheduled practice time is start time. Please arrive early enough to be dressed and completely ready for practice by start time.
5. If an athlete arrives late for practice, he/she must change into practice gear, report to his/her coach, and explain the reason for being late. The coach, at his/her sole discretion, will determine if any corrective action needs to be taken.
6. **Acknowledgement Rule:** Players are obligated to acknowledge every communication directed at him/her by staff or teammates. Acknowledgement can occur by spoken word or by gesture. Acknowledgement does not necessarily indicate agreement or acceptance, only that you have heard the communication. Disagreements and other conflicts can be resolved at a later time.
7. Overt displays of displeasure or frustration cannot occur. We cannot afford losses of emotional control during competition. We will work on self-control issues during practice.
8. Each player is responsible for cleaning up his/her own messes (tape, cups, water bottles, etc.). All equipment must be kept neatly arranged. Maintain a clean practice facility. Pay attention to details.
9. Water breaks will be planned at a rate of approximately every 20 minutes. Hydration is critical to performance. You are free to get a drink at any time as long as it does not interfere with drill responsibilities.
10. Athletes are encouraged to bring water, in an unbreakable container, to practices and tournaments. Absolutely no glass containers are allowed in the gym.
11. No chewing gum is allowed in any practice facility. The team may be penalized if parents or supporters disobey this rule.

Competition

1. Standing at attention during the national anthem is required.
2. All athletes are expected to be in the competition site, ready to warm up at the scheduled arrival time. This usually means that the athlete needs to arrive at the site 30-60 minutes prior to the scheduled competition time.
3. All athletes must be ready for competition at any time. You are responsible for your own readiness for competition.
4. Proper demeanor is expected of all members (athletes, coaches, staff, parents, and supporters) at all competitions. This includes treating members of the officiating crew with respect.
5. No food, no drinks, and no chewing gum are allowed in any competition facility. The team may be penalized if parents or supporters disobey this rule.
6. Athletes will wear the specified uniforms to all competitions. All uniforms must be clean.
7. Athletes are not to wear headbands, bandanas, jewelry, or glitter of any kind, or other non-uniform items during competition.
8. Only players and staff are permitted to wear the uniform items, including warm-up jackets.
9. Each player is responsible for securing his/her own equipment.
10. Athletes must stay at the competition site unless excused by the staff.

Travel

1. Keep a form of identification in your possession at all times.
2. Do not leave valuables in hotel rooms.
3. The staff must know where you are at all times. Athletes may not leave the hotel area at any time without permission from their staff.
4. Follow hotel rules.
5. Roommates will be assigned by the staff.
6. Use carry-on luggage for your uniforms and equipment. Do not lose sight of your uniforms.
7. If assigned a piece of equipment to carry, you are responsible for it until it is safely returned to the staff members.
8. All players within a team must be together as a group.
9. All players will attend all meals and team activities unless excused by a staff member.
10. Athletes will be courteous to and respectfully obey all staff members. This includes all coaches, chaperones, trainers, and/or other adults officially traveling with us.
11. Athletes must report any illness or injury to the coach and chaperone immediately.
12. An athlete who damages any property at transport, lodging or playing facilities will be personally responsible for damages.
13. An athlete found in possession of alcohol, tobacco, or illegal drugs will be sent home immediately at the expense of the parent or guardian.
14. An athlete who disobeys any one of the travel rules may be sent home immediately at the expense of the parent or guardian.

Substance Abuse

The use of illegal drugs, alcohol, or tobacco is forbidden. Evidence of drug use will result in immediate expulsion from teams.

