

# **CLUB ONE VOLLEYBALL**

## **Program Handbook**

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# Welcome to Club ONE Volleyball!

Club ONE aspires to not only develop seasoned athletes through competitive successes in a positive playing atmosphere but also to develop well-rounded individuals. At Club ONE, our mission is to see each of its athletes achieve their personal best with our focus on technical training, team dynamics, and good sportsmanship.

ONE offers athletes a high caliber experience to prepare them for a college volleyball career. This is achieved by offering a wide variety of recruiting opportunities and tools, as well as high-quality physical, mental, and nutritional training. Our goal is to teach hard work, dedication and commitment and to develop an appreciation and true love for the game.

## Membership Agreement

### General Expectation of the Athlete:

- Treat all club members, teammates, parents, coaches, referees, and others in the volleyball community with respect.
- Practices
  - If a player misses a practice for any reason they must complete the “missed practice workout” before their next practice/tournament. (Exceptions will be made if there is an extended injury or illness)
  - If a player is late to practice for any reason they must complete a “late to practice workout” before their next practice/tournament.
  - Any player that misses 4 practices must have a parent meeting with the Director and the coach.
  - Practice and play with intensity, focus, persistence, and determination in a self-disciplined season-long effort to become a better individual and team player.
  - Practice clothes must be modest and appropriate. T-shirts and shorts are best.
- Give a concentrated effort to meet individual and team goals for the season.
- Help, encourage, and support your teammates in a positive way during good times and bad.
- Be coachable and accept feedback from the coaches.
- Communicate with your coaches ahead of time about absences, expected tardiness, concerns, or anything that will affect your teams practice plans.
- Conduct yourself in a manner that reflects positively on yourself, your teammates, your coaches, your parents, and Club ONE Volleyball.
- Players will be expected to wear approved warm-ups and warm-up shirts at tournaments, and if they do not follow this expectation, they will have to do a designated workout before the next practice or tournament.
- No smoking, drinking of alcohol, or drug use.
- No jewelry or hard hairpieces should be worn during games or practices.
- Be early to help set up. At the end of practice, everyone should leave the premises immediately once the site has been cleaned.
- Concentrate on your performance – not others’.
- Report all injuries to the coach right away and do all rehabilitation exercises faithfully. Keep all appointments for therapy.
- No foul-language---neither verbalized, mimed, nor whispered.
- No intolerant or prejudicial behavior or action.

### Discipline Procedures

A disciplinary process will consist of the following, unless the Board of Advisors and club director decide otherwise.

- Warning,
- Suspension,
- Expulsion

Any Club member in violation of Club policies will be handled with the Coach and the Club Director. An expulsion will require the approval of the Board of Advisors.

### Player/Parent Membership Expectations:

- If a player commits to signing on with a team and fails to attend a tournament for any reason, other than a season-ending injury, that player will be financially responsible for her entire portion of tournament and/or travel costs.
- Members of Club ONE shall secure and maintain personal insurance and participate at their own risk in practices, facility use, and transportation to and from practice and tournaments.
- Club ONE shall not be held liable for any personal items being lost, damaged, or stolen during any Club ONE activities. The individual assumes full responsibility for her own items.
- If a player fails to comply with any policy set forth in the player/parent Program Handbook, the Club ONE Board of Advisors and Club Director have the right, at any time during the season, to terminate a player's participation.
- **Accounts must be kept current.** A current credit card will be placed on file through Sports Engine for all players not paying tuition in full. If your account is delinquent, a player's participation may be restricted.
  - Should it be necessary that the undersign withdraw the player from her team, such withdrawal can only be made by written notice to the Club Director, which shall be effective as of the date received by the Club. If the withdrawal occurs after November 10<sup>th</sup> but before the first practice, the undersigned shall pay the Club 40% of the total tuition for the club year. If the withdrawal occurs on or after practices begin, the undersigned shall pay full tuition for the number of days for which the player has been enrolled plus 40% of the unused tuition. If a player withdraws after February 1, the undersigned shall pay the tuition in full. If a season ending injury occurs, the undersigned shall pay full tuition for the number of months in which the player has participated.
  - In the event of failure of undersigned to pay all tuition fees and charges promptly on or before specified due dates, the following provisions shall apply:
  - All past due amounts shall bear interest at the rate of 1% per month until paid. Interest shall be deemed additional tuition, which undersigned is obligated to pay. Club ONE's acceptance of any past due or partial payment shall not relieve undersigned of the obligations to pay such the remaining amount with interest nor waive the rights of the Club ONE to collect such remaining amounts with interest.
  - Player may be suspended from practice and tournaments until all past due payments have been made with interest.
- If a player has any concern regarding coaching, playing time or other team issues, schedule a meeting with your coach at a time outside of practice or during tournaments. If the matter cannot be resolved, please make arrangements to discuss the matter with the Club Director.
- Parents arrange their own transportation to and from all tournaments.
- Equal playing time is no guarantee.
- Playing time is assigned to the player best prepared to help her teammates.

### Tournament / Travel Expectations:

- Concentrate on your performance – not others'.
- Support your teammates with POSITIVE encouragement.
- Club ONE will make all decisions regarding locations of out-of-state tournaments.
- Club ONE will not make arrangements for any travel for parents or other family members.
- Club ONE is not responsible for parents' reservations.
- All players must travel with the team unless arrangements have been pre-approved by the Club Director/Coach before commitments have been established (ex. Scheduled athletic events).
- Multiple/group and advanced ticket sales have many restrictions and cannot be changed without financial increases.
- All players must be in "Good Standing" and current on all fees.
- Athletes must obey all rules set forth by coaches and chaperones. This includes: curfews, bed times, meals, room assignments, and team meetings. Violating travel policies may result in dismissal from the tournament at the player's expense.
- Athletes in possession of alcohol, tobacco, or illegal drugs will be sent home immediately at parental expense.  
**Violation may result in dismissal from Club ONE**
- Behavioral problems such as loudness, running in the hallways, hanging out in parking lots or causing damages to the hotel will not be tolerated and may lead to discipline or dismissal.

## Tournament / Travel Expectations (cont):

- 🍷 Coaches and team reps need to know where players are at all times. **No players should ever leave the tournament site or hotel without permission.**
- 🍷 Hotel Damages: players/parents will be financially responsible and may be dismissed from Club ONE.
- 🍷 **Coach's Expenses Club Policy:**
  - The team pays only a coach's travel expenses for hotel nights split between the players of the team. Club ONE will cover all other expenses for the coach. The team treasurer and the coach are to be in contact about expenses and reimbursement of expenses in a timely manner.
  - All hotel expenses are non-refundable.
  - Plan to pay hotel expenses in full prior to each tournament.

## Expectation of our Coaches:

- 🍷 Be prepared, attend, organize and conduct all practices.
- 🍷 Challenge players.
- 🍷 Create positive feedback to team and individual efforts.
- 🍷 No foul-language, alcohol, tobacco or bad sportsmanship.
- 🍷 Must be available during all tournaments.
- 🍷 The Coach has the right to initiate disciplinary measure if rules are broken or if a player's conduct is not acceptable. If traveling, the coach, after consulting the Club Director, has the right to send a player home at the player's expense or bench players for a game or match at a tournament.
- 🍷 Attend ALL coaching meetings with Club ONE.