

2020-2021 Player Handbook

Welcome to the 2020-2021 VIP Volleyball Season! The following describes VIP Volleyball Club's policies with respect to player participation in our program.

Playing club volleyball amid a pandemic is definitely a new world for us. We have adjusted our policies and expect to be flexible as the year goes on.

Practice Attendance

VIP practices will be conducted twice a week (Court One & Wills Jr High). **VIP athletes are expected to be present -- both mentally and physically -- at their practices.**

At VIP, we consider practice attendance to be of the utmost importance. We acknowledge that volleyball is the *ultimate* team sport. Our teams require each individual to be present at practices, work hard, and be the best they can be. *Our teams rely on the work of the individuals to be a successful team.*

This season, in particular, the health and safety of our athletes is our top priority. As we set this attendance policy, we want to **ENSURE** that our athletes attend practices only if they are feeling well enough, can legally do so (following quarantine mandates), and have not been exposed to anyone with COVID-19 in the past 14 days. **Athletes are expected to stay home if they have exhibited any of the COVID-19 symptoms as defined by the CDC. (if exposed and has symptoms, the player must follow the CDC guidelines before returning to practice)**

This season, we are asking our families to be committed to VIP and prioritize their team. This year, we are breaking attendance exceptions down into three categories: mandatory absence, acceptable absence, unacceptable absence. Please see below for further breakdown.

Mandatory Absence

1. Exhibiting any of the COVID-19 symptoms as defined by the CDC
2. If quarantining (suggested or mandatory)
3. Exposure to COVID-19 in the past 14 days

Acceptable Absence

1. Academic Event
2. Injury with a Dr's Note keeping them from practice (i.e., Concussion)
3. Planned family vacation with prior approval from coach (min of 2 weeks notice)

Unacceptable absence

1. Concert tickets
2. Attending a birthday party
3. Too tired to practice

If players miss a practice due to an unacceptable absence, their playing time at a tournament may be affected. If players miss multiple practices due to unacceptable absences, they will be given a formal warning, followed by removal from their team.

We know that conflicts will arise with this and we are willing to work with our athletes, high school coaches, and athletic directors to be accommodating. However, we are requesting that our athletes make VIP practice a priority and do whatever they can to be at as many practices as possible.

If a player cannot attend practice, they are responsible for communicating this directly with their coaches at a minimum of at least 24 hours in advance (when possible), with much more notice preferred.

For our younger players (12-14 years old), parent communication in regard to attendance is acceptable, however our older players (15-18 years old) need to communicate directly with their coach. Coaches will share their preferred method of communication at the beginning of the season.

Lastly, we understand and value how hard our athletes work to maintain their strong academics. VIP teams practice twice a week, for two hours each practice -- a total of four hours per week. Student-athletes have to be responsible for and on top of their academic schedules and assignments more than other students. We expect our players to be able to manage their time and assignments to make VIP events a priority.

Strength and Conditioning Classes

Strength and conditioning classes will be offered at Ignite Performance one day a week from December until the first week of May. VIP athletes are expected to attend strength and conditioning classes. Strength and conditioning classes are required at least one day a week for Championship and Open level teams. Players may request (and receive a discount on) other sessions throughout the week to receive additional training.

Tournaments

Our world is forever changing and we are keeping our fingers crossed that tournaments will happen. This season, our tournaments may look very different than ever before. However, our number-one priority is giving our players a place to play and compete safely. As we go about this season and tournament dates change, we ask all our players to keep open lines of communication with us.

- Players are required to provide their own transportation to and from tournaments.
- Players must arrive to a tournament in their designated VIP RoxVolleyball Gear.
- When playing in a tournament players are required to wear the VIP Volleyball Uniform (jersey, athletic/volleyball shoes, black spandex) unless told otherwise by their coach prior to the tournament date.

- Players must be at their tournament site by the arrival time as requested by their coach. This will change depending on each tournament venue.
- Playing time is not promised or guaranteed, however if your child shows up to practice, puts in the work and has a great attitude they will get to play.
 - If an athlete misses practice(s) prior to a tournament, playing time is at the coach's discretion.
 - Playing time during playoffs will be up to the coach's discretion.
- Players may play "out of position" during the club season and at tournaments based on a team's need. Our teams are formed with the best *athletes* in mind and we encourage our players to be open to playing new positions. We want our players to be well-rounded players who can step into any position, at any time, and have an impact on their team.
- Players represent VIP Volleyball and themselves when competing in tournaments and attending other club-related functions. We expect our athletes to display positive sportsmanship in all situations. Failure to do so will result in a loss of playing privileges or removal from our club.

1st Unexcused Tournament Absence - \$50 fine and in-person meeting scheduled with player, parent/guardian and coaching staff.

2nd Unexcused Tournament Absence - \$150 fine and in-person meeting scheduled with player, parent/guardian and coaching staff.

3rd Unexcused Tournament Absence- removal from the team

Communication with Coaches Protocol

Player communication with our coaching staff is essential. All parent interactions with coaching staff at tournaments and/or practices needs to be positive and cooperative.

We strongly encourage our athletes to keep an open line of communication with their coaching staff. If players have concerns, they need to follow the following steps:

1. Players need to contact their coaches via email to request a meeting **no sooner** than 24 hours following a concern. A tournament or practice is **not** the time to resolve concerns and coaches are instructed to follow this protocol. In no circumstance is a parent or player to contact a coach via personal phone call or text message to relay a concern.
2. If the above concern is not sufficiently addressed, set up a meeting with the club director (Katie Dye), the coaching staff, parents, and players.

If a parent has a concern regarding their player, their player needs to schedule a time to meet with the coach and follow the above protocol. Failure to do so may result in your child being dismissed from the club. The parent may not request a meeting unless the

player has met with the coach first, then VIP will allow a parent/player meeting with the club director, coach and the administrator of the club.

Parents may not talk negatively about another player to another parent, coach or any member of the club. Please worry about your own player. In the midst, this does happen, the parent will be given a warning and if it happens again, they may be asked to remove themselves from the tournament/ practice, etc. We are a team; we must build each other up- not tear others down.

Payments & Fees

Tuition payments need to be made on time. Failure to make a payment will result in a player's immediate suspension from a tournament or even from the club.

Upon accepting a roster spot, families are responsible for fulfilling that financial obligation by following the payment plan provided in the offer letter. (Due to COVID, VIP has made significant allowances to pay as needed; however, the full amount is due by April 24th 2021).

Apparel & Equipment

When attending tournaments, players must wear their designated VIP RoxVolleyball Gear. Be proud!!

Club Dress Code

Members of VIP Volleyball are representing themselves, their team and the club. Players are not to wear clothing that is revealing, cut or torn, or clothing that represents another club affiliation. Players should refrain from wearing cut-off spandex, sports bras without shirts, short shirts that show the stomach or cleavage, or low-cut tank tops. Players traveling to or from a tournament venue are required to be in Team Apparel.

Drug, Alcohol and Drug Policy

Being a member of the VIP program is a responsibility and a privilege. Therefore, the possession or use of any controlled substance, alcohol, or tobacco products by an athlete is strictly prohibited and will not be tolerated. In the event of the above instances, the club director reserves the right to immediately remove the player from the team.