

## The Chisago Lakes Volleyball Family

- As part of the family, I will prioritize the needs of my team over my own.
  - Example action: Take up a new position that you may not normally play. For example, with the lack of D.S. on our team, some players may need to step up and be willing to play back row.
- As part of the family, I will take each practice and each repetition seriously because I know it will make my team stronger.
  - Example action: Making sure that in every drill and practice that you are listening, and putting in 100% effort.
- As part of the family, I will commit time “above & beyond” what’s required of me.
  - Example action: Getting to the gym early for practice to help set up nets, volunteering with youth camps, helping at concession stands, contributing to fundraising and promotional efforts, etc.
- As part of the family, I will practice integrity and high moral standards even if “no one is watching”. I understand I am a role model to the community and my actions could greatly harm my team.
  - Example action: Making morally correct decisions such as being honest in your school work, respectful to yourself and others, and staying committed to straying away from substances such as alcohol and drugs.
- As part of the family, I understand that sometimes our teams’ needs will be different than my desires, and I will respect the greater good of the team.
  - Example action: If the team is practicing a skill that they have struggled with, but the skill is not necessarily one that your position needs, make sure that you are working hard on the skill for the better of the team.
- As part of the family, I will only speak positively of our program, my team, my teammates, and my coaches to those outside the family.
  - Example action: If there is negative talk towards our team or program as a whole, players should avoid participation and should instead encourage positive talk and promote our games.
- As part of the family, I will feel comfortable talking to my coach(es) about potential problems that arise.
  - Example action: If you are having personal issues with one or more people within the program, you will feel comfortable enough to speak about it to your coach(es), trust that they will listen to what you have to say about the issue, and help you to come up with a solution.

- As part of the family, I understand that daily practices of trust, vulnerability, and honesty will help strengthen our team.
  - Example action: Having trust in your teammates, so that in hard drills you can trust that they are putting in their best effort.
- As part of the family, I trust my teammates will follow through on these commitments and will help hold the team accountable if they need a reminder.
  - Example action: Holding ourselves accountable to our original purpose statement as well as holding our teammates accountable.