



Travel Conduct Guidelines

Updated: January 26, 2010

If you are careful, you will be safe; be wise and don't take unnecessary risks.

1. Go in groups of 3!! **Never** go anywhere by yourself, even to the pool at the hotel. Be even more careful at night.
 - a. At the hotel, make sure you tell a coach if you are going somewhere that is not a hotel room (ie: the pool, workout room, front desk). Go in groups of three or more. You can call us and just tell us where you are going. This way someone will always know where you are.
 - b. Choose a trip buddy that you will be accountable to for the entire trip. When we go places you will need to make sure that your buddy is with the group and confirm with a coach.
 - c. When we go out (restaurants, etc.) we will usually go as a group. Some events will be everyone, some—especially going out to eat because of seating issues—may be just one team. Plan on spending a lot of time with your teammates. There may be occasions where we let you split into smaller groups, and we will let you know when that is OK.
2. **NO BOYS IN HOTEL ROOMS!** Unless they are related to you or there is a coach or other adult present, they should not be in your room
3. Remember that you are representing the Iowa Region.
 - a. Be courteous and respectful of everyone, from your waitress to the coaches on other teams.
 - b. Do not trash-talk other teams, especially at the tournament site. Let your playing prove that you are the better team.
 - c. Keep your hotel room clean and neat.
 - d. Clean up your empty water bottles from the bench area.
 - e. Do not disturb your neighbors at the hotel late at night.
4. Observe curfews and lights-out times set by coaches. We know that you want to have fun and stay up late, but keep in mind that we are there to play volleyball, and we will not do that well if we don't get any sleep. Stay in your rooms after curfew.
5. **BE A TEAM!** Remember that there are 10 people on your team. If you find yourself always with the same 3 people, make an effort to reach out to your other teammates. Include everyone when making plans, playing games, or watching movies in your hotel room. Get to know everyone! Make an effort to sit with a different person at every meal, or to warm-up with a different person each match. This is a great opportunity to get to know each other better and to grow as a team. You will be amazed at how much this will improve your playing on the court!!
6. During travel, you will wear your Iowa HP clothing. Coaches will tell you what clothing we will be wearing on team events.
7. You must eat all meals with the team, and stay **HYDRATED**. We are going to a very warm environment to play volleyball, and hydration is critical.
8. You will follow and obey **ALL** USAV rules concerning conduct. No alcohol, tobacco, or illegal drugs are allowed, and use will involve immediate dismissal from the team.
9. You are expected to attend all team functions and events. You may spend time with parents/friends when available, but not at cost of team time.
10. You will adamantly avoid any situation that will reflect poorly on the Iowa Region and yourselves as players.