



PO Box 645, Nampa, Idaho 83653-0645
www.SpikeUpAthletics.com

ATHLETE CODE OF CONDUCT

Dear Future Kings and Queens,

To establish ourselves as a quality athletic club throughout the state of Idaho and beyond, it is important that any athlete who chooses to train and compete under the Spike Up Athletics' name understand that he or she is a representative of our club and culture and has an individual obligation to uphold the mission, vision, and values of our club. Also understand that college coaches could easily access your social media and your comments, pictures, and videos could easily portrait you in a negative light and keep those coaches from offering you a scholarship. Therefore, as an athlete with Spike Up Athletics, you will be expected to carry yourselves to the moral and ethical standards provided herein.

As a Spike Up Athletics athlete, you agree to:

- Always treat your teammates, coaches (to include team manager and trainer), parents, fellow athletes and their parents, event officials and organizers, and members of the general public with courtesy, kindness, and RESPECT;
- Always show respect and appreciation and give thanks to those who give their time to help our club and ALL athletic events succeed;
- Always act with dignity and show good manners, and never taunt, yell at, threaten physical violence, or use abusive or vulgar language during practice or competition or when traveling and staying at hotels or visiting restaurants and other venues;
- Never make racial, ethnic, gender-related slurs or derogatory comments towards ANYONE, EVER;
- Never sexually harass your teammates or make sexual advances towards your coaches (to include team manager and trainer), and team volunteers;
- Never engage in gossip and highly encourage your teammates and parents not to either;
- Never engage in any inappropriate or illegal behavior;
- Always challenge the inappropriate behavior and language of your teammates and report it to coaches;
- Always avoid destructive behavior and leave athletic venues, hotels, restaurants, etc. as you find them;

- Always avoid the use of illegal drugs, alcohol, and tobacco products and DO NOT bring them on any trip, to any athletic venue, into any travel vehicle, into any hotel, or to any other location where the team may assemble;
- Never leave the athletic venue, hotel, restaurant or any other location where the team has assembled without informing and getting the permission of a coach or team manager (this only applies when an athlete is not under the supervision of his/her parents or guardians);
- Never accept rides to and from practice, athletic venues, hotels, restaurants, etc. or go to anyone's home on your own without informing and getting the permission of a coach, team manager, or your parents or guardians as appropriate;
- Always report violations of this policy that cannot be sufficiently addressed with the coaching staff to the Spike Up Athletics Board of Directors;

Violations of the Policy and Consequences

First Violation: The head coach discusses the violation with the athlete and his or her parents or guardians. This will be considered a verbal warning, and additional consequences will depend on the severity of the violation.

Second Violation: The head coach discusses the violation with the athlete and his or her parents or guardians and provides written documentation to the athlete and parents or guardians detailing what violations were committed and the consequences being administered. This will be considered a written warning and a one (1) week suspension from training, traveling, and competing with the team.

Third Violation: All steps described in the above second violation will be followed, except the athlete will be suspended from training, traveling, and competing with the team for the remainder of the season and the next season. For example, the athlete is suspended in the winter/indoor season with three (3) weeks remaining in the season. The athlete will be suspended for the remaining portion of the winter/indoor season and all the summer/outdoor season. At the conclusion of the summer/outdoor season, the athlete will be given a fresh start and become eligible to register with the team again.

A first, second, and third violation does not have to be of the same violation. Any violation will count towards the first, second, or third violation.

Acceptance of this Athlete Code of Conduct

I have read the Spike Up Athletics Athlete Code of Conduct and understand that as part of my participation on the team, I will follow this policy to the best of my ability. I understand that failure to abide by any rule stated herein may result in me receiving a violation and the stated consequences.

Athlete's Name

Athlete's Signature

Date

Parent/Guardian's Signature

Date