



2015-16 Parent and Player Handbook

“Commitment to Excellence”

Sportime Volleyball Club
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Sportime VBC Website

The website for *Sportime Volleyball Club* (herein “*Sportime VBC*”, the “*Club*” or “*Sportime*”) is www.SportimeNY.com/VBC. Due to the nature and the number of members of our club, the website is an excellent tool to communicate among players, parents and coaches. Players and parents are encouraged to check our website daily to ascertain any important information and/or announcements.

Mission Statement

Sportime is committed to promoting the growth, development and value of volleyball as a sport in the greater Long Island area. Through a clear set of objectives and goals designed to benefit the athlete, each team, the club and the organization, *Sportime* offers a variety of quality volleyball programs specifically designed for every skill level and position.

The primary goals of *Sportime VBC* are:

- to provide a positive learning environment that not only challenges personal growth of student-athletes, but also encourages them to reach beyond their personal limitations.
- to provide participants with the technical, tactical and physical training in developing the skills necessary to compete at their highest levels, and by doing so, we create students of the game.
- to be successful - as measured in attitude, effort and improvement - by striving to attain individual and team potential.
- to afford players the opportunity to discover success by teaching them how to set goals, overcome challenges, sharpen their mental focus, achieve physical fitness, and understand their roles as a team members.
- to play with pride, poise and play to win.
- to foster leadership skills both on and off the court.
- to have fun and enjoy the sport and the challenges of the season through a quality experience.

Our commitment in achieving excellence for each student-athlete is accomplished through participation in local, regional and national competition. The goal of our teams is to reach the highest competitive level in all tournaments.

Our commitment to success focuses on the cooperation among our coaches, players and parents. The success of our club is measured by its excellence, both on and off the court, and that by working together, all involved can enjoy a successful and productive season. Our student-athletes’ pursuit of excellence on the court is made easier by a similar dedication from all members of our club. To this end, each member of *Sportime VBC* has the following expectations:

Sportime VBC Players

Have fun. Work hard, dedicate and commit to improve your personal and team skills. Strive to win with your effort, skills, tactics, teamwork and fair play. Treat teammates, coaches, opponents and officials with respect. Recognize skillful play and do not ridicule opponents. Set example for other club members with a positive work ethic and attitude. Remember that you are part of a team and a club, and that your actions reflect not only upon yourself, but also on your family, your team, your club and your community.

Sportime VBC Parents

Be involved and be positive. Encourage your child in his/her athletic and academic endeavors. Set a good example by your conduct and sportsmanship. Allow our coaches to direct the play of their respective teams. Provide constructive criticism at the proper time and place. Realize that in a short time after competition, no one will remember the score!

Sportime Coaches

Act professionally at all ***Sportime VBC*** events. Be a positive teacher, a leader and a role model. Set high standards for your own conduct and the conduct of your respective team members. Treat all players respectfully, honestly and fairly. Commit to helping all players reach their highest potential as teammates and as individuals.

Sportime VBC Staff

Conduct volleyball business with honesty and integrity. Be fiscally responsible. Treat parents and players with respect. Ensure that ***Sportime VBC*** conforms to its own mission statement, as well as USAV and GEVA policies. Remember that the volleyball club exists for the benefits of youth and not the egos of adults.

What are the benefits of playing club volleyball?

The growth of junior volleyball programs has exploded all across our nation. In 1979, USA Volleyball (USAV), the governing body for competitive volleyball in the United States, made a commitment to provide opportunities for young players to play outside of their school programs. It subsequently created a division of the USAV exclusively devoted to Youth and Junior Olympic Volleyball development. When the first AAU National Tournament was held 25 years ago, only 20 teams - approximately 220 players - participated. In 2009, there were more than 179,500 junior girls and more than 11,000 junior boys participating at the Junior Olympic Volleyball level in the United States.

Although there are many factors for this incredible growth, the remarkable increase of women's sports programs is significant. While the high school volleyball season is approximately only ten weeks, playing junior volleyball gives student-athletes the opportunity to play organized volleyball from late-November through May with the possibility of advancing to the Junior Olympics in June. The experience of playing club volleyball allows participants the opportunity to dramatically improve their volleyball skills and test their abilities against quality competition. Participation in club volleyball enhances the development of a solid work ethic, self-discipline, responsibility, independence, self-esteem, leadership, teamwork, self-confidence, sportsmanship and commitment to team. Further, it offers the student-athlete to continue the development of his/her overall physical fitness and to create lasting friendships and relationships with players and coaches from other communities. Research studies also indicate that participation in club athletics improves the connection between academic success and athletic commitment by developing organizational and time management skills.

In addition, as collegiate programs have prospered, the ability level of play has increased greatly on the junior level as well. So successful are junior program athletes that most college coaches recruit exclusively from junior program ranks. Recruitment by most college volleyball programs is done primarily during the club season. Coaches can observe many solid prospects in a single day at a junior tournament, as it is difficult to see more than one prospect a day during the high school season. While a limited number of collegiate volleyball programs consider student-athletes who have not participated in club ball, a vast majority of college programs seek potential recruits with prior club training and competition as a basic requirement.

For most club members, junior volleyball is simply another challenging experience which leads to a lot more fun on the court as playing skills increase. Playing for college teams is far from the minds of most club players. Most junior high and high school players join clubs in order to improve their skills and to increase their level of competition. *Sportime* has a training program designed to help participants achieve these goals. Club membership can help, but much of an individual's improvement and advancement is up to the individual. Athletic talent, size, speed and good work habits are all necessary for top success as an elite player. Players lacking any of these qualities have to compensate for deficiencies by working harder to improve. If an individual has the sincere desire to improve, then he/she will do well in a junior volleyball program.

Team Eligibility for the 2015-16 Season

18 and under Players born on or after 9/1/96

*Player was born on or after Sept. 1, 1996 and who is a high school student during some part of the current academic year.

18 and under Players born on or after 9/1/97

17 and under Players born on or after 9/1/98

16 and under Players born on or after 9/1/99

15 and under Players born on or after 9/1/00

14 and under Players born on or after 9/1/01

13 and under Players born on or after 9/1/02

12 and under Players born on or after 9/1/03

Tryout Fee

The tryout fee for 2015-16 is \$100 for girls travel teams, \$50 for boys travel and all Future Stars teams. This fee covers administrative costs. Players must register with GEVA prior to tryouts and must present proof of membership at first tryout date.

Financial Requirements and 2015 Club Fees

Club fees cover expenses for the following: court time, operating expenses, equipment, a complete uniform package, first aid supplies, coaches' fees, overnight player lodging and tournament entry fees. *Sportime VBC* members will also be afforded discounts to all select *Sportime* clinics, camps, private lessons and all merchandise sold at *Quickset*, the volleyball store at *Sportime* Bethpage Multi-Sport. Food and travel expenses for players to and from tournaments are not covered. Special year end tournaments, such as the USA Volleyball Junior National Championships are not covered by club dues. For teams that qualify for such events, fundraising efforts will be coordinated by team parent representatives.

When a player commits to *Sportime VBC* for the club season, the parent becomes responsible for paying the full amount of her/his child's club dues by the posted due dates. Once a player commits to the *Club, Sportime VBC* is under no obligation to release said player to another club during the season. If full club fees are not paid by

the due date, *Sportime VBC* is not obligated to release the player until said player's full financial obligation has been paid.

Girls Travel Teams: \$3,200 for the season includes:

- 4 hours of training each week for the 17-20 week season
- full equipment package: uniforms, spandex, warm-ups, socks, duffle bag
- all tournament entry fees for approximately 6-9 tournaments
- all hotel accommodations for overnight tournaments

Boys Travel Teams: \$2,650 for the season includes:

- 4 hours of training each week for the 17-20 week season
- full equipment package: uniforms, spandex, warm-ups, socks, duffle bag
- all tournament entry fees for approximately 5-6
- all hotel accommodations for overnight tournaments

Hybrid Teams: \$1,950 for the season includes:

- 2 hours of training each week for the 17-20 week season
- full equipment package: uniforms, spandex, warm-ups, socks, duffle bag
- all tournament entry fees for approximately 4-5 tournaments
- all hotel accommodations for 1 overnight tournament

Developmental Travel Teams: \$2,400 for the season includes:

- 2 hours of training each Sunday until the end of the Middle School season, January 10, 2016
- 4 hours of training each week for the remainder of the 17-20 week season
- all tournament entry fees for approximately 4-5 tournaments
- all hotel accommodations for 2 overnight tournaments

Developmental Teams: \$1,495 for the season includes:

- 2 hours of training each Sunday until the end of the Middle School season, January 10, 2016
- 2 hours of training each week for the remainder of the 17-20 week season
- Free access to weekly training clinics on Mondays and Wednesday from 5-6pm.
- Equipment package: uniform, spandex, warm-up and duffle bag
- Tournament entry fees for approximately 2-3 tournaments

Future Stars Teams: \$995 for the season includes:

- 2 hours of training each week for the 17-20 week season
- Free access to weekly training clinics on Mondays and Wednesday from 5-6pm.
- Equipment package: uniform, warm-up and duffle bag

Dues Payment Plan

To be made in 4 payments

40% (non-refundable) of club dues to be paid on Sign-Up Day.

20% due by January 4, 2016

20% due by February 8, 2016

20% due by March 7, 2016

Delinquent Accounts

Delinquency is established if the scheduled payment is not received on the due date. Players will not be permitted to participate in any *Sportime* activity if payments are not completed by the due dates.

Insurance Coverage

USAV provides team liability protection on an excess coverage basis for members participating in scheduled, supervised and approved activities. If a player sustains an injury in a training session or a tournament, any medical treatment that is needed must be covered by the individual's primary medical insurance carrier.

Tryouts

Sportime VBC is looking for special student-athletes. These athletes should be ready to move their game to another level through dedication, hard work and discipline. The ***Sportime*** directors and coaches have learned through experience and communication with many successful coaches at all levels that these three elements, equally applied, can lead an athlete to becoming a stronger competitor on the court and a successful person outside of athletics. At ***Sportime***, we will strive to achieve this balance in participants' lives and help them to reach any and all goals they set for themselves.

Each season, ***Sportime VBC*** will evaluate a large number of athletes during tryouts. Some athletes may have extensive playing experience while others do not. All athletes will be evaluated for skill execution, athletic ability, as well as other intrinsic traits. We base our selections for teams on the athlete's performance during the tryout period, as well as the perception of the athlete's potential as a volleyball player. Selection will be based on several criteria including: skills, coachability, work ethic, attitude, game ability, focus, competitiveness and potential. Each athlete in the club will be evaluated season to season and must come to tryouts ready to compete for a position on a team. Players should never assume because they were on a team one season, they will automatically be selected for a team the following season. Athletes will be selected because they demonstrate the ability and potential to contribute to the success of a team.

Selection of Teams

Sportime will field as many teams as possible based on overall attendance at tryouts, talent, the commitment of individual players and the age guidelines established by USAV. After initial tryouts and a player commits to a position with ***Sportime VBC***, two or three additional training sessions may be held before specific team rosters are finalized. This process will afford our coaching staff better opportunity to appropriately place individual players on respective teams while taking into account overall skills, potential and the depth and balance at each position. A player's position on a team roster will be determined by ability, the depth chart at each position and the needs of a team. The position(s) a team member plays may be different from the position he/she plays on his/her scholastic team. In exceptional cases and in accordance with age guidelines, a player may be moved from one team to another based on commitment level, position, the addition and/or loss of a player from another team or any other extenuating circumstances. This may occur following consultation with a respective team member, parent, the coaches and directors.

Training Sessions (practices, tournaments and other related activities)

Training sessions include all practices, tournaments, Sign-Up Day, Scorekeeping and Officiating Certification Day, and any other scheduled ***Sportime VBC*** event. All training sessions will take place at ***Sportime*** Bethpage Multi-Sport, Lynbrook or Kings Park (depending on the team). In extenuating circumstances, training sessions may be moved to other ***Sportime*** facilities in Syosset or Lynbrook. Updates in training sessions will also be communicated via the ***Sportime VBC*** website and/or by email. Training sessions will be 1-2 times per week for 2 hours each. Days and times depend on respective teams. Some teams may also train during specified weekend

days and hours. In the case of inclement weather or urgent circumstances, schedule changes will be posted on the *Sportime VBC* website. Every effort will be made by coaches to call and/or email their respective team members to notify them of training session changes and/or cancellations.

Training sessions are the time to improve conditioning and skills and to develop the strategies and tactics of the game. In order to create a strong team, hard work and discipline are essential in every practice and tournament game. *Sportime* expects each athlete to give their best effort at all times. As individuals continue to train and solidify as a team, emphasis is shifted from individual to team building skills. The fundamentals that are emphasized initially are used to develop proficient individual skills, as well as offensive and defensive tactics.

Training sessions will typically be held twice weekly, promptly from 6:00pm to 8:00pm. Attendance at all training sessions is mandatory. Every effort should be made to manage homework, studies and schedule outside activities in a way that does not conflict with practices and tournaments. A team member's absence from training sessions has an adverse affect not only on his/her individually, but to the development of the entire team as a collective unit. However, *Sportime* understands that there may be times when attendance will not be possible due to illness, injury and/or family emergency.

The dedication required to become a highly competitive athlete must be found within the athletes themselves. Athletes are asked to prioritize their extra curricular activities with first consideration to *Sportime VBC*. When a group of people share the same goals, it would be unfair that some of that group not dedicate themselves to the same activities required to reach those goals. Attending every practice, getting the proper rest before practices and tournaments, accepting coaches' decisions and following all the rules are all part of the activities that will make a team successful. *Sportime* does not ask that athletes give up their other activities, but that they give *Sportime VBC* first priority above other activities.

If there should be a conflict between volleyball and any other religious, significant academic and/or family activity, the athlete may be excused from a volleyball training session at a coach's discretion on a very limited basis provided the coach is informed at least one week in advance. If a player needs to arrive late to a practice and/or leave early, said player must notify his/her coach in advance and attain approval.

Failure to notify a coach directly - not through a teammate - will automatically be considered an unexcused absence. A player who has more than two (2) unexcused absences during the club season is subject to dismissal from the team and club. An unexcused absence from a tournament is grounds for dismissal from the club and may result in the player not being considered for a team the following season.

Coaches may have additional team rules for training sessions that their players must follow. Training sessions are designed with the team members in mind. *Sportime* coaches will always take into consideration the need for adequate rest and recovery in avoiding excessive stress to team members.

Training Attire

All players must dress appropriately to all training sessions and adhere to the following guidelines:

- wear *Sportime VBC* t-shirts; spandex shorts or gym shorts with spandex shorts underneath; socks, knee pads and volleyball sneakers.
- all training attire must be clean.
- no jewelry of any kind should be brought or worn to training sessions or tournament facilities.
- a player's equipment and forbidden objects must remain consistent with USAV and NYSPHAA regulations.
- no bandanas, extra items or glitter should be worn during training sessions.

- players are encouraged to wear Active Ankles (T-2 or Volt) or other appropriate ankle supports. These items are available to club members at discounted rates through the QUICKSET volleyball store, located in the lobby of Sportime Bethpage Multi-Sport.

Behavior at Training Sessions

Appropriate conduct of all ***Sportime VBC*** members, parents and coaches is essential for a healthy and productive environment. ***Sportime VBC*** endorses a “Zero Tolerance Policy”, the USAV Code of Conduct and the NYSPHSAA Code of Conduct. Said policies apply to all persons associated with ***Sportime VBC*** during club functions and in the community. Team members and parents must adhere to the following policy guidelines:

- violation of the above-mentioned policies will result in progressive disciplinary action, including expulsion from ***Sportime VBC***.
- vandalism, the possession, consumption and/or distribution of alcohol or tobacco products, and the possession of any illegal drugs and/or items are prohibited while attending and/or traveling to and from ***Sportime*** activities.
- any unruly or unlawful behavior by a ***Club*** member may result in her/his being expelled from ***Sportime VBC*** without refund.
- use of a recognized identification card by anyone other than the individual described on said card is prohibited.
- a player/parent is personally liable for any expenses and/or damages to persons and/or properties that result from said player/parent.
- ***Sportime VBC*** reserves the right to search any player’s bags or hotel room at the discretion of a director.
- no person of the opposite sex may be in a player’s room.
- all players must obey the established curfew (players inside their assigned team rooms) as curfew and lights out will be determined by a ***Sportime VBC*** director at each respective tournament.
- any curfew change must be approved by a ***Sportime VBC*** director.
- players must accept room assignments at overnight tournaments.
- all players must attend all team functions scheduled by their respective coaches and/or directors.
- unsportsmanlike behavior during a tournament will be dealt with immediately; sanctions will be at the discretion of the player’s coaches.
- while representing ***Sportime***, any player in violation of the above-stated rules may be sent home immediately from a tournament at her/his parent’s expense.
- a ***Sportime VBC*** director will decide any other reason and/or misbehavior for sending a player home at an out of area tournament.

Training Session and Training Facility Rules

The success of a team depends on the cooperative effort of individual team members. To this end, ***Sportime VBC*** expects all team members to adhere to the following guidelines:

- all players are expected to attend every training session.
- all players should arrive to training sessions 10 minutes early and be ready to train at the designated training time.
- display good sportsmanship at all times.
- proper demeanor is expected of all ***Club*** members; conduct yourself as a true athlete in the spirit of the game.
- keep a positive attitude and be supportive of teammates and coaches.
- always encourage and respect your teammates.

- be prepared mentally and physically for all training sessions.
- give 100% effort at all times.
- be coachable.
- act with high moral and social standards at all times.
- take responsibility and be accountable for individual behavior.
- players must dress appropriately entering and departing the training session facility.
- no personal volleyballs should be brought to the training facility.
- all players must bring an unbreakable water bottle to all training sessions.
- all water bottles will be placed in a designated area assigned by your coach.
- no food, gum, candy or drinks other than water and sport drinks are allowed in the training area.
- all players must line up gym bags at a designated area by your coach.
- all personal belongings must be in a respective players' gym bag.
- when your team coaches are speaking, no one else speaks, and all players make eye contact even if the coach is speaking to an individual team member.
- ask your coaches for assistance during any drills/training if you are having any difficulty.
- all handouts provided to players must first be read by players and then forwarded directly to your parent.
- at the completion of each training session, all team members must place all volleyballs balls in ball carts and assist in taking down the net systems as directed by coaches.
- all injuries sustained during training sessions and competition must be reported immediately to the coach.
- all injuries sustained outside sanctioned volleyball activities must be reported to her/his coach prior to practice.
- if a player's injury required professional medical attention, she/he must bring a signed release from a physician to resume participation.

Tournaments

The purpose of participation in inter-regional and travel tournaments is to provide our club members with a high competitive experience, to provide them with exposure to collegiate coaches and the recruitment process, and to assess how our teams compare to other regions. Participation in tournaments teaches student-athletes time management skills, to be productive team members while traveling in competitive environments, to handle the rigors of a competitive schedule and to develop relationships with athletes and coaches from different regions.

Special Tournaments

Some club teams may qualify or choose to play in additional events not included in the regular club season, or not covered by normal club dues. Participation in these events (such as the Junior Olympics) will be based on team performance and desire by players and parents to fundraise in order to pay for the additional costs to participate. Any "special tournaments" will be discussed with parents at specific team parent meetings to review all details associated with such events.

Tournament Rules

Pertaining to tournaments, all team members are expected to adhere to the following guidelines:

- all players are expected to attend every tournament and must come to all tournaments prepared.
- if a player cannot be at a tournament, she/he must inform the coach in advance as soon as possible as she/he knows she/he will be absent. (There will be a posting of competition dates on our website).

- it is the player's responsibility - not the parent - to communicate with the coach if she/he cannot attend a tournament.
- failure to attend a tournament without prior approval may affect a player's placement on a team and/or may be grounds for dismissal from the **Club**.
- if a player is not able to attend a tournament at the last minute due to illness, **Sportime** reserves the right to request a doctor's note and the right to move a player from one team to another.
- a unified team appearance is important at all tournaments.
- all players must wear the **Club** warm-up attire as established for each respective tournament.
- check your bags for items you will need for the entire day: jerseys, t-shirts, socks, kneepads, sneakers, money, personal sundries, etc.
- uniforms, warm-ups, kneepads, socks and sneakers must be clean.
- all players are expected to be in the gym and ready to warm up at the scheduled arrival time.
- all teams must sit together and keep their equipment orderly.
- make appropriate choices for proper rest, nutrition and hydration.
- all eyes are on your coach during meetings and timeouts.
- all players will take turns to do the scoreboard, line judging and down officiating.
- players may be required to take game statistics as requested by a coach.
- down times at tournaments are to be spent in the tournament facility.
- players should support other **Sportime VBC** teams that may be playing by watching, cheering and shagging balls during warm ups when possible.
- friends are welcome to attend tournaments but are not permitted in the team area.
- at no time is a player permitted to be off alone or with friends; a coach or a chaperone may authorize a team member to go to rest rooms, for taping, souvenir shop, vending machines and the like with another team member.
- prior to being released by a coach, the team area will be cleaned and all trash removed.
- no team member is permitted to leave the tournament facility until responsibilities are completed and your coach releases your team at an appropriate time; there are circumstances where a coach may give a player permission to leave.
- respect all competitors, parents, coaches, officials.
- do not speak negatively about any player or any club.
- for overnights, bring appropriate clothing, personal hygiene items, schoolwork; bring an air mattress if you prefer your own bed; if you need to read after lights out, bring a flashlight.
- all team members are expected to cooperate with plans and decisions set by chaperones, coaches and directors.

Playing Time

In scholastic and club athletics, the issue of playing time is often a continual source of frustration for players, parents and coaches. Playing time must be earned. The reality is that equal playing time is not a guarantee on any team or at any event. Coaches take into consideration many factors in selecting players for a roster position and may feel that a player and a team would benefit by developing a player to play a different role than he/she has previously performed. Aside from developing every team member's skills, it is our goal to compete successfully at tournaments. This may reduce playing time for some team members at certain times.

The following factors influence playing time, in no particular order of importance:

- volleyball skill and ability as evaluated by the coach.
- level of effort, attitude and individual participation displayed at training sessions and tournaments.
- individual position and role on the team.
- adherence to a coach's rules.
- adherence to club rules and policies.

Playing time concerns are not subject to the grievance process and it is not an issue to be brought to the coach's attention by a parent. If a player has questions about his/her playing time, he/she may address the issue with his/her coaches at an agreed upon time apart from practices and/or tournaments. If it is the player's belief that he/she is not being treated fairly following discussion first with his/her coaches and the issue is not satisfactorily resolved at the player-coach level, then a player may discuss the issue with his/her coaches and a director.

Coach/Player Issues

When a coach is experiencing an issue(s) with a player, the coach will take the following steps to rectify the problem:

- the coach will speak with the player regarding the particular issue(s).
- if the issue is not resolved, the coach will then speak with the player's parent.
- if the issue is still not resolved, the coach will speak with a director.
- if the issue remains unresolved, then the coach, parent, player and a director may meet to discuss the issue(s) and the appropriate action required.

Grievance Procedures

Knowing when and how to communicate with a player's coach is concern for almost every parent at some time during the club season. ***Sportime VBC*** encourages any player to speak with his/her coach when he/she is unclear about what the coach's expectations are in either practice, in competition and/or off the court issues. All such meetings shall take place at a location that provides privacy and confidentiality and that is agreeable to all parties. At no time shall this meeting take place during a training session or during a tournament.

The procedure for addressing grievances has been designed to assist players and their parents with questions, concerns or problems that may occur during the course of the season. These procedures ensure open communication between all affected parties.

1. The player must first ask for a meeting between the coaches and herself/himself to discuss an issue(s). In the case of developmental team members, the parent may request a meeting.
2. If an issue(s) remains unresolved following the initial meeting between a player and a coach, the parent of a player may request a meeting with the coaches, the player and the parent to discuss the issues(s).
3. If the issue(s) remains unresolved, the player's parent and the player may request a meeting between a director, the coaches and themselves to discuss the unresolved issue(s). The decision of the directors is final and not subject to review.

It is inappropriate for any player and/or parent to approach other ***Sportime*** members or their parents about a problem the player and/or parent has with a particular ***Sportime*** coach, objections to coaching decisions and/or a disagreement with an administrative decision. Asking uninvolved persons to take sides on an issue is unfair to the third party and to the ***Club***. Competitive team athletics, by its very nature, creates situations where not everyone may be content all the time. For the psychological health of the team and the ***Club*** as a whole, grievances need to be handled by only the parties involved and the decision makers in the situation.

Coaches are not required to discuss "coaching decisions". Coaches are not required to defend his/her thought processes, strategies, and/or any conclusions in any determination, and it is improper for a parent to make such a request. Coaches are not required to discuss any player other than the parent's own or the actions of any other

Sportime coach. If a parent has a legitimate concern about his/her child or his/her coach, a player other than his/her own, another coach and/or another parent, said parent may request a private meeting with his/her coaches and a director to discuss the matter. Meetings of this nature are to be at times and locations other than during a practice or a tournament. If a parent approaches a coach during a tournament, coaches are instructed not to discuss any controversial matter. The recommended time for a parent and/or player to speak with a coach about a problem is at a privately arranged meeting either before or after a training session. Repetitive complaints by a player and/or parent to a third party may be cause to terminate club membership. As necessary, *Sportime* directors will be involved in making appropriate decisions about any issues and/or incidents that may arise during the club season.

Sportime will not tolerate an antagonistic, intimidating, aggressive and/or hostile confrontation between a player, parent, coach and/or official, whether or not that individual is a member of *Sportime VBC* or another program. Violation of this policy may result in the dismissal of the player from *Sportime VBC*.

Parent Responsibilities

Sportime VBC would like to thank all parents for supporting their child's interest and desire to play club volleyball and broaden his/her skills with *Sportime VBC*. Parents have huge responsibilities and are extremely important for the success of our club. *Sportime VBC* respectfully requests that all parents abide by the following responsibilities and recommendations:

- a player's parent is responsible for payment of all costs, fees and expenses associated with the player's participation and membership in the club.
- a player's parent understands that payment in full is required and that the registration fees are non-refundable.
- all parents should check the *Sportime VBC* website regularly for any updates, news and/or information.
- parents are expected to support *Sportime VBC* with a positive attitude and appropriate behavior and set an example of good sportsmanship.
- parents and players should be aware of dates and starting times of all training sessions.
- transportation to training sessions and tournaments is the responsibility of the player and her/his parent.
- players should arrive on time for all training sessions, tournaments and club activities as informed by *Sportime VBC* staff.
- if a parent is unable to drive a player to a tournament, they must arrange transportation with another team member.
- if a parent has any difficulty arranging transportation for his/her child, the parent should contact a Team Parent Representative and he/she will assist in transportation arrangements.
- it is recommended that all transportation arrangements be made a week in advance of the tournament and not at the last minute.
- if a team member travels with another family, it is recommended that travel expenses be shared appropriately.
- parents should refrain from criticizing opponents, other parents, coaches, officials and/or teammates at all *Sportime VBC* functions.
- parents should not coach players, as this often becomes a problem and adds stress to a player and/or team members, and it may also undermine the coaches.
- parents should not compare their child's talents to anyone else's on her/his team; as a parent, it will be more exciting and a better experience seeing and watching your child develop.
- parents should be patient; it will take time to break habits and gain confidence in teammates to become a better player; only the athlete can improve, and it is up to her/him to put forth the effort to make this happen. playing time is not the answer - practice is.
- prior to allowing your child to join *Sportime VBC*, please discuss your expectations and consequences if she/he does not meet those expectations.

- it is recommended that refraining from *Sportime VBC* activities not be used as punishment for poor grades or poor behavior; as a member of *Sportime VBC*, your child brings talent and skill that becomes an integral part of the dynamic and success of a team; missing a practice and/or a tournament will diminish a team's functioning. in some cases, your child's absence may cause a team to withdraw from a tournament.
- parents should gain a good understanding of the rules governing volleyball so you are an informed spectator.
- support our "Zero Tolerance Policy" and Code of Conduct as it is important to understand that any unruly or unlawful behavior on the part of your child may result in her/his being expelled from the **Club**; in addition, parents will be personally liable for any expenses and/or damages to persons or property resultant from your child's behavior.
- during tournaments, players' schedules are determined by the coaches; therefore, plans should not be made for your child to visit colleges, family members or sightseeing during a tournament; plans can be made the day before or after a tournament; in any extenuating circumstances, plans to leave a tournament sight must be approved by a director.
- parents should attend any mandatory meeting throughout the club season.
- parents are welcome and encouraged to join teams at meals; however, parents may not remove their child from the team function.
- parents are strongly encouraged to offer assistance to your team chaperones.

Parent Representatives

Parent Representatives (herein "Parent Reps") are "administrative assistants" of *Sportime VBC* and have an extremely important role for the success of our teams. Parent Reps serve as liaisons between the coaches and parents. Each team will have two Parent Reps. The duties of Parent Reps include:

- maintaining communication with team coaches.
- maintaining team lists that include names, birth dates, parents' names, parents' email addresses, home addresses, cell, home and emergency phone numbers for each team member.
- collect names of parents interested in chaperoning for overnight tournaments.
- assign two chaperones - preferably on a rotating basis - for overnight tournaments.
- assist chaperones at overnight tournaments.
- assisting in coordinating transportation in the event that a team member's parent is unable to provide transportation to a tournament.
- assisting in coordinating transportation for team coaches in the event that a he or she is unable to provide transportation to a tournament.

Chaperone Responsibilities

Team chaperones at overnight tournaments have extremely important responsibilities for the welfare of team members under their care. Chaperones are assistants to their team coaches and they help making decisions regarding team activities off the court. Chaperones must make and pay for their own hotel accommodations, but will receive a \$100 Sportime gift card that may be used for all Sportime programs other than club dues.

Team chaperones have the following responsibilities:

- chaperones are in charge of the team members when they are off the court.
- remain accessible to team members throughout the tournament stay.
- support all *Sportime VBC* policies.
- maintain a calm, positive attitude and sense of humor, be compassionate and exude confidence.
- insure the safety of team members and insure they arrive at the appropriate locations on time.

- carry an updated list of team members' cell phones, parents' cell and home phones and emergency contact numbers.
- check-in all players as they arrive at the hotel.
- insure that players are in their assigned rooms and keep a copy of the rooming list for reference.
- keep one key to each room; players sharing a room should have one key.
- inform team members to write down your room number and cell number.
- remind team members of rules, agendas, curfew, wake-up time and breakfast time; include the time that team members must meet their coaches in the lobby for departure to the tournament venue.
- make sure each room contacts the front desk for a wake-up call.
- enforce room curfew and lights out policies.
- regularly communicate with your team's coach for playing and meal schedules.
- coordinate transportation of players to the hotels and playing site.
- upon arrival at the hotel, communicate with the hotel desk manager to locate local food stores, restaurants, hospital, pharmacies; hotel defibrillators, and emergency exits.
- arrange for team meals and invite coaches and parents; ask for their assistance.
- collect money from each player prior to the tournament and purchase breakfast food.
- team breakfast may take place at the hotel restaurant, lobby (if appropriate) or in the chaperone's room.
- insure that team dinners are a team trip.
- as an assigned driver transporting players to and from an event, chaperones must have automobile liability insurance, obey all traffic laws and not take risks that will place players in a harmful situation.
- if a player becomes a problem, chaperones should discuss the issue with the team coach to determine appropriate action; all problems should be communicated to a *Sportime VBC* director.
- report any injury and/or illness to the team's coach.
- refrain from alcoholic beverages throughout the trip.

Overnight Travel

A great deal of planning, coordination, time, effort and money is required to successfully arrange travel tournaments. It is important for all players and parents to clearly understand the commitment and the obligations required in participating at tournaments. All team members must abide by all *Sportime VBC* rules and policies for overnight stays.

Sportime VBC directors will make reservations for hotel rooms for players and coaches for all tournaments that require overnight stay. Players will be given room assignments - approximately 4 players per room. The **Club** will provide a rooming list for each team. Players can not make any room changes without the permission of a chaperone and coach.

Hotel information (including hotel address, telephone numbers, cost per room and a list of hotel amenities) will be placed on our website for parents who wish to stay at the same hotel.

Parents are responsible for providing transportation for their players to and from tournament sites. Car pools are recommended. When a team travels together, players must be on time for departure and arrival.

Players may not leave the hotel without a parent, coach and/or chaperone and must notify the coach. Players must use a “buddy system” at all times. When traveling as a team, room locations and phone numbers are to be given ONLY to members of the travel group.

If any player or a parent has a complaint or concern, she/he should first discuss the issue with the chaperones. If the issue remains unresolved, the chaperone must then discuss the issue privately with the team’s coach at an appropriate time after play. If the issue remains unresolved, the coach must contact the *Sportime* Director at the tournament.

Officiating Training

All *Club* members must attend an officiating clinic to learn the rules of volleyball and how to officiate and score keep. All junior tournaments are partially self-officiated and all *Club* members are required to assist in line judging, scorekeeping, score flipping and down officiating. Players must not leave a tournament site unless excused by the coach, and parents should not request that a coach make exceptions. Except for extenuating circumstances, all players should remain at a tournament site until the completion of the team’s officiating and scorekeeping duties. The team concept, “Win as a team, lose as a team, officiate and score-keep as a team” should be understood by all *Club* members.

Open Door Policy

We understand that the club volleyball experience requires a tremendous amount of commitment on the part of players and parents. Players and parents often have many questions throughout the club season regarding training, private lessons, college recruiting, travel, etc. Our Executive Board of Directors is always available for our club players and parents to discuss such issues. Sportime VBC strives to create the very best environment possible for players and parents. We are happy that you are now part of the Sportime family!