



Player Expectations

All players who are members of the Nona Volleyball Academy understand playing girls' volleyball demands tremendous commitment and dedication to the game and their team. Likewise, parents make great commitment and sacrifice for their daughters to play with the team. Playing for the Nona Volleyball Academy is a privilege. As NVA volleyball players, we understand and agree to follow the contract:

PLAYER RESPONSIBILITIES

1. All players will treat officials and opponents with dignity and respect.
2. All players, regardless of ability and/or playing time are equal members of the team. Each and every player will treat all teammates with acceptance, respect, and friendship.
3. All players will provide maximum effort in practice and games to help improve their volleyball skills (mentally/physically) and the understanding of the game.
4. Players are expected to give their full attention during practice, conditioning time and games.
5. Attendance at all practices, team meetings, and games is mandatory. While injured players may be unable to play, they are still expected to arrive on time, listen to coaches, and encourage teammates and assist the team.
6. In very rare situations, players may be excused from games and/or practices. When this occurs, players are responsible for informing the coach verbally through a call/text or meeting at the earliest possible time.
7. When players miss practices and/or games, playing time in future games may be affected.
8. Unexcused absences are absences in which the coach was not informed in the manner described above. And/or the reason for the absence is not satisfactory. An unexcused absence from practice and/or game may result in reduced playing time or other consequences as deemed appropriate.
9. Players are to be on time for all practices and games. When practice or game starts the net should be up, appropriate equipment out, shoes on ready to go. Tardiness may affect playing time in games.
10. Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates.
11. Players will conduct their personal lives in a manner that brings honor to themselves and the team. This includes self-respect, healthy behaviors and social responsibility including social media (Snapchat, Facebook, Instagram, TikTok, etc.)
12. It is expected that all players exemplify and demonstrate good sportsmanship at all times.