



Coastal Volleyball Club Player/Parent Handbook

2022-2023 Club Season

Welcome to Coastal Volleyball Club, a member of AAU, USAV and CHRVA Volleyball. This handbook is for our players and parents to have access to information about the Club and to help answer questions that may arise throughout the season.

If at any time you need more information or have questions, please contact a club director by email at coastalvolleyballclubde@gmail.com

Mission Statement

The mission of Coastal Volleyball Club is to provide a high value, fundamentally sound, and competitive volleyball experience for athletes in the Mid-Atlantic coastal region. We strive to coach these athletes in a holistic manner to promote physical and emotional well-being while fostering responsibility, teamwork, and dedication. We are a non-profit alternative for volleyball players to play in an environment that puts the player above monetary advancement of the volleyball organization.

Coastal Volleyball Club Leadership

Coastal Volleyball Club is a non- profit corporation with the state of Delaware supported by a Board of Directors.

Coastal Volleyball Club follows the USAV, AAU, and CHRVA CODE OF CONDUCT for ALL participants.

Coaching Staff

One of our goals at Coastal Volleyball Club is to provide experienced, quality coaches for our programs. All coaches will be Safe Sports certified, have concussion training, registered with the AAU & CHRVA as a coach and will have a complete background check. We will strive to match coaches with teams based on experience, knowledge, abilities, and personality.

Registration

Players and parents must complete and provide the following before being allowed to participate in any Coastal Volleyball Club event (excluding tryouts):

- Signed Coastal Volleyball Club Contract after reading through the handbook
- AAU Registration Form
- USAV Volleyball Medical History and Release Form
- AAU Concussion Awareness Form
- Birth Certificate
- Completed CHRVA membership

Registration and Eligibility

The USAV defines age groups for training and competition. The age division breakdowns can be found here: <https://www.chrvajuniors.org/chrva/docs/2022%20Age%20Definition.pdf> . Players are eligible to play the age division based on the chart listed above or their school grade equivalent (ie 12th grade or 18 years old, 11th grade or 17 yo, etc).

Financial Commitment

Fees go toward paying Club registration and insurance, gym and facility rental, jerseys and equipment costs, tournament registration fees, and coaches' tournament travel costs.

For the Coastal Volleyball Club to execute their annual plan, we must adhere to our budget. If a family decides to voluntarily withdraw from the club for personal reasons or is removed for a violation of AAU, CHRVA or Coastal Volleyball Club rules, they will be responsible for the balance of their dues. Should a player withdraw before the season is over, that player will not be entitled to any refunds of money already paid.

Failure to complete the payment schedule as agreed upon by the player contract can render the athlete ineligible to compete with Coastal Volleyball Club until the balance is paid in full.

Under no circumstances should coaches collect money for payment of dues. Coastal Volleyball Club administrators will be available at various practices to collect payments. If you need to arrange a payment, please reach out via email or phone to Coastal Volleyball Club and arrangements can be made for payment.

Circumstances that prevent a player from participating (injury, schedule, conflict, suspension, etc.) do not dismiss the financial obligation to the club.

In the case of an 18-year-old signing their contracts with Coastal Volleyball Club, we will require their parents to act as a co-signer on all registration paperwork requiring a financial commitment.

Fees

Full payment (\$400 for 10U, \$500 for 12U and 13U and \$800 for 14U, 15U, 16U, 17U, & 18U) is expected at signing night.

For those who need to make payment arrangements, a \$150 deposit for 10U-13U and \$225 deposit for 14U-18U will be due at signing date; the remaining amount will be split into two (2) additional monthly payments to be paid by the end of December and the end of January .

Fees go toward paying AAU/USAV/CHRNA Club registration and insurance, gym and facility rental, jerseys and equipment costs, tournament registration fees, coaching stipends and coaches' tournament travel costs.

Coastal Volleyball Club will accept cash, check (made payable to Coastal Volleyball Club), or credit. Payment reminders may be sent out via email. Invoices will not be mailed. A 3.2% fee will be added onto any electronic payment, including but not limited to credit/debit cards, PayPal, and Venmo.

Monthly payments are due by the 30th of each month.

Any checks returned due to insufficient funds will be charged a \$35.00 fee. This fee must be paid prior to the player participating in any additional practices or tournaments.

If a need arises, and special payment arrangements become necessary, Coastal Volleyball Club will do everything possible to assist in such arrangements. If a special payment arrangement is needed please send a request, in writing, to the Club Administrators explaining the specific installment amounts and dates of payment. The Club Administrator will present the request to the Board of Directors and send a written response with an addendum contract to be signed by the applicant if such payment structure request is approved.

Uniform and Equipment

Coastal Volleyball Club will provide two tournament jerseys (13U and younger will have one tournament jersey), two pairs of shorts, one practice shirt, one warm-up pullover and a bag (this may be swapped out for other gear for returning players if necessary). The cost of these items is included in your club dues. Coastal Volleyball Club will have a Gear Volleyball Store where the player/parents will be able to purchase additional items for a cost outside of the club dues.

Proper care of the uniforms is each player's responsibility. Parents are asked to review and follow the care instructions on labels to ensure that all the gear is in the best condition possible for the season.

Time Commitment

The 2022-2023 season runs from November 2022 to Spring of 2023 (season length may vary depending on the tournament schedule of each team. Tournament schedules are made and provided by the coaches). Practices will begin in November and tournaments will begin in January. Players are expected to be committed to attending practices and tournaments scheduled by Coastal Volleyball Club. Schedules will be handed out to each participant and also available online at <http://coastalvolleyballclubde.org/>

Each team will have different tournament/practice schedules.

Practices

You are required to be on time to practice. Coastal Volleyball Club requires you to call your coach if you will be late or will miss practice. If you do not call your coach to explain the reason you are late or absent prior to the incident, you will be considered unexcused. A player's absence has a negative effect not just on the athlete individually, but on the entire team.

Unexcused absences may result in loss of playing time in an upcoming tournament. Please arrive at practice 15 minutes early to ensure that you have adequate time to prepare and be ready to step onto the court at the scheduled practice time.

The coach has the right, at any time, to discuss with the player/parent/director any problems that continually occur with attendance times and missed practices. Coaches may enforce other team rules for practice and tournaments that players are expected to follow. The rules will be made apparent at the beginning of the season.

Lack of practice attendance may affect playing time at tournaments and missed training time may affect the well-being of the team and the individual's own skills advancement.

In the case of inclement weather, coaches will contact parents at their preferred contact number to notify them of practice changes and/or cancellations.

Tournaments

Time played at tournaments is earned and not always given out equally. Practice is where the athletes learn and grow in skill development. Participation at practice helps determine tournament play time.

Tournaments are on Saturdays and/or Sundays and last the entire day. All players are expected to be in the gym, ready to warm up, at the arrival time determined by the coach. Coastal Volleyball Club standard is one hour prior to the first game regardless of if you play or referee/work team. Please plan travel time accordingly. Specific information on each tournament is not typically available until the week of the tournament.

For liability and insurance reasons, Coastal Volleyball Club coaches, directors and administrators cannot be responsible for any transportation to or from any tournaments or practices.

Officiating and scorekeeping are integral parts of participating in volleyball tournaments. All players and coaches must attend one officiating clinic per season. Coastal Volleyball Club will provide this clinic. Parents are encouraged to attend also. Officiating at tournaments is a shared responsibility for the entire team. If your team is officiating, other players may not leave the tournament site unless excused by the coach.

Travel

Travel expenses are the responsibility of each family. If traveling out of the area, all team members will be strongly encouraged to stay at the same hotel. A block of hotel rooms will be reserved by Coastal

Volleyball Club or the team parent in order to secure a group rate, when available. It is the responsibility of each family to call and book one of the rooms reserved in Coastal Volleyball Club's name.

Any player found in possession of or to have used alcohol, tobacco (in any form including e-cigarettes and vaping) or other controlled substances while representing Coastal Volleyball Club will be sent home immediately at the expense of the parent or guardian. Violation of any of these travel policies may result in expulsion from the club.

Club Directors may, at their discretion, send a player home at the expense of the parent or guardian for violation of any AAU/CHRVA/USAV/Coastal Volleyball Club policy or rule.

Player Expectations

Players are expected to adhere to all City, County, State and Federal Laws as well as all USAV/CHRVA/AAU rules and regulations. Violations of these laws or rules/regulations may result in expulsion from the club.

Additionally, players are expected to:

- ✓ Be a team player; the team comes first, always and no matter what.
- ✓ Always have a positive attitude; encourage and support your teammates to the best of your ability, whether you are on the court or on the sidelines.
- ✓ Demonstrate strong club/team spirit and pride.
- ✓ Be a leader on and off the court.
- ✓ Stay focused, mindful, and display a strong work ethic at every practice and tournament.
- ✓ Always show respect to all teammates, parents, coaches and officials.
- ✓ Do not provide, use, or condone the use of tobacco products, alcoholic beverages, or recreational drugs. Do not remain in a location where this kind of activity is taking place. The use of any illegal substance will not be tolerated.
- ✓ Clean up after yourself (gyms, cars, hotels, restaurants, schools, etc.).
- ✓ Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team success.

Coastal Volleyball Club Directors reserve the right to place a player on probation or suspension for violation of any rules or regulations. Probation results in the ability of the player to practice with the team, but not participate in tournaments. A suspension may result in the player not participating in practice or tournaments for an agreed upon amount of time.

Multiple Sport Athletes

Coastal Volleyball Club expects our players to make a commitment to their team for the season. We are aware that our athletes may also play other competitive sports during the club volleyball season. We believe that being a well-rounded athlete is vital to your development. However, any athlete that chooses

to play in a school or other club sport during our club season must sit down with their parents and coaches to determine the following factors:

- ✓ Identify which sport has priority when there is a conflict.
- ✓ Consider the time commitment required to be successful in each activity.
- ✓ Compare schedules and determine the number of practices and tournaments they will miss, need to leave early, or will be late.
- ✓ Consider the physical and mental strain they might endure.
- ✓ Assess how their other extracurricular activities will affect their contribution to the team as a whole and how it may affect their playing time.

All athletes must disclose intended extracurricular activities to the coaches during the selection process and prove that their club volleyball team will be a high priority. The coach will then have discretion as to whether to accept a multi-sport athlete onto their roster.

Parent Code of Conduct for Tournaments and Practices

Parent participation is essential for the success of the teams and individual athletes. Active and responsible parents also contribute to the positive image of Coastal Volleyball Club within the community.

Coastal Volleyball Club is responsible for the actions of their players, coaches, parents, and spectators. Please adhere to the following guidelines for tournament etiquette:

- ✓ *Respect*: Please be respectful to all players, coaches, officials, linesman, scorekeepers, other teams, parents, etc. In the case of repeated negative behavior, Coastal Volleyball Club reserves the right to restrict the attendance of spectators at tournaments. If parents do not cooperate, the club may have no other choice but to dismiss the player from the team.
- ✓ *Cheer*: Cheer for your team and its players! Do not be negative about the players, the coach, or the other team at any time.
- ✓ *Don't Coach from the sidelines*: There is a big difference between cheering for the team and attempting to coach from the bleachers. Leave the coaching to the coach.
- ✓ *Don't approach the officials*: Please do not ever approach, or yell at any of the officials, lines persons, or scorekeepers at a tournament. If a discrepancy occurs, let the coach deal with the problem.
- ✓ *Communicate with the coach at appropriate times*: You should always feel free to talk to the coach. But, please remember that there is an appropriate time and place to discuss an issue with the coach. Tournaments are **NOT** the time to do this.

Grievance Procedures

Competitive team athletics, by its very nature, creates an environment where athletes, parents and/or coaches may not be in agreement with all decisions made. Knowing when and how to communicate with

the coach or a Club Director is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time. Coastal Volleyball Club promotes the 24-Hour Rule. Parents/guardians and/or players are not allowed to confront a coach, team, player, or board member to discuss any “negative” game or practice situation(s) with coaches or any member of the Board of Directors until 24 hours has passed from the completion of the game or practice. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to ‘cool off’, compose themselves and put the incident or situation that occurred in the game in perspective before meeting to discuss it.

Athletes are encouraged to communicate with their coaches. Athletes are expected to discuss any issues concerning playing time or any other volleyball related subject with their coaches first before escalation is needed.

Parents are encouraged to communicate with the Club Director only after exhausting all the resources to resolve the problem.

Coaches are not required to defend his/her thought process or conclusions at any time during the season.

Coaches are instructed not to engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed to: politely decline to discuss any controversial matter or to refer the parent to a Club Director.

Parents and athletes are to adhere to the following grievance process:

1. The athlete meets with the coach to discuss the matter. If the matter is not resolved or the athlete has a reasonable concern about speaking to the coach, please proceed to step two.
2. The parent meets with the coach to discuss the matter. If the matter is not resolved or the parent has reasonable concern about speaking to the coach, please proceed to step three.
3. The parent meets with a Club Director. In certain situations, the Club Director may ask either the coach or athlete (or both) to attend the meeting.
4. All decisions and recommendations by Coastal Volleyball Club and the Club Directors are final and not subject to appeal. The recommended time for a parent and/or athlete to meet with a coach (after the first three steps have been completed) is immediately after a scheduled practice

It is inappropriate for an athlete or a parent to approach other Coastal Volleyball Club members about a problem the athlete or a parent is having with a coach, about objections to coaching, or administrative decisions. For the health of the teams and the Club as a whole, grievances must be handled via the grievance process outlined above.

Coastal Volleyball Club strongly promotes fairness and believes in open communication. All issues and concerns are immediately addressed with the athlete's well-being in mind.

Coastal Volleyball Club is dedicated to keeping an open line of communication between all involved. We want the players/parents to feel comfortable with our staff. We are here to make this season enjoyable as well as a great learning and growing experience for your athlete.

Insurance Coverage

It is the responsibility of parents to ensure that their athlete is covered by medical insurance. Volleyball is like any other sport - the risk of accidental injuries is inherent in the nature of these activities. These risks include, but are not limited to, the potential for injury, accidents or illness while traveling to and from competition sites, while participating in the various program activities, and while playing volleyball.

We attempt to minimize the existing risks through the use of proper sports equipment, proper facilities, and sound safety practices.

MAAPP Summary

The goal of Minor Athlete Abuse Prevention Policies is to limit one-on-one interactions with minor athletes--interactions with minors should be observable and interruptible. Any violation of MAAPP is reportable.

The policy covers six areas:

- Limiting one-on-one interactions, including meetings and individual training sessions
- Massages and rubdowns/athlete training modalities
- Locker rooms and changing areas
- Social media and electronic communication
- Local travel
- Team travel

Questions regarding MAAPP should be directed to safesport.general@usav.org.

Coastal Volleyball Club reserves the right to amend this player/parent handbook. In the event that the handbook is altered, athletes and parents will be notified.