



PLAYER COMMITMENT FORM

As a player representing the CRANK IT VOLLEYBALL club, I commit to the following:

- I will be coachable. I will listen to my coaches' constructive criticism willingly and make every effort to improve myself.
- I agree to apply the concepts, drills, and skills I am taught and give 100% in practices and games.
- I will practice with the same speed and determination as in a game. I realize that practice requires hard work and concentration, not only at team practices but at home as well.
- Because of the higher competitive nature of AAU travel teams, players are required to make a full commitment to attending practices, games, and tournaments. We only have 10 players maximum on each team, and without your full commitment, it not only hinders you and your play, but it affects the other player that spend their time preparing to compete at these higher levels. I agree to make every effort to fulfill my commitment as a player.
- I will be a dedicated team player and have a positive attitude.
- I will support and not criticize my teammates.
- I will treat our opponents (players, coaches, and parents) with respect and show good sportsmanship (even if opponents do not).
- I will show respect for game officials and their decisions.
- I will have fun!

Player Signature: _____ Date: _____