

POWER.
PASSION.
PRECISION.



WICHITA IGNITE VOLLEYBALL CLUB PLAYER CONTRACT

This agreement outlines the expectations of every athlete representing Wichita Ignite Volleyball Club. Our goal is not simply to build winning teams, we develop athletes of character who compete with discipline, integrity, and confidence.

Being selected to a Wichita Ignite team is a privilege. Every athlete is expected to uphold the standards below throughout the entire club season.

TABLE OF CONTENTS

- ☐ **ATHLETE COMMITMENT PG. 2**
- ☐ **ATTENDANCE EXPECTATIONS PG. 2**
- ☐ **PRACTICE EXPECTATIONS PG. 2**
- ☐ **COMMUNICATION STANDARDS PG. 3**
- ☐ **SOCIAL MEDIA GUIDELINES PG. 3**
- ☐ **CELL PHONE POLICY pg. 4**
- ☐ **TEAM TRAVEL EXPECTATIONS PG. 5**
- ☐ **TRANSPORTATION PG. 6**
- ☐ **TRAVEL CURFEW PG. 6**
- ☐ **ZERO TOLERANCE POLICY PG. 6**
- ☐ **SPORTSMANSHIP PG. 6**
- ☐ **STRENGTH AND TRAINING PG. 7**
- ☐ **ACADEMIC RESPONSIBILITY PG. 7**
- ☐ **EQUIPMENT USAGE PG. 7**
- ☐ **SNACK AND FOOD POLICY PG. 7**
- ☐ **ZERO TOLERANCE POLICY PG. 8**
- ☐ **ACKNOWLEDGEMENT PG. 8**

Athlete Commitment

By accepting a position with Wichita Ignite Volleyball Club, I understand that I am making a commitment to:

- My teammates and coaches
- My family
- My club
- Myself

I understand that my attitude, effort, and commitment affect everyone around me.

The Ignite Standard

As a Wichita Ignite athlete, I will:

1. Give maximum effort every practice, game, tournament, and workout.
 2. Be coachable and willing to accept instruction without arguing, making excuses, or displaying poor body language.
 3. Respect teammates, opponents, officials, coaches, parents, and all facility staff, whether my coach or not.
 4. Encourage my teammates and help create a positive team environment.
 5. Display integrity on and off the court.
 6. Represent Wichita Ignite with class wherever I go.
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Attendance Expectations

I understand that attendance is critical to team success.

I agree to:

- Arrive 10-15 minutes before every practice.
- Arrive at tournament locations at the designated report time.
- Notify my coach immediately if an emergency prevents attendance.
- Schedule appointments whenever possible outside of volleyball activities.

Repeated absences or tardiness will affect:

- Playing time
 - Starting position
 - Tournament participation
 - Future roster opportunities
-

Practice Expectations

I agree to arrive prepared by bringing:

- Volleyball shoes
- Knee pads
- Water bottle
- Appropriate practice attire
- Positive attitude and willingness to learn

Cell phones should remain put away during practices unless given permission by a coach.

Food and drinks should be left outside in the lobby during practice.

Playing Time

I understand that: Playing time is earned, never given.

Playing time decisions are based on a combination of:

- Effort and performance
- Attendance and commitment
- Coachability and attitude
- Position needs and Team strategy

Questions About Playing Time

Playing time, positions, coaching decisions, or team concerns will **not** be discussed through text messages, emails, or social media.

These conversations will only occur:

- In person

- After the club's 24-hour cooling-off period
- With a parent present if the athlete is a minor

Coaches make decisions based on what gives the team the greatest opportunity to succeed.

I will respect those decisions. Do not stand on the sidelines and ask repeatedly during game play about playing time decisions.

Effort Over Excuses

I understand that mistakes are part of learning.

I agree to:

- Respond positively after mistakes.
- Never blame teammates or quit and give up on my team during difficult moments.
- Continue competing regardless of the score.

At Ignite, resilience is expected. We do not give up or shut down on each other, ever.

Communication according to SafeSport and HOA/USAV Rules and Regulations

If I have a concern, I agree to:

1. Speak respectfully and immediately with my coach, in person. Or request a meeting.
2. Accept constructive feedback.
3. Never argue publicly. During gameplay or in between matches is never an appropriate time or place to discuss conflict. If a conflict does arise, please follow the 24 hour cool down period and request a meeting with your coach and your parents to be present.

I understand that mature communication is part of becoming a leader.

Social Media Guidelines

I understand that I represent Wichita Ignite even when I am not wearing my jersey.

I agree to:

- Never post negative comments about teammates, coaches, opponents, officials, or clubs.
- Never participate in online bullying of anyone, Wichita Ignite players and staff or otherwise.
- Think before posting. What you put on the internet stays there forever, even after you think it's been deleted.
- Represent your club positively.

Social media violations may result in disciplinary action, or removal from the club. Wichita Ignite also has a ZERO TOLERANCE policy for bullying. If you are found, per Club Director, to have violated this (according to bullying policy), you are subject to immediate removal from our club for the remainder of the season.

Players/Coaches shall not communicate privately through:

- Text messages
- Direct Messages (DMs)
- Social media messaging - Snapchat/Instagram/Facebook Messenger/TikTok messages
- Email
- Any other electronic communication platform

Approved Communication

All communication must occur through one of the following:

- Team group messaging platform
- Team management application
- Group text including a parent or guardian or group text with coach and entire team.
- Email with a parent or guardian copied and/or Club Director.
- Face-to-face conversations during practices, tournaments, or scheduled meetings

At no time should a coach and athlete engage in private electronic conversations.

Emergencies

The only exception to this policy is an immediate health, safety, or travel emergency requiring prompt communication.

If direct communication becomes necessary due to an emergency:

- The communication should be limited to the emergency.
- A parent or guardian should be notified as soon as reasonably possible.
- The Club Director should be informed if appropriate.

Cell Phone & Electronic Device Policy

At Wichita Ignite, every practice and every match is an opportunity to improve and bond with your team. Cell phones and other electronic devices are distractions that interfere with learning, communication, and team culture. Athletes are expected to be fully present, engaged, and focused. NO PHONES WILL BE ALLOWED during scheduled training and practice sessions. NO PHONE will be allowed during tournaments unless to communicate with a family member or coach. Athletes should be focused on their team and the tournament.

Practice Policy

The moment an athlete enters the gym, their focus belongs to the team.

During Practice:

- Cell phones, smart watches used for texting, earbuds, headphones, and other electronic devices must be turned off or silenced and stored in the athlete's bag.
- Devices may not be carried in pockets during practice.
- Athletes may not text, make phone calls, check social media, or use electronic devices during practice or during water breaks.
- Phones may only be used if specifically authorized by a coach for volleyball related instruction or in the event of an emergency.

Once practice begins, athletes are expected to give their full attention to coaches and teammates.

Game & Tournament Policy

During tournaments and matches:

- Cell phones must remain in the athlete's bag at all times.
- Phones are not permitted on the team bench.
- Athletes may not use electronic devices between sets while the team is actively competing.
- During timeouts, between sets, warm-ups, and team meetings, athletes are expected to remain engaged with coaches and teammates, not their phones.
- Headphones and earbuds are prohibited while the team is preparing to compete unless specifically approved by the coaching staff. This applies while reffing as well.
- Cell phones must remain in the athlete's bag at all times when you are scorekeeping, officiating and/or line judging. Your job is to pay attention 100% of the time, not scroll on Instagram.

Team Meals & Travel

When traveling as a team or participating in team meals:

- Cell phone use should be kept to a minimum while practicing with team and/or team bonding.
- Athletes are encouraged to interact with teammates and coaches, building relationships and team chemistry.
- Coaches may establish phone free periods during travel or team activities.

Emergency Communication

Parents who need to reach their athlete during practices or tournaments should contact the Head Coach or TClub Director whenever possible.

If an athlete needs to contact a parent during a practice or tournament, they should first notify a coach, then they may use their phone.

Consequences

Failure to follow the Cell Phone Policy may result in:

First Offense

- Verbal reminder and phone put away immediately.

Second Offense

- Phone held by the coaching staff until the conclusion of practice or the day's competition.

Third Offense

- Parent notification and possible reduction in playing time or additional disciplinary action, at the discretion of the Club Director and coaching staff.

Repeated violations may result in further disciplinary action.

Our Philosophy

Attention is a competitive advantage.

Championship teams communicate, observe, encourage, and learn. They are not distracted by notifications, social media, or text messages.

When you step into an Ignite practice or sit on the Ignite bench, your responsibility is to your teammates, not your phone.

Be present. Be engaged. Be ready.

Team Travel Policy according to SafeSport and HOA/USAV Rules and Regulations

Commitment to Safe, Organized, and Professional Travel

Travel is an important part of the club volleyball experience. Whether traveling across town or across the country, every Wichita Ignite athlete, coach, and family is expected to represent the club with integrity, professionalism, and respect.

Parent Responsibility

Parents are responsible for arranging their athlete's transportation to and from all practices, tournaments, hotels, and meeting locations unless otherwise communicated by the Club Director.

Wichita Ignite Volleyball Club does not provide transportation to or from events.

Athlete Check-In

Athletes are expected to:

- Arrive at the designated meeting location on time.
- Check in with their coach immediately upon arrival.
- Remain with the team unless released to a parent or guardian.
- Notify a coach before leaving the team area for any reason.

Hotel Expectations

Athletes are representatives of Wichita Ignite 24 hours a day during travel.

Athletes are expected to:

- Respect hotel property and staff.
- Observe quiet hours.
- Keep hotel rooms clean and orderly.
- Refrain from running in hallways, excessive noise, or disruptive behavior.
- Avoid entering rooms assigned to athletes of the opposite sex.
- Follow all curfews established by the coaching staff.
- Remain in assigned hotel rooms after curfew unless there is an emergency.

Any damage to hotel property is the financial responsibility of the athlete and their parent or guardian.

Room Assignments

Parents are responsible for supervising their own athlete unless alternative arrangements have been approved in advance.

If athletes are sharing hotel rooms:

- Room assignments should be made and/or approved by parents when necessary.
 - Athletes are expected to follow all room rules established by parents and coaches.
 - Coaches will not stay in athlete hotel rooms under any circumstance, ever.
-

Coach-Athlete Boundaries

To protect both athletes and coaches:

- Coaches will not enter an athlete's hotel room unless there is an emergency or another adult is present.
- Coaches will never be alone in a hotel room with an athlete.
- All communication will follow the Wichita Ignite Communication Policy.

Conduct During Travel

Athletes are expected to:

- Follow coach instructions immediately.
- Treat teammates, opponents, hotel staff, restaurant staff, officials, and the public with respect.
- Use appropriate language at all times.
- Demonstrate good sportsmanship both on and off the court.
- Wear appropriate attire when representing Wichita Ignite in public.

Transportation according to SafeSport and HOA/USAV Rules and Regulations

Athletes may only ride with:

- Their parent or legal guardian or another adult specifically authorized by their parent or guardian.
- An approved transportation arrangement communicated to the coaching staff.

Coaches will not transport athletes in personal vehicles unless:

- The parent or guardian has given prior written permission, or the Club Director has approved the arrangement, and there are no reasonable alternatives.
-

Team Curfew

When traveling overnight, coaches will establish a team curfew.

Athletes are expected to:

- Be in their assigned room before curfew.
- Remain in their room until the designated morning meeting time.
- Refrain from visiting other hotel rooms after curfew.

Failure to follow curfew may result in disciplinary action, including reduced playing time or removal from team activities.

Nutrition & Hydration

Athletes are expected to:

- Eat nutritious meals during tournaments.
- Stay properly hydrated throughout the weekend.
- Avoid excessive junk food and PLEASE stay away from energy drinks.
- Bring healthy snacks for long tournament days.

Proper nutrition is part of athletic performance.

Zero-Tolerance Behaviors

The following may result in immediate disciplinary action, suspension, or dismissal from the club:

- Alcohol, tobacco, vaping, or illegal drug use.
- Theft or vandalism.
- Bullying or harassment.
- Fighting or threatening behavior.
- Possession of weapons.
- Leaving the team or hotel without permission.
- Violating curfew.
- Any behavior that jeopardizes the safety of others or damages the reputation of Wichita Ignite.

Parents may be required to immediately pick up their athlete at their own expense if serious misconduct occurs.

Our Standard

When we travel, we are ambassadors for Wichita Ignite.

Every interaction—with officials, hotel staff, restaurant employees, tournament directors, opposing teams, and the public—reflects who we are as a club.

We expect every athlete to carry themselves with humility, discipline, respect, and professionalism, remembering that character is demonstrated just as much off the court as it is on it.

Power. Passion. Precision.

Sportsmanship

I will:

- Win with humility and lose with dignity.
- Respect officials and respect opponents.
- Never taunt or intentionally embarrass another athlete.

Cheers should be appropriate. Teams and players should not be doing cartwheels and/stunts on the court or sidelines during gameplay. Being 'hype' and supporting your team is AWESOME, but we expect our athletes/coaches to do this with dignity and respect. Character matters more than the scoreboard and people will always remember how you made them feel.

Team First

I understand:

There is no room for selfishness.

I will:

- Celebrate teammates' success.
 - Support players receiving more playing time.
 - Accept my role while continuing to improve.
 - Put team goals above personal statistics.
-

Leadership

Every Ignite athlete is expected to lead.

Leadership means:

- Being the hardest worker.
- Being accountable for my actions and behavior while encouraging others.
- Setting the example and taking ownership of mistakes.
- Choosing discipline over excuses.

You do not need a captain's title to be a leader.

Strength & Performance

I understand that athlete development extends beyond volleyball.

I agree to:

- Give full effort during strength and conditioning. While also showing the same discipline and respect for my trainers.
 - Participate in recovery sessions as directed.
 - Take care of my body through hydration, nutrition, sleep, and recovery.
-

Academic Responsibility

Being a student comes before being an athlete.

I agree to:

- Attend school regularly.
 - Maintain satisfactory academic progress.
 - Communicate if academic responsibilities affect volleyball.
 - I agree that if I am behind or failing my academic responsibilities I may bring my work to practice and sit in the lobby to ensure I am studying and completing my work as required. I also understand that missing practice due to academic failures may affect my playing time.
-

Equipment

I understand that club equipment is expensive.

I agree to:

- Respect all Ignite equipment.
- Report damaged equipment immediately.
- Treat all equipment with respect and care. If you use something, use it appropriately and put it back when you are finished. Our motto is 'leave it better than you found it.'

Athletes may be financially responsible for lost or intentionally damaged equipment.

Bench Food & Snack Policy

To maintain a clean, organized, and competition-focused bench environment, Wichita Ignite Volleyball Club has established the following bench nutrition policy.

Bench Expectations

Athletes are encouraged to fuel *properly* before and after competition. During matches, the bench should remain free of unnecessary food and distractions. (Unless approved by the coach prior to the match)

The following rules apply during all matches:

- **No candy, chips, sunflower seeds, burritos, salads etc. on the team bench during active match play. Unless a medical need requires.**
- Athletes may have **drinks** in spill-proof containers.

- Small, quick healthy snacks (such as fruit, beef jerky, meat/cheese, applesauce pouches, or energy chews - high protein) are fine.
- Athletes with documented medical conditions (such as diabetes or other nutritional needs) are exempt from this policy. Coaches should be notified in advance so appropriate accommodations can be made.

Why This Rule Exists

This policy helps:

- Maintain a clean and professional bench area.
- Keep athletes mentally engaged in the match.
- Minimize distractions during competition.
- Promote proper nutrition and hydration habits.
- Ensure athletes are prepared to enter the match at any moment.

Every athlete on the bench is expected to stay engaged, support teammates, and be physically and mentally ready when called into the game. The bench is an extension of the court, and every player is expected to represent Wichita Ignite with focus, discipline, and professionalism.

Zero Tolerance

The following behaviors may result in suspension or removal from the club:

- Bullying of any kind, including on social media.
- Fighting of any kind.
- Theft. Police charges may also be filed.
- Vaping, tobacco, alcohol, or illegal drug use.
- Harassment of any kind.
- Threatening behavior
- Disrespect toward any Wichita Ignite coaches and our trainers, officials, teammates, or other staff
- Intentional damage to facilities or equipment

Please also remember you are representing Wichita Ignite and inappropriate language will also not be accepted. In conversation or towards anyone.

Our Philosophy

At Wichita Ignite...

We do not chase trophies. We chase excellence.

We do not fear mistakes. We learn from them.

We do not use machines. We build machines. We develop athletes.

We build confident leaders who will succeed long after volleyball ends.

Power. Passion. Precision.

Athlete Acknowledgement

- ☐ I have read and understand the expectations outlined in this Athlete Agreement.
- ☐ I understand that being a member of Wichita Ignite Volleyball Club is a privilege.
- ☐ I agree to uphold these standards throughout the season and understand that failure to do so may result in disciplinary action, reduced playing time, suspension from practices or tournaments, or dismissal from the club.

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent/Guardian Acknowledgement

- ☐ I have read this Athlete Agreement with my child.
- ☐ I understand the standards and expectations of Wichita Ignite Volleyball Club and agree to support both my athlete and the coaching staff in upholding these values.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____