

LAKE HOUSTON CONQUERORS

Volleyball ATHLETE Code of Conduct



1. I have read, I believe, and I will support the LHC Statement of Faith.
2. I will demonstrate the character quality of attentiveness by listening to the instructions of my coaches.
3. I will demonstrate the character quality of faithfulness by attending (to the best of my ability) all practices and games. I will show up on time, with proper equipment, and ready to play. If I will miss a practice or game, I will notify the coach privately ahead of time.
4. I will demonstrate the character quality of orderliness by abiding by the following dress code. The LHC dress code is designed to prevent provocative clothing or hairstyles that could cause undue attention to oneself/ another to stumble. If a player is in violation of the following guidelines, they will not be allowed to participate until the violation has been corrected.
 - a. No jewelry or watches will be worn during practices or games.
 - b. Maintain a clean-cut appearance during the season; no radical hairstyles or colors, no visible tattoos, and no visible body piercings. **Girls may have pierced ears but cannot wear earrings or hair hardware during practices or games.**
 - c. Dress appropriately for all team events. Coaches will determine game attire.
 - i. Girls – no tank tops or halters; no sheer or tight/form-fitting/spandex shorts, tube tops, mesh tops, or tops that reveal midriff when athlete's arms are raised
 - ii. Shorts, skirts, and dresses must be at least mid-thigh in length and shirt hems should not hang lower than hem of shorts.
 - iii. All undergarments must be covered; including sports or workout types.

** This dress code is not exhaustive and the LHC Board reserves the right to make a final determination of what dress is considered unsatisfactory. **
5. I will maintain a positive, teachable attitude no matter how much playing time I receive, how fair the officiating is or is not, and whether we win or lose. I will honor my teammates by submitting to the greater good of the team at the expense of my own ambitions.
6. I will demonstrate the character quality of respect by accepting the decisions of those in authority (coaches, parents, and referees) without argument, grumbling, or gesturing of any kind. I will respect each facility by picking up my trash before leaving.
7. I will seek to honor God and demonstrate the character quality of self-control by:
 - a. Not participating in the use of profane language, alcohol, tobacco, or drugs
 - b. Not jeering, booing, or belittling other players
 - c. Not participating in ridicule, manipulative intimidation (i.e. making noise during an opponent's serves), or boastful chanting
8. During all trips, practices, and games, I will keep my focus on volleyball and avoid pairing off with a person of the opposite sex. I will also refrain from any public displays of affection. On a road trip, I will honor the curfew set by my coaches.
9. Regarding LHC – I will not place any negative or inappropriate content on Facebook or any other social media. This includes the use of profanity, airing grievances with another player/parent/family/team, or any other content that does not reflect a Christ-like attitude.
10. I will demonstrate the character quality of discipline by following the rules established by my team and the LHC program.

FAMILY LAST NAME: _____

DATE: _____

Athlete Signatures

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____