



Capital City Volleyball Club

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TOURNAMENT AND TRAVEL RULES

(Revised 4/6/08)

At Playing Site:

- Keep team area clean throughout the day. Be sure to clean entire area before team leaves.
- Do not store valuables (wallet, jewelry, etc.) in the hallway. Leave them in the car, or give them to a responsible adult (parent or coach).
- Keep track of team playing schedule.
 - Warm up at appropriate time
 - Show up on time to officiate—everyone participates!
- Team decides what uniform to wear.
- **Do not leave gym without your coach's knowledge and okay.**
- Keep track of balls.

Traveling to Tournaments:

- Packing
 - No more than one suitcase and one team bag
 - **YOU check to make sure you have all your uniforms, shoes, kneepads, etc.**
 - Bring necessary medications, contact lenses/glasses, etc.
 - Bring money for food: \$10 for breakfast and lunch each day, \$15 for dinner/day
 - Bring money for souvenirs: tournament shirt, etc.
 - Alarm clock
- BE ON TIME! Strictly adhere to timelines established by the coach.
- Dress appropriately. Be sure to check the weather where you are going.
- **COACH'S CELL NUMBER**

Hotel Rules:

- Keep room clean at all times.
- Do not run or yell in the hallways.
- Sleep in assigned room. No exceptions unless okayed by the coach.
- Adhere to established times for lights out, etc.
- **Inform your coach before leaving the hotel WITH ANYONE, INCLUDING YOUR PARENTS!**
- Never go anyplace by yourself.
- Family, friends, and entertainment venues are secondary to playing schedule.
- **No alcoholic beverages or drugs. Your parents will be called and you will be shipped home immediately and dismissed from the club.**

THE GOLDEN RULE:

Stop and think, "Is there a chance coach will not like what I am about to do, or that it may get me into trouble?" If so, listen to that little voice inside you and don't do it!