**Westmoreland Elite Rules and Responsibilities**

***Practice***

You are to be at every practice. If you know ahead of time that you will not be at a practice, please notify (text/email) your coach.

No jewelry is permitted to be worn at practice.

Please limit cell phones use during practices and/or tournaments.

Please arrive at practice at least 15 minutes before the designated practice time.

Please bring all equipment and clothing needed for practice. West E does not carry any extra uniforms or equipment.

Please do not leave the gym unless you are given permission.

We request that parents stay outside of the glass while practices are going on.

Multiple unexcused absences will affect playing time.

***Equipment***

All players will help set up/take down the net and put away equipment before and after practices.

***Uniforms***

Players are responsible to remember all of their uniforms and equipment. West E does not carry any extra uniforms or equipment. Report any damage caused to your uniform at any time during the season.

***Tournaments***

No cell phones at the scorer’s table and use should be limited at tournaments.

Please take turns working when we are the assigned work team. If this becomes a problem, the coach will assign a work schedule.

All players are to stay at the tournament location and are not to leave without permission from a coach. There are times when our games could get moved to another court and we may start early.

Please make sure that you are eating healthy snacks/meals at tournaments.

All players must stay until the completion of their work/play schedule.

We request that parents sit on bleachers, and please, do not sit near the bench area.

***Playing time***

The coaches will make an effort to play everyone, but equal playing time is not guaranteed. Playing time is based on the coaches’ decisions during the tournaments.

***General***

Respect yourself, your teammates, your club, other clubs and the coaches.

Profanity should not be used.

Please clean up after yourself.

Any social media negativity towards the team and/or club will result in a consequence or possible removal from the club, at the discretion of the directors. Players should be mindful of what they are posting on the Internet **at all times**.

There is no tolerance for alcohol and/or drug consumption. This will result in a consequence or possible removal from the club, at the discretion of the directors.

There may be times that an issue, not on this list, may occur. All resulting consequences will be at the discretion of the directors.

West E invokes a '24 hour rule' -- the coach(es) and/or directors will not speak to a player/parent until 24 hours after the last game/practice if there is an issue.