

ASCENT VOLLEYBALL CLUB

ATHLETE CODE OF CONDUCT

Effective Date: August 2026

Approved By: Board of Directors / Governing Body

Review Date: Annually

1. OUR COMMITMENT

At Ascent Volleyball Club, we believe volleyball is about more than developing skilled athletes. Sport is an opportunity to develop character, discipline, resilience, leadership, responsibility, and joy.

We expect every Ascent athlete to contribute to an environment where teammates feel safe, respected, challenged, and supported.

As an Ascent athlete, I understand that **how I train, compete, respond to adversity, treat others, and carry myself matters just as much as the outcome of a match.**

I am responsible for representing myself, my teammates, my family, my coaches, and Ascent Volleyball Club with integrity.

2. OUR ATHLETE STANDARD

As an Ascent athlete, I commit to:

GROWTH

I choose to get better.

- I am coachable and willing to learn.
- I welcome constructive feedback.
- I learn from mistakes rather than being defined by them.
- I challenge myself to improve.
- I understand that progress takes patience and perseverance.

EXCELLENCE

I give my best effort and pursue high standards.

- I come prepared and ready to train.

- I take practice seriously.
- I compete with purpose and intensity.
- I pay attention and stay engaged.
- I take pride in doing things well.
- I understand that excellence requires consistency.

ACCOUNTABILITY

I take ownership.

- I am responsible for my preparation, attitude, and effort.
- I arrive on time.
- I communicate appropriately when I cannot meet a commitment.
- I do not make excuses or blame others for my mistakes.
- I take responsibility when I make a mistake.
- I do what I say I will do.

RESPECT

I make the people around me better.

- I treat teammates, coaches, officials, opponents, and staff with respect.
- I encourage my teammates.
- I listen when others are speaking.
- I respect different abilities, personalities, backgrounds, and experiences.
- I respect Club facilities and equipment.
- I compete fiercely without disrespecting others.

COURAGE

I embrace challenge.

- I am willing to make mistakes while learning.
- I do not give up when things become difficult.
- I respond to setbacks with resilience.
- I step outside my comfort zone.
- I choose courage over fear of failure.

3. TEAMMATE RESPONSIBILITIES

Being part of Ascent means being responsible for more than yourself.

I will:

- Encourage my teammates.
- Celebrate the success of others.

- Help create a positive team environment.
- Communicate honestly and respectfully.
- Support teammates when they are struggling.
- Be willing to serve the needs of the team.
- Celebrate improvement, not only performance.
- Never intentionally embarrass, isolate, intimidate, or demean another athlete.
- Understand that every athlete contributes to the team in different ways.

I will not measure my worth by comparing myself to my teammates. I will focus on becoming the best version of myself while helping those around me do the same.

4. COACHABILITY

At Ascent, being coachable is an essential part of development.

I will:

- Listen when coaches are speaking.
- Ask questions when I do not understand.
- Apply feedback.
- Accept coaching without disrespectful behaviour.
- Understand that correction is part of development.
- Take responsibility for implementing what I have been taught.

I understand that disagreement is allowed, but disrespect is not.

If I have a concern, I will communicate it appropriately rather than allowing frustration to affect my behaviour or my teammates.

5. TRAINING STANDARDS

I will arrive at training:

- On time;
- Properly equipped;
- Physically and mentally prepared;
- Ready to participate;
- Ready to learn; and
- Ready to contribute to the team.

I will respect training time by avoiding unnecessary distractions, including inappropriate use of phones or other devices.

I will treat training facilities and equipment responsibly and leave spaces better than I found them.

6. COMPETITION

During competition, I will:

- Compete with courage and intensity.
- Follow the rules.
- Respect officials and opponents.
- Demonstrate self-control.
- Encourage my teammates.
- Respond appropriately to mistakes.
- Remain engaged whether I am on or off the court.
- Represent Ascent with integrity.

I understand that frustration is a normal part of competition. I am responsible for how I respond to it.

I will never intentionally:

- Taunt or demean an opponent;
- Disrespect officials;
- Distract or intimidate another athlete;
- Damage equipment or facilities;
- Use abusive or threatening language; or
- Engage in unsportsmanlike conduct.

7. COMMUNICATION

Athletes are expected to communicate appropriately with coaches, teammates, staff, and Club representatives.

I will:

- Speak respectfully.
- Address concerns directly and appropriately.
- Avoid gossip and unnecessary drama.
- Communicate absences or scheduling conflicts as early as possible.
- Use appropriate language in person and online.
- Ask for help when I need it.

I understand that concerns should be addressed through the appropriate Club communication process rather than through social media, group chats, or public criticism.

8. DIGITAL AND SOCIAL MEDIA CONDUCT

My behaviour online can affect my teammates, my Club, and myself.

I will use social media, messaging platforms, and other digital communication responsibly.

I will not:

- Bully, harass, threaten, or humiliate others;
- Share private information or images without permission;
- Post content intended to damage another person's reputation;
- Create or participate in online harassment;
- Impersonate another person;
- Share confidential Club information;
- Use digital platforms to undermine teammates, coaches, officials, or opponents.

I understand that being online does not remove my responsibility to treat people with respect.

9. INTEGRITY

Ascent athletes are expected to act honestly.

I will:

- Tell the truth.
- Follow Club and competition rules.
- Represent my abilities and accomplishments honestly.
- Respect the integrity of competition.
- Take responsibility for my actions.
- Speak up when I see conduct that could seriously harm another athlete or the Club.

I understand that **integrity means doing what is right even when nobody is watching.**

10. SAFETY AND WELL-BEING

I will contribute to a safe environment for myself and others.

I will:

- Follow reasonable safety instructions from coaches and Club staff.
- Tell a coach or appropriate adult when I am injured or unable to participate safely.
- Respect physical and personal boundaries.

- Never intentionally harm another athlete.
- Speak up if I believe someone may be unsafe or experiencing inappropriate behaviour.

I understand that asking for help is a sign of responsibility, not weakness.

11. PROHIBITED CONDUCT

The following conduct is inconsistent with Ascent's standards and may result in disciplinary action:

- Bullying or harassment;
- Discrimination;
- Threatening or intimidating behaviour;
- Physical aggression;
- Verbal abuse;
- Hazing or initiation activities;
- Deliberate destruction of property;
- Theft;
- Cheating or dishonest conduct;
- Retaliation against someone who raises a legitimate concern;
- Serious or repeated disrespect toward coaches, teammates, officials, opponents, or staff;
- Inappropriate sexual conduct;
- Possession or use of prohibited substances at Club activities;
- Any conduct that places another person at unreasonable risk of harm; or
- Other conduct that seriously undermines the safety, integrity, or reputation of Ascent Volleyball Club.

The Club may take action where conduct occurs at tournaments, practices, travel events, Club activities, online, or in other circumstances where the behaviour has a meaningful connection to Ascent.

12. LEADERSHIP

At Ascent, leadership is not limited to captains.

Every athlete has the opportunity to lead.

I will lead by:

- Setting a positive example;
- Taking responsibility;
- Encouraging others;
- Serving my team;
- Demonstrating resilience;
- Choosing integrity;

- Helping younger or less experienced athletes feel welcome; and
- Doing the right thing even when it is difficult.

Leadership is not about being the loudest person in the room. It is about making the people around you better.

13. REPRESENTING ASCENT

When I wear the Ascent uniform, attend an Ascent event, travel with my team, or represent the Club publicly, I understand that my actions reflect on the entire Ascent community.

I will represent Ascent with:

Integrity.
Excellence.
Discipline.
Resilience.
Respect.
Joy.

14. ACCOUNTABILITY AND CONSEQUENCES

Ascent believes in restoration, education, and development—not simply punishment.

When an athlete does not meet the standards of this Code, the Club will consider:

- The seriousness of the behaviour;
- The athlete's age and level of understanding;
- Whether the behaviour was intentional;
- Whether there is a pattern of behaviour;
- The impact on others;
- The athlete's willingness to take responsibility; and
- Any relevant circumstances.

Possible responses may include:

1. Conversation and education;
2. Verbal or written warning;
3. Restorative action;
4. Parent/guardian involvement;
5. Behavioural expectations or an improvement plan;
6. Temporary restriction from an activity;
7. Suspension;

8. Removal from a team or Club program; or
9. Other appropriate action consistent with Club policies and applicable requirements.

Serious misconduct may result in immediate escalation.

The Club reserves the right to take appropriate action where conduct presents a significant risk to the safety or well-being of others.

15. ATHLETE COMMITMENT

By participating in Ascent Volleyball Club, I understand that I am joining a community with standards.

I do not have to be perfect.

I am expected to be **coachable, accountable, respectful, courageous, and committed to growth.**

When I make a mistake, I will take responsibility, learn from it, make things right where possible, and continue moving forward.

I understand that my goal is not simply to become a better volleyball player.

My goal is to become a better person through volleyball.

ATHLETE ACKNOWLEDGEMENT

I have read and understand the Ascent Volleyball Club Athlete Code of Conduct.

I understand the standards expected of me as an Ascent athlete and agree to make a genuine effort to uphold them.

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

ASCENT VOLLEYBALL CLUB

Developing athletes. Building character. Pursuing excellence.