



Instagram Posting Guidelines

The team Instagram account should be a reflection of how we want the world to see Elevation teams: **united, supportive, and strong**. Think before you post, and make sure every post spreads positivity and pride for your teammates!

These guidelines will keep the content respectful, uplifting, and focused on the spirit of the team. A team parent must oversee the page as an admin and may assign members to be content contributors.

At the end of the season, the page admin and contributors would be passed on to the new team. So please make sure we have a contact to do this.

1. Team-Centered Content

- Only post content that highlights **team events, game footage, action shots, team photos, or celebrations**.
- Share moments that demonstrate teamwork, success, and growth on or off the court. The goal is to show the journey of the team and its positive moments.
- Keep the tone positive, even when discussing losses. Highlight what the team learned or how they can improve.

2. No Embarrassing Content

- Do not post anything that could embarrass or single out anyone in a negative way. This includes unflattering photos, inside jokes, or anything that could make someone feel uncomfortable.
- Avoid posts that create division within the team.

3. Respect Privacy

- Make sure any personal information about teammates or coaches (e.g., addresses, phone numbers, etc.) is not shared publicly.

- Be mindful and avoid sharing detail about someone's personal life outside of the team.

4. Stay Away from Sensitive Topics

- Avoid posting about controversial or sensitive topics like politics or anything unrelated to volleyball.

5. Photo and Video Quality

- Ensure the images and videos posted are clear and represent the team well. Blurry or poorly framed shots should not be shared.
- Use music that is clean/respectful.

6. Content Approval

- If unsure about a post, check with the team's social media supervisor (a team parent, coach or captain) before posting.
- Always Tag: **@elevationvolleyball.colorado**

7. Use of Comments & Engagement

- Respond positively to comments and engage in a respectful way with followers. Ignore any negative or inappropriate comments, and report them to an adult if necessary.

8. Please send any questions to: Laura Mann, laura@elevationvball.com