

London Giants Volleyball Club – General Expectations

At London Giants Volleyball Club, we expect all members to demonstrate a high level of commitment, responsibility, and professionalism. The following expectations apply to every athlete representing our club.

1. Player Commitment

- Strive to work hard and continuously improve as both an athlete and an individual.
- Represent yourself, the club, and your community with integrity and respect at all times.

2. Attendance

- Attend all practices, matches, and official club events.
- Arrive fully prepared and ready to participate at least 15 minutes prior to the scheduled start.
- Assist with setting up equipment before each session.
- Attend training sessions even when injured, in order to support teammates.
- Notify coaches directly and in advance regarding any unavoidable absence.
- Unexcused absences may result in disciplinary action, including possible removal from the team.

3. Training & Match Day Conduct

- Adhere to the mandatory dress code: white socks, kneepads, official warm-up gear, jacket, and club jersey.
- No spectators are permitted at practice sessions.
- Mobile phones must be switched off and stored away during all sessions.
- Use respectful language at all times; swearing and disrespectful behaviour are strictly prohibited.
- Fulfil assigned game duties (e.g. line judging, scoring, ball collection) responsibly.

4. Punctuality

- Athletes are expected to be on time for all club-related activities.

- Repeated lateness may result in disciplinary action.
- Inform the club immediately in case of unexpected delays.

5. Team Conduct

- Demonstrate teamwork by being the type of teammate you would want to play with.
- Refrain from gossip, negativity, or inappropriate behaviour both online and offline.
- Be accountable, maintain a positive attitude, and lead by example.
- Always give maximum effort.

6. Playing Time

- Equal access to training is guaranteed for all athletes.
- Match playing time is earned, not guaranteed.
- Allocation is based on attendance, attitude, skill level, and overall contribution to the team.

7. Kit & Equipment

- All kit must be kept clean and in good condition.
- Lost or damaged kit must be replaced at the player's expense.
- Treat all club equipment with care; misuse (e.g. hanging on nets, damaging balls) is prohibited.

8. Alcohol & Substance Use

- The use of alcohol or substances is strictly forbidden within:
 - 24 hours of training sessions, and
 - 48 hours of matches.

9. Health & Well-being Disclosure

- Players must disclose any relevant physical or mental health conditions prior to signing with the club.
- Failure to disclose conditions that later affect participation may result in appropriate action taken by the club, including potential removal from the programme.

10. Media Consent

- By joining the club, players consent to being photographed or recorded during training, matches, and club activities.
- The club reserves the right to use images, likenesses, voices, and performances in media for promotional and operational purposes.
- No financial compensation will be provided, and rights are granted in perpetuity.

11. Public Statements

- Players must obtain prior approval from the club before participating in any media activity related to the team or organisation (e.g. interviews, podcasts, social media features).
- All media engagement related to the team or organisation must be pre-approved by club management.

Confidentiality Notice

This document is confidential and intended solely for the internal use of London Giants Volleyball Club. It must not be copied, shared, or distributed outside of the club.