

# The Selected Volleyball Club

## Player Expectations & Parent Code of Conduct

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Director/Coach: Michiko Carter

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## GENERAL EXPECTATIONS

### Athlete Expectations

- 100% dedication.
- To follow all club rules and to be respectful at all times, you are a reflection of our club and your parents.
- To be open to trying new things and willing to take risks.
- Good sportsmanship at all times on and off the court
- Good time management
- Athletes are expected to attend every practice. It is the athlete's sole responsibility to notify their coach of an illness, upcoming absence, or if he/she will be late to practice.
- Athletes should be dressed in appropriate practice attire – volleyball shoes, knee pads, shorts, practice T-shirts and hair should be pulled back. Athletes are required to wear their TSVBC practice t-shirts.
- Athletes should maintain respect and self-discipline towards themselves, their teammates, their coaches and their parents at all times.
- This is a no drug zone. If at any time an athlete is under the influence there will be severe consequences or even dismissal from the club team. If this occurs there is no refund and you are still required to finish paying the tuition fees.

### Parent/Guardian Expectations

- Respect for all coaches and our role in teaching your children.
- Positive encouragement and support to your daughters and to the club.
- Help your child meet her responsibilities to the team and the coach.
- Parents are asked to refrain from negative comments around your athlete and other players. Young players are vulnerable and if they hear complaints about the coach, the coach's style, or club policies, this can have an adverse effect on their performance and attitude. If you have a legitimate concern, you should contact the club director. Repetitive complaining to the player(s) or third parties (other parents/supporters) interferes with the club's efforts to pursue its purpose of providing a positive and healthy competitive environment for the players and may jeopardize club participation by the athlete
- Communicating with coaches:

- a. Parents can call/text/email the team coach with questions regarding practice schedules, tournament information, or any other issues related to being gone. All other volleyball related issues (playing time, etc.) are to be communicated directly between player & coach.

## **Coach/Director Expectations**

- We will do everything in our power to keep your athlete safe every moment they are with us. We will be consistent in our teaching, coaching, and disciplining.
- Club Director Responsibilities
  1. All paperwork
  2. Coach management
  3. Large group practice planning
  4. Communication among all members of the club (parents, players, and coaches)
- Head Coach Responsibilities
  1. Practice planning
  2. Make game lineups
  3. Delegating duties or specific roles regarding reffing
  4. Proper team management at tournaments
- Assistant Coach Responsibilities
  1. Help execute the practice plans | Give players more advise on the sideline
  2. Get players warmed up for tournaments, games, practice, ect.
  3. Delegating duties or specific roles when head coach is busy
  4. Help with setting up ball cart, camera and anything the head coach may need

**TOURNAMENT POLICIES:** While players are always primarily the responsibility of their parents, we have the following rules in place that the club and coaches will adhere to:

- Players are not allowed to be anywhere by themselves at any moment when they are at the hotel. A minimum of one other person must be with them at all times.
- Players are to spend time with each other and not isolate themselves from their team.
- Players should never tell other people what room they are in or allow other people to enter the room at any time without parental permission.
- Players are not allowed to leave the hotel premises at any time unless they are with a parent/legal guardian for that weekend.

- All players must notify their coach and parents of any emergency immediately upon receiving information of such incidents.
- Players will maintain professional behavior towards each other and the hotel premises. This includes but is not limited to noise levels, cleanliness, destruction of property, tv programs/movies/shows, conversations and use of phones/computers/tablets and any form of media and apps.
- Players should be in bed at a reasonable time to allow proper rest for the next day's competition.
- When your team is assigned to ref, players must know their assigned roles for both the first, second and possible third set before the match starts. All players on the team must remain court side while your team is the work team. Be attentive and focused on your responsibility as we expect the same from others when we are competing.
- At NO point are you allowed to leave the tournament facility during competition. Teams should also remain together through the tournament day. You should never be alone except for bathroom breaks.
- Players are required to bring two jerseys to every tournament day regardless of the color teams choose beforehand. (13-18s teams)
- Players are required to wear MN Attack apparel at all tournaments. The team may select a specific warm up (hoodie, t-shirt, etc.), but any Attack apparel is acceptable.

**Multisport Athletes:** We expect TSVBC practices and tournaments to take priority over other sports during the volleyball club season. Athletes who have conflicts should discuss this with their coaches as soon as possible, but a decision to miss practice or a tournament for another sport may have an impact on future playing time. Before trying out, players and their parents should discuss whether the athlete could make the necessary time commitment to the club and their team.

**Practice Schedule:** TSVBC teams expect to practice 2 to 3 days a week. Practice may consist of group skills coordination with other teams, team-specific practices or a joint-practice and scrimmage with another TSVBC team or cooperative club team. We will do our best to maintain a consistent practice schedule at the same location throughout the season. However, TSVBC staff may occasionally have to adjust the practice schedule due to scheduling conflicts

beyond our control at the practice facilities used throughout the year; this will always be communicated through Heja.

### **Rules for Team Practices:**

- Players are expected to attend all regularly scheduled practices during the season.
- Players are expected to be on time to all practices. This means players should arrive prior to scheduled practice time to give players time to change into court shoes, stretch, set up equipment etc., so they can start practice on time. A player who knows they will be late to practice or needs to leave early must inform their coach prior to practice.
- Players who compete in a Saturday/Sunday tournament are expected to attend Sunday/Monday practices, unless otherwise notified by their coach. Please remember to check Heja for schedule.
- Players are expected to work hard and be attentive and respectful to their coach and teammates during practice. Players who do not appear engaged, who are talking or disruptive or who are putting forth little effort will be asked to sit on the sideline or leave the practice.
- Players should wear proper attire (practice shirt, spandex/shorts/leggings, knee pads, socks and court shoes) with hair tied back. Should abstain from wearing jewelry during practice, and definitely not during tournaments.
- Players are expected to bring adequate water to practice and have the water available at courtside for breaks.
- Cell phone use is prohibited during practice. Violations of this policy may result in players being asked to sit on the sideline or benched during practice. We want 100% focus with the time we have booked.
- Players should limit conversations, eye contact with parents or visitors during practice time. This can lead to players being distracted during the limited time we have for practice and overall affect their performance.
- Violations of the TSVBC practice policies may result in suspension from practices and/or tournaments.

**Missed Practices:** Players who consistently miss practice or are late to practice should expect to lose playing time during tournaments. The following rules apply:

- If a player will be late to practice or must miss a practice, a telephone call or text to their coach is expected along with notifications in Heja, this will allow us to keep records of missed practices and the reasons why.
- Advanced notice is expected if the missed practice or late arrival is due to vacation, school function or another event scheduled in advance.
- If a traffic delay occurs that will cause a player to be late to practice, please safely text your coach to inform them of the delay – never text and drive.
- While we recognize that academics take priority over athletics, we ask players to exercise time management so they can complete homework, studying and projects in a timely manner so they are able to attend scheduled practices. If a player knows an academic conflict will interfere with practice, they must discuss the conflict with his/her coach in advance of missing practice.
- Injured athletes who can attend school are expected to attend practice to support their team and be available to help where they can, even if they cannot physically participate in practice. Players with long-term injuries should discuss practice participation with their coach.
- Players who are ill should not come to practice.

**Parents Attendance at Practices:** Practices are open to all parents/guardians. Parents who attend practices must sit in designated areas on the edge of the court. Parents may not make comments or offer instruction to their son(s)/daughter(s) or another team member at any time. Parents should not have conversations with players during practice. Parents are not permitted on the court, unless requested by the coaching staff. Parents who violate a practice rule will be asked to leave the practice area. If any Parent becomes a distraction on multiple occasions we will have closed practices to make sure we utilize all of our court time.

**Tournament Expectations:** The following are general expectations & guidelines surrounding tournaments.

- Players should arrive on time to all tournaments based on the coach's direction. Typically 1 hour prior to tournament start time.
- It is club policy that players who are late to a tournament will not start in the first set and will lose playing time.
- Players commit to getting enough sleep prior to the tournament and to maintaining proper nutrition before and during the tournament.

- Players commit to maintaining the condition of their uniform and should bring both uniforms to the venue. Prior to the tournament, a uniform color will be coordinated amongst all team members. Players who do not have the proper uniform will not play.
- Players should wear their full warmups when entering the tournament venue.
- Players should line up backpacks neatly in the camping area.
- Water bottles should be filled before a team begins warmups.
- Players should be dressed and ready to warm up prior to the start time of their warm up period.
- Players must not wear any jewelry during the tournament, and wear secure headbands and hair ties that are not at risk of falling off during play.

**Playing Time:** Tournament playing time along with what position your child is playing on the team, remain the greatest sources of parent/coach conflict in club volleyball. TSVBC wants to make these policies clear up-front so that no misunderstanding occurs during the season:

- Our goal at the beginning of the season is to give players a chance to prove themselves by allowing all players to compete during tournament pool play when possible. Depending on the level of competition, the player's position and relative skill level, this may mean playing time every set or only a portion of every other set during pool play.
- Please note that at no time is a player guaranteed a minimum amount of playing time.
- Once a team has advanced to playoffs, the coach will play the strongest lineup, trying whenever possible to give playing time to everyone. The coach and club leadership decide how much playing time an individual player will receive based on performance at practice and tournaments and the relative level of competition in the remaining matches.

**Playing Time During College Recruiting:** Players should inform the coach when a college recruiter may be visiting the court during a tournament. Please understand that the presence of a college recruiter will not influence your coach's overall playing time decisions but can reach out to a recruiter on behalf of a player to provide guidance on when the best time to observe might be. College recruiters understand that a player may not be on the court while they are present and will often observe other characteristics of the player during their downtime on the bench including attitude and demeanor. Athletes should be aware that college recruiters often watch players during warmups. Bottom line here is "always be your best". In addition, the coach

can talk to the recruiter about the player's abilities or invite the recruiter to attend a practice. Playing time at one tournament does not make or break a recruit's chances. Many other traits are just as important.

**Playing Time & Parents:** The support of parents is essential to an individual player and the success of their team. We ask our parents to maintain a positive attitude and encourage their player to stay confident and positive, whether she/he is a starting player who receives significant playing time or a substitute who plays fewer rotations.

- Please understand that you as parents are paying for your son(s)/daughter(s) to practice with the team and learn the skills and concepts of volleyball. TSVBC coaches will provide a role on the team for every player, but no player will be guaranteed equal playing time in games, matches or tournaments. Decisions concerning player participation in these events are solely the responsibility of the coaches. • Under no circumstances is a parent to discuss line-ups or playing time with a coach whether at a tournament, at practice or by email or text. A parent who wants to discuss decisions should follow the steps outlined in the Conflict Resolution Policy.
- A parent who tries to talk to a coach or club official about an issue of playing time or position will be reminded to follow the conflict resolution policy. A second infraction will result in lost practice and/or tournament playing time for the player.
- A parent who approaches a coach about an issue of playing time, position or any grievance during a tournament will be asked to leave the tournament. The player will be benched for at least the next set or more, at the coach's discretion.
- Approaching a coach at a tournament to air a complaint is a serious violation of club policy. A second violation will result in a more severe penalty, including possible player expulsion from the club. Conflict Resolution Policy: While most of the TSVBC club and team policies are outlined in this document, we understand that from time to time, some concerns may arise. Our conflict resolution policy gives parents and coaches a constructive forum for resolving questions and concerns. We offer the following guidelines to resolve areas of concern:

**Step 1: Player Communicates to Coach:** We encourage our players to communicate their concerns to their coach at any time, whether an issue arises at practice or during a tournament.



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We know it's not always easy for players, particularly our younger players, to express themselves to a coach. Parents should encourage their daughters to take this step, and we expect our coaches to offer thoughtful responses that will help a player set goals and develop and improve her game. We ask & insure our coaches to have an open door policy when it comes to player communication. While there are no limits on player communication with a coach, we ask players to use good judgment about how and when they approach a coach at a tournament or during practice time. Players should do their best not to interrupt practice unless they are asking a specific question about a skill or instruction. At tournaments, players should be respectful of the many demands on a coach's time. Here are a few guidelines for players who want to talk with their coaches:

- Always feel free to talk to your coach if you are struggling with a skill or have a question about an instruction, lineup, practice time or tournament issue.
- Discussions about playing time or position should be saved for scheduled meeting times when a coach can focus on your concerns. To schedule a time to talk to your coach, ask your coach in person, email or text if he or she has time to talk, and set up a convenient time to meet.
- During tournaments, players should be respectful of the demands on their coach's time and try to address concerns at a convenient time for the coach. As a rule of thumb, a player should approach a coach about issues of playing time or other concerns at least 20 minutes prior to the next match or 20 minutes after the previous match. Give your coach and yourself time to recover from the emotions of the match.
- Parents, please discuss the parent-coach conversation with your player, show support for his/her effort and stay positive about the team.

**Step 2: Meeting with Parent Liaison:** We recognize that sometimes parents may need an additional outlet to discuss concerns. The Parent Liaison is here to assist parents with issues they feel are not addressed in our Conflict Resolution Policy. We also recommend parents to talk with the parent liaison if they feel the need to go to Step 3 of the Conflict Resolution Policy.

**Step 3: Parent and Player Communicate with Coach:** After the player/coach discussion and/or the Parent Liaison meeting, you feel the issue requires further discussion, please schedule a time for the parent and the player to meet with the coach.

- Don't outline your grievance by email or text. Save all discussion for the scheduled meeting.

- Never approach a coach at a tournament to discuss playing time or other grievances related to competition. This includes the entire duration of the tournament including travel time, downtime during the competition, and evenings at restaurants or team hotels.
  - Violations of this policy are taken seriously and will result in player suspension from the tournament and possible expulsion from the team.
- Parents are required to wait at least 24-hours after the final play of a tournament before raising a concern with the coach. Violation of the 24-hour rule may result in player suspension from a future match or tournament.
- We expect coaches to go into parent meetings with an open mind with the goal of listening to parent and player concerns. We ask our parents to show coaches the same courtesy.
- Outline your concern to the coach in a clear, concise manner. Please approach your coach in a professional, collaborative tone and refrain from angry exchanges or inappropriate language.
- Listen to your coach's response. The goal of the meeting is to gather information, resolve differences and agree on a course of action to help a player achieve their goals.
- Focus your conversation on ways to improve the situation, and identify solutions and opportunities for your player to improve.
- Please don't discuss another player on the team. The coach-parent meeting should be focused on the needs and concerns of your player only.

**Step 4: Schedule a Meeting with Members of Club Leadership:** Most of the time, players, coaches, and parents are able to resolve conflicts on their own. In rare cases, parents and/or coaches may feel the need to approach the club director to mediate a dispute. While we hope parent-coach conflicts never reach this level, the Parent Liaison will coordinate these meetings if needed.