



WELCOME TO THE 2020-2021 CLUB SEASON!

We are excited to welcome you all to the very first LuMaDe Volleyball Club season! The purpose of this Handbook is to familiarize both parents and players with LuMaDe Volleyball Club (LVC), and to create expectations for the LVC experience. For our program to be successful, the rules of this Handbook must be followed and will be enforced. We want to be known as one of the finest youth volleyball programs in our area. To help us reach that goal, we have policies in place, as well as a Players', Parents' and Coaches' Code of Conduct that lay the foundation for our success. We hope this Handbook will answer many of the questions that you may have. If you have questions or concerns that are not addressed in this Handbook, please contact either Coach Louann or Coach Susan.

LuMaDe Volleyball Mission Statement

At LuMaDe Volleyball Club, we exist to make a positive impact in the lives of our players. Our vision is that players will be given the opportunity to learn the game of volleyball at the highest possible level, while simultaneously learning important lifelong positive character traits, such as teamwork, commitment, time management, sportsmanship and dependability. We are committed to providing the best possible environment for our volleyball players to reach their maximum playing potential through excellence in coaching and community support. Our players will be challenged to excel not only for their own personal growth but also for the betterment of their team, the organization, and their communities.

Coaching Philosophy

LVC employs many coaching and counseling techniques that are designed to effectively accomplish our training goals. In general, these techniques fall into the following main methods:

- **Instruction** – Learning to play volleyball, or any sport, requires the guidance of an experienced coaching staff who can communicate with the players to help them develop their fundamental and advanced skills in the sport.
- **Repetition** – We believe that repetition of skills is necessary to master the sport. Our training techniques look to include every player extensively in each drill to increase the number of touches that they get each practice.
- **Feedback** – We believe that player development is enhanced when coaches interact with the players by providing feedback. This feedback can come in many forms and may include both constructive criticism and positive reinforcement.
- **Competition** – We believe our players must compete. Whether it be to make the program, the team, earn a starting position or simply competing on their own team. Competition is at the core of what we do. We provide many opportunities to compete in practice and have an extensive tournament schedule for each program. Players must earn their playing time through competition for their spot. Players are given opportunities every day to compete and learn valuable life lessons as well.



Our Goals

Develop the individual player. This is accomplished in several ways. First, we strive to develop complete volleyball players that are taught all the skills of the sport. Second, we also focus on the development of self-discipline, dedication, and confidence in each athlete, qualities that will assist them as they grow into young women of character.

Develop our teams. We believe that learning how to function in a positive team environment is one of the most useful life skills a player can develop. We want our teams to compete at a high level relative to their program and have them compete not only in tournament play, but also in the training environment. Teaching our players to compete within a team environment will help them learn how to both work with different personalities, and figure out how to be a productive member of teams they serve on in their lives.

Prepare our players for the next level. We excel in preparing those players that have the desire, athletic ability and academic standing to play at the high school and collegiate level. Whatever their goals may be, we know that we will strive every day to help them take it to the next level.

General Club Communication

There are several ways LVC will communicate information with our players and their families throughout the season. These may change during the season. Below find each method with examples of the type of communication.

Website

LUMADEVOLLEYBALL.COM

E-Mail Communication Through Sports Connect and Game Changer App

Our administrative staff will use email/text to communicate the following throughout the season:

- 1) Club Announcements
- 2) Dues/Uniform/Travel Invoices
- 3) Payment Reminders
- 4) Travel/Overnight Itineraries
- 5) General Practice/Schedule Announcements

COMMUNICATION THROUGH GAME CHANGER APP

Coaches & Parent/Players can use the Game Changer App to handle team-specific communication. The Game Changer App will be useful once teams are formed and posted. The Game Changer App can be found in your App Store (iPhone or Android) and accessed on any handheld device. You should set your notification settings to receive text alerts, email alerts, etc.



Social Media

LVC has a Social Media presence. We will highlight things happening in LVC and show appreciation to our Sponsors. Please follow us on Facebook and Instagram.

WhatsApp

LVC may establish WhatsApp groups for players and parents in order to share information. This information will be provided to players and parents when established.

Website Information & Player Profiles

LVC will attempt to use the website as a main source of information throughout the season. Schedules, rosters, basic player profiles and more are maintained on a daily basis. In addition, players will have their individual pictures displayed on their profile/team page. As part of our Parent/Player Contract, you will agree to allow LVC to publish the information on your athlete's player profile.

Club Costs, Payment Obligations & Refund Policy

A schedule for season fees for all teams is posted on our website and can be downloaded and printed for your convenience. By committing to LVC by signing the contract posted at the end of this document, you are entering a financial contract with the club. This contract must be upheld entirely or further participation will not be allowed. In addition, failure to complete payments, resulting in a breach of contract, may force the club to take legal action.

Payment Schedule

- Payments are to be paid on time and in full by the dates posted on our website.
- Account delinquency of 1 week (7 days) will result in player ineligibility, and a parent meeting with the LVC staff.
- Delinquencies of any length longer than 1 week will result in player ineligibility at practices and tournaments as well as the potential for information being sent to collection agencies and our lawyer.
- Please communicate in advance if there are anticipated problems with making timely payments. We want to work with you in order to keep your player playing.

Refund Policy

It is an understood commitment with LuMaDe Volleyball Club that agreeing to participate in the club includes fulfillment of financial responsibility for the entire season. Therefore, with a possible medical exception, NO refunds will be given. Athletes with an outstanding balance will not be released to another club.

Playing Time Policy

LVC does not guarantee playing time to any player. However, we do believe players are entitled to know what is affecting play time as well given instruction on how to increase their playing



time. We ask that players approach their coach with these questions whenever there might be an issue or concern.

We know that all players want to play and the vast majority of concerns by players and parents involve the amount of playing time that is allocated to the player. The following outlines our general philosophy on playing time.

- We agree that all athletes should play.
- Playing time is not guaranteed, is not equal and must be earned.
- Playing time is based on the player's performance at practice and in matches, as well as the flow of set/match.
- Your coach and the flow of the game will determine who plays and how much. They will take into account many factors in coming to that decision, but the decision is theirs.

Practice Arrival & Preparation

Players should plan on arriving at the facility no more than 10 minutes prior to a scheduled practice time and then follow all check in procedures. **Players MUST wear one of their official practice t-shirts and knee pads along with bottoms of their choice to all practices.** Head coaches are allowed to create additional policies, such as wearing the same color t-shirt on an individual team basis. Additional practice t-shirts may be purchased throughout the season if necessary from our team website.

Practice Attendance

Practices are MANDATORY and a player's attendance is EXPECTED. Practice attendance will factor in determining a players' role on the team. Attendance will be kept throughout the season. All absences will be considered unexcused with the following exceptions:

- Family Emergency
- Illness / Injury (A Dr. note maybe requested)
- School Sport (in season) /Activity Conflict (Supply a schedule to the coach)
- College Entrance Exam
- Religious Education
- Allotted Homework Day (see section below)

Should a player have 3+ or more unexcused absences the following consequences are in place:

- 1) **3 unexcused absences will result in a player being held out of one match in a tournament (with attendance required)**
- 2) **4 unexcused absences will result in a player being held out of an entire tournament (with attendance required)**
- 3) **If the player has 5 or more unexcused absences, a meeting will be held with the player and her family to determine how to proceed.**

Finally, while excused absences do not have any direct consequences, we want players and parents to understand that the player's role may be affected if they miss significant time training with their team. Missing opportunities to work within the team's system and develop the timing



and chemistry necessary to compete may or may not affect how the player is used in tournaments. We anticipate that our coaching staff will work closely with those players to communicate where the coach stands on the situation and ensure that the player is fully aware of the circumstances dictating any such decision.

NOTE: Missing practice for homework and studying (including finals) is not considered an excused absence. This is an important part of our student athlete's time management skills. Exceptions may be made on a case-by-case basis, but are not encouraged. Academics are extremely important to us so we have added Homework Days for each player to use throughout the season.

Please contact your coach in advance when you will be missing practice.

Homework Days

Homework Days are EXCUSED absences that can be used throughout the season in the event that a player needs to miss a practice for academic purposes. Some examples may be:

- 1) Final Exams
- 2) School Project
- 3) ACT/SAT Prep
- 4) Significant homework load
- 5) National Honor Society event
- 6) Private tutoring

The number of days are 2 days/season, and must be communicated in advance. Any additional days taken for these reasons would be considered unexcused.

Practice Cancellations

Practice cancellations are rare. Practices may be cancelled due to inclement weather or scheduling conflicts with the use of the school gym. However, due to the fact that our players reside in many different locations, we usually make every attempt to hold practice. **Please check the website & other team forms of communication after 2pm on such days for updates on practice status for the evening.** Be sure to opt-in to the Text Messaging notifications through your Game Changer App account once it is setup so that you receive notifications to your mobile phone.

Schedule Release Policy (Practice & Tournament)

Scheduling for our teams is a monumental task that requires balancing many factors each month and each season. We ask that our players and families understand our goals in releasing this information. We understand that many of you are balancing several schedules at home and receiving our schedules in a timely manner is important to maintain that balancing act.



We will release the monthly practice schedules no later than two weeks prior to the upcoming month. Schedules will be made available online and will NOT be printed or available in hard copy form. A printable attachment will be posted on the webpage or emailed.

The season tournament schedule will be released as soon as possible, and will be made available online and will NOT be printed or available in hard copy form. The schedule is subject to change at any time due to tournament cancellations and unforeseen conflicts.

Individual tournament information (start times, location, etc.) may not be available until the Wednesday or Thursday prior to the weekend. Many tournament directors are unable to release the information in a timely manner and we apologize for the inconvenience in advance. Information will be released as soon as we receive it on our website.

Tournament Attendance

We will provide a list of the events, as well as a list for potential major events, as soon as possible. Please plan your schedules around these dates and when potential conflicts arise, contact your coach immediately. In general, all major events should hold **priority over other sports, activities, & vacations.** Player's attendance is **mandatory** and they are responsible financially for these events, whether they attend or not.

Tournament attendance is required and necessary. If a player misses an event or a match, a consequence of sitting a set, match or more will be considered by the coach.

If a player arrives late, the player's coach has the right to ask that player to sit out any portion of the tournament day. The consequences are left to the discretion of the coach and may change on a case-by-case basis.

Transportation to Tournaments and Events

LVC players and their families will be responsible for their transportation to all tournaments, local and out of state, unless explicitly notified to the contrary. This includes transportation from the hotel to the playing venue(s).

- **GROUND TRAVEL:** Players may carpool to tournaments as necessary and need to be at the given destination at the time stipulated by the coach. No individual member of LVC coaching staff can provide transportation to any event.
- **AIR TRAVEL:** For tournaments requiring air travel, the LVC coaching staff will advise parents on which flights our coaching staff will be using to allow parents to purchase tickets for that same flight. This would be necessary if a player was not traveling with her parents and would require supervision on the flight. **NO AIRLINE TICKETS WILL BE PURCHASED BY THE CLUB FOR PLAYER OR PARENT TRAVEL.** It is our experience that parents are able to purchase the tickets at a better rate through online deals and using miles than attempting to book group travel.



Overnight Travel Policy

For any overnight event, the following policies are in effect **IN ADDITION TO** our standard Tournament Guidelines:

- 1) For our overnight tournaments, there are additional expenses that will be required by the families throughout the season. This includes hotel stays and all related expenses from traveling out of town with your player.
- 2) Parents/Guardians will transport their daughters to and from the host city.
- 3) Players will stay with their parents in hotels during the event. LVC may secure an optional room block at a hotel and parents will have the option to secure a room within the timelines provided. Otherwise, parents are free to secure a room at any hotel in the host city.
- 4) Parents/Guardians will transport their daughters to and from the playing venue each day.
- 5) Players are asked to attend any and all team functions outside the playing site. The coaching staff or Team Mom is asked to communicate these activities in advance to allow for proper planning. These could include: team meals, team building activities, etc.

Tournament Preparation & Arrival

PLAYERS AND PARENTS PLEASE READ AND IMPLEMENT THE FOLLOWING PROTOCOLS:

- 1) We ask that players prepare properly for their tournaments. This includes getting the proper nutrition and rest prior to a tournament day. Please allow for a full 8 hours of sleep prior to a tournament and be sure to eat healthy meals/snacks both the day before and the day of the tournament.
- 2) Players should bring all uniforms/equipment provided to them to each event. Players are solely responsible to maintain their equipment throughout the tournament and season.
- 3) Players will wear the official LVC gear to all events. The first uniform for the day will be communicated in advance so players can arrive dressed and ready.
- 4) Players arrive courtside at the time designated by the coach at the facility. Please allow plenty of time to travel especially on days where weather may be a factor. If a player arrives late, the player's coach has the right to ask that player to sit out any portion of the tournament day. The consequences are left to the discretion of the coach and may change on a case by case basis. Generally, we ask that players arrive one hour prior to the first match if they are playing, and 30 minutes prior to the first match if they are the reffing team.
- 5) We ask that our teams stay together for the duration of the event while at the playing site (i.e. time between matches and during reffing responsibilities). Players are encouraged to support other LVC teams, scout their next opponent, and get food and drink in their time between matches.
- 6) Please adhere to any and all food policies at the host facilities. "No Food" in the building means exactly that. Failure to comply could mean a fine or removal from the tournament. We ask that players eat and hydrate properly before, during and after each competition day. Fast food, junk food and pop should be avoided so that the athlete can sustain a high level throughout the tournament.
- 7) Players are not allowed to leave the playing facility at any time during the day.
- 8) Use of cellphones/tablets for any other purpose besides making important or emergency calls is not allowed while at a playing site. Each coach may use discretion in allowing players to use phones to listen to music or take photos of their team during an



event. However, if players are using their phones excessively and excluding themselves from team activities, the coach has the right to terminate all use of cell phones or tablets during an event.

- 9) During Multi-Day Tournaments, coaches will hold a brief meeting after each day with player & parents regarding instructions for the next day/round of competition.
- 10) At the completion of the day's competition, and only after the team's final match has been played, officiating duties fulfilled, watch other teams compete, and having been released by the head coach, a player may leave with their parents/guardians.
- 11) Please follow all rules and requests set forth by the Coach and/or Team Mom. These include but are not limited to: room curfew, lights out, morning meeting times, team meals, team meetings, after tournament responsibilities, etc.
- 12) We are proud of LVC, and you, the player, are our best representation of our club. We ask that you follow these parameters when traveling to an overnight tournament whether it is at the hotel, playing venue or any other team activity:
 - a. First and foremost, you are, as noted above, our LVC representative, so any negative behavior is a reflection on our (your) club.
 - b. In contrast, any positive behavior is also a reflection on our (your) club.
- 13) Once the players are courtside at the beginning of their tournament/league day, they are under the supervision of the coach until released at the completion of the day. During that time, the players, parents, and guardians are subject to the following guidelines:
 - a. We ask that parents do not approach, text, email, or call the coaches regarding team play or individual player play during the event.
 - *ONLY if there is an emergency, text or call your team's coach. We will get back in touch with you as soon as we can. Remember sometimes the contact person is coaching a team, so don't expect immediate action.*
 - *Any negative reports of player, parent/guardian, or coach behavior will be dealt with immediately. Repercussions to include suspension from single set or match play and/or removal from the team roster or from the club after a full review of the incident.*
 - b. We ask that parents are both supportive and positive in regards to the team and all athletes at all times. Please refrain from directing negative comments at the refereeing crew, coaches and/or players within the club or other teams. *LVC is proud of our character and integrity and we realize that our parents are as important to that reputation as our players and coaching staff. Please represent your daughters in a manner that we can expect from our families.*

Role of the Parent

The role of the parent at LVC (in the most basic form) can be clearly defined. We ask that parents provide support to both their daughter and the team at all times. The success of our teams can be affected both positively and negatively by the role that the parents assume in the process. Parents that are supportive of their daughters and the team will assist in helping create the positive atmosphere and chemistry that is a key ingredient to a team's ultimate success.

Parents that are disruptive and critical of either their daughter or members of the team (including coaches) can unfortunately help to create a dysfunctional atmosphere that will ultimately hinder the development of the team and individual players throughout the season.



The vast majority of parents and families of our players have been very supportive in the past, and we hope that support will continue to grow each year. We hope that parents support their athlete(s) by attending their matches and giving positive encouragement. We expect you to refrain from criticizing your child, their teammates, their coaches, or the officials.

LVC realizes the sacrifices that are made by all of our families and appreciates the time and commitment of the parents throughout their athletes' club careers. We have an open door policy with our families and encourage you to address any concerns you have with our staff under the guidelines we have set forth. We ask you to help us create the positive environment necessary for our athletes to succeed both on and off the court.

Team Mom Program

The LVC "Team Mom" will be a volunteer position for each LVC team. Some of the roles and responsibilities could be:

- Coordinating travel/carpooling for parents and players to events.
- Passing along information to team parents from the coaches during events.
- Taking photos/videos during events.
- Coordinating team dinners/snack schedules for tournaments.
- Helping with fundraising events.
- Serve as in-tournament chaperone at travel events.

PLAYER CODE OF CONDUCT

LuMaDe Volleyball Club is committed to all of its players exercising good sportsmanship at all times. Our program philosophy is that our athletes should represent themselves, their family, their team and our organization in a positive and respectful manner. In order to represent our athlete's commitment, we have developed the following Code of Conduct for our players:

- 1) I will adhere to the rules and policies of LuMaDe Volleyball Club outlined in this handbook.
- 2) I will adhere to the rules and policies set forth by my team that may be in addition to the rules and policies of the program.
- 3) I will focus on developing not only on the court, but off the court as well. This includes building character, maintaining high academic standards, and developing leadership skills through the sport of volleyball.
- 4) I will not transport, possess, or drink any alcohol nor take illegal drugs of any kind; (if I am found to be using illegal drugs and/or drinking alcohol, I will be terminated immediately from the program).
- 5) I will make it my personal responsibility to make good decisions and not participate in activities the present higher risk to contract a virus or potentially spread it to others.
- 6) I will follow all rules and policies of the host facility when at tournaments, hotels or other functions related to participating in LuMaDe Volleyball Club related events.



On the Court

- 1) I will respect the game of volleyball and give it my all during practice and games.
- 2) I will accept responsibility and be accountable for my effort, focus and commitment to the game, my team and myself.
- 3) I will demonstrate sportsmanship and fair play at all times. I will set an example in the way in which I conduct myself on the court. I understand those actions, good or bad, have a long lasting effect on everyone around me.
- 4) I will treat the coaching staff respectfully at all times. This includes not only my own coach, but any member of the coaching staff that takes the time to offer instruction throughout the season.
- 5) I will value the instruction of my coaches. Whether I think my coach is the best, the worst or somewhere in between, my job is to listen to my coaches, follow instruction, make changes and trust that they are looking out for my best interests.
- 6) I will be respectful, supportive and courteous to my teammates.
- 7) I will appreciate my teammates. Every player on my team has certain strengths and weaknesses. I will be patient with my teammates as they improve their games — just as they will be patient with me as I work on my game. Volleyball is a team sport. Success can only come when the entire team works and plays well together both on and off the court.
- 8) If I have a problem with a teammate, I will accept the responsibility to work it out with them. If I am unable or uncomfortable, I will talk to the coaching staff to attempt to solve the problem.
- 9) I will put my teammates first at all times. I understand that I am not bigger than the team no matter what my role may be. I understand that if I do not, my playing time will be affected.
- 10) I understand that poor conduct such as foul language, physical or verbal intimidation of any individual, fighting with other teams/players, vocal outbursts are not permitted.
- 11) I understand that a red card issued to me for poor sportsmanship will immediately cause my removal from the court for the remainder of the tournament. Poor sportsmanship will not be tolerated.
- 12) I will never question an official or express my feelings at a call. Officials are part of the game. I will never talk back or show up an official. This includes players that are performing officiating duties such as line judge or scorekeeping at an event.
- 13) I will take time to learn the rules of the game. I understand that in order to master the sport, I must understand the rules that we play by.
- 14) I will communicate. I will ask questions. I will express myself. I understand that in order to be successful I have to understand how to succeed. In order to do that I must communicate with my coaches and teammates.
- 15) I will accept feedback. I understand that all feedback and/or criticism of my game is designed to help me grow as a player.
- 16) I will have a growth mindset. I will see each practice as an opportunity to grow, and have the heart of someone who loves to learn.

Off the Court

- 1) I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.



- 2) I will be respectful in public and display good character as a representative of LuMaDe Volleyball Club.
- 3) I will be responsible when using the internet and will not submit any negative information regarding my teammates, team or LVC while using social networks or communicating via email. I will not post inappropriate comments, pictures or other content that would otherwise break any of the rules or policies set forth in this handbook/Code of Conduct.
- 4) I will accept the responsibility to manage my time in order to participate at LVC while maintaining balance and high standards with academics and family.

Player Name

Player Signature

PARENT CODE OF CONDUCT

As with our players, parents also represent LuMaDe Volleyball Club. We expect parents to act with a higher set of standards than we expect from our players. Parents are the role models.

Parents should read, understand and sign this form prior to their children participating in our program. Any parent guilty of improper conduct at any match, tournament, practice or LVC sponsored event will be asked to leave the venue. Repeat violations may cause the season forfeiture of the privilege of attending all events or removal of the athlete from our program.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these six pillars of character.

I therefore agree:

- 1) I will not force my child to participate in LuMaDe Volleyball Club.
- 2) I will remember that children participate to have fun and that the game is for the players, not adults.
- 3) I will inform the coach of any physical or mental disability or ailment that may affect the safety of my child or the safety of others.
- 4) I will learn the rules of the game and the policies of LuMaDe Volleyball Club.



- 5) I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- 6) I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- 7) I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- 8) I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence (verbal or physical).
- 9) I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- 10) I will teach my child that doing one's best is more important than winning; so that my child will never feel defeated by the outcome of a game or his/her performance.
- 11) I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- 12) I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
- 13) I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize matches and competition in the lower age groups.
- 14) I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
- 15) I will respect the officials and their authority during matches and will never question, discuss, or confront coaches at a tournament, and will follow the communication protocol outlined in this handbook.
- 16) I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
- 17) I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

By signing this agreement, I am signing on behalf of both parents/guardians of our athlete.

Player Name

Parent/Guardian Name

Parent/Guardian Signature

LUMADE VOLLEYBALL CLUB PARENT/PLAYER CONTRACT

PLEASE INITIAL AT EACH CORRECT SPOT. BY INITIALING YOU ARE AGREEING THAT YOU COMPLETELY UNDERSTAND AND AGREE TO EACH STATEMENT.



****PLEASE READ EVERYTHING BEFORE INITIALING AND SIGNING****

Initial: _____ I understand that there are dues and fees (see Financial Agreement) associated to my athlete in order to play for LVC. I agree that I will pay the associated costs in full and understand that once I sign the contract that no refunds are given. The only exception may be in the case of a season ending injury. I understand that failure to pay the dues/fees on time will result with my athlete not being allowed to participate in team practice, tournaments or any LVC events until my account is brought current.

Initial: _____ I understand that we need to turn in the Waiver/ Medical Release, Copy of Birth Certificate, Parent/Player Contract, and Financial Agreement. I understand that if I do not meet the obligations defined above my athlete will not be able to participate in team practice, tournaments or any LVC events.

Initial: _____ I acknowledge that I have read and discussed with my athlete the Player Code of Conduct. I understand and agree to have my athlete abide by all of the standards outlined in the Player Code of Conduct.

Initial: _____ I acknowledge that I have read and discussed with my athlete the Parent Code of Conduct. I understand and agree to abide by all of the standards outlined in the Parent Code of Conduct.

Initial: _____ I understand my athlete must be registered with a National Governing Body (USAV and/or AAU) in order to participate with LVC. I agree that I will complete all the necessary steps in order to have my athlete properly registered for the season and that LVC has my permission to submit information on our behalf in order to complete the registration process.

Initial: _____ I understand that playing time is not guaranteed and must be earned with commitment and production. I understand that LVC fully expects that each athlete understands their playing time situation and is communicated to clearly by their coach.

Initial: _____ I understand that LVC has full discretion on placement of players onto teams and that when more than one team is formed in an age group, placement will not take place until an evaluation process is completed the first several weeks of the season. I understand that LVC also has full discretion on moving players up or down from one team to the other throughout the season.

Initial: _____ I understand that LVC can relocate, replace or dismiss a player if a player does not follow the Player Code of Conduct, which includes, but is not limited to, meeting the coaches or directors expectations in attendance, commitment and/or production.

Initial: _____ I understand that communications with the team will be done through email/web site or other announced platforms. It is the parent's responsibility to check email/web site on a regular basis. Handouts will NOT be used as a primary form of communication. Documents will be released in the Forms section of the website and can be downloaded and printed.



Initial: _____ I understand that all tournaments held outside of the LVC program are out of LVC's control. This includes tournament schedules, gym locations, and cancellation of the tournament. Tournament schedules, gym locations and cancellations will be communicated to all parents as soon as possible. In the event that the league/tournament provides a refund back to the team, this refund will be used to enter another event and will not be refunded to my account.

PARENT/PLAYER HANDBOOK ACCEPTANCE AGREEMENT

By signing below, I acknowledge that I have received, read and discussed with my son/daughter the information in the Player/Parent Handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin his/her season with LVC until all required forms are signed and submitted to the Administrative Staff.

The forms include: Player/Parent Contract, Copy of Birth Certificate, Waiver and Medical Release, Insurance Information, Player Code of Conduct, and Parent Code of Conduct.

Player Name

Parent/Guardian Name

Parent/Guardian Signature

WEBSITE/INFORMATION RELEASE AGREEMENT

We like to post photos of teams and training classes on our website, social media outlets and newsletters. We also issue press releases throughout the year to local media outlets. In addition, we maintain Player Profiles for our athletes that contain information used by college coaches for recruiting purposes or simply for informational purposes. By signing below you give LVC the right to post information about your athlete for the above purposes.

Player Name

Parent/Guardian Name

Parent/Guardian Signature

LUMADE CLUB VOLLEYBALL RELEASE POLICY

If an athlete/family decides to depart **LuMaDe Volleyball Club** during the respective season, the following steps must take place:

Release Policy:

STEP 1 - The athlete/family in question must submit a written request for release to the Club Director, **Louann DeFreitas, at the club's email address:** lumadevolleball@gmail.com and to the Florida Region at registrar@FloridaVolleyball.org stating the reason for the request.



STEP 2 - Club will release the athlete immediately once the following item(s) have been completed:

1. Athlete returns all club gear provided to athlete this season.
2. Member must remit all financial obligations agreed upon contractually. Payment Option – Member pays full cost of season.

Transfer Policy: A player can represent only one club during the Season. A change in geographical location of the family due to a change in job, military, scholastic or inner-collegiate status may receive special consideration. No player may participate in different Qualifying events with different clubs/teams. Proof of residency must be provided by the family at the time of the release/transfer request.

Once an athlete has participated in a **National Qualifier Event (Regional or NQ)** they may not be released for the rest of the season to another club. Please refer to the USA Volleyball

(USAV) Championship Manual on releases for athletes that participate in regional or national qualifying/bid events.

Parent Name (Print)

Parent Signature

Date

LUMADE CLUB VOLLEYBALL DISPUTE/GRIEVANCE PROCEDURE

LuMaDe Volleyball Club fully comprehends the value of parent involvement and encourages our parents to offer feedback whether positive or negative, but to do so in a respectful way. The below procedure is designed to help athletes and parents with questions, concerns, or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

- 1) 24-hour rule: If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24 hours after the conclusion of the event to discuss the issue with the head coach. We trust that parents will be timely in communicating with coaches regarding potential issues that would distract that coach from their primary objective of coaching the team.
- 2) Do not approach the coach immediately prior to the start of practice, as the coach must focus on the athletes' and the training required during practice.



- 3) The athlete must first ask for a meeting with the coach to discuss the issue at hand. In the case of players on 13's or younger teams, the parents may request the meeting in which the athlete, parent and coach must be present.
- 4) If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon by both the parent and coach – NOT at a tournament and/or practice.
- 5) If the issue is unresolved, the parent may ask for a meeting with the club director, the head coach, and the athlete. The meeting should take place at a location considered adequate for private discussion, agreed upon by the parent, coach, and director and during a scheduled time away from practice or a tournament is appropriate. The decision of the club director at this point is **FINAL**.

It is essential that our parents serve as a support system for our club, players and coaches. To ask this, we, as the club director, staff, and coaches need to be available to empower parents and athletes with information and ensure understanding. When all parties share time together, the potential conflict creates a greater opportunity to learn from each other different strategies in how all parties can communicate effectively and be more congruent in cultivating a positive experience for our athletes.

MINOR ATHLETE ABUSE PREVENTION POLICIES

As a member of USA Volleyball, LuMaDe Volleyball Club commits to implementing the below stated policies designed to protect minor athletes from abuse.

SafeSport Club Policies

These policies shall apply to the following:

- 1) Adult members at a facility that is either partially or fully under the jurisdiction of **LuMaDe Volleyball Club**
- 2) Adult members who have regular contact with amateur athletes who are minors
- 3) Any adult authorized by **LuMaDe Volleyball Club** that may have regular contact with or authority over an amateur athlete who is a minor
- 4) Adult staff and board members of a **LuMaDe Volleyball Club**

POLICY 1 - ONE-ON-ONE INTERACTIONS

Observable and interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the jurisdiction of a **LuMaDe Volleyball Club** are permitted if they occur at an observable and interruptible distance by another adult.

One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the jurisdiction of a Covered Organization/LAO



are prohibited, except in the circumstances described in meetings with mental health care professionals and health care providers of this section and under emergency circumstances.

Meetings between Applicable Adults and minor athletes at a facility partially or fully under the jurisdiction of a **LuMaDe Volleyball Club** may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult.

If a one-on-one meeting takes place in an office at a facility partially or fully under the jurisdiction of a **LuMaDe Volleyball Club**, the door to the office must remain unlocked and open. If available, it will occur in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

Meetings with mental health care professionals and health care providers

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the jurisdiction of **LuMaDe Volleyball Club**, a closed-door meeting may be permitted to protect patient privacy provided that:
The door remains unlocked and another adult is present at the facility.

The other adult is advised that a closed-door meeting is occurring written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to the organization.

Individual training sessions

Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the jurisdiction of **LuMaDe Volleyball Club** if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Permission for individual training sessions must be obtained at least every six months. Parents, guardians, and other caretakers must be allowed to observe the training session.

POLICY 2 - MESSAGES AND RUBDOWNS/ATHLETIC TRAINING MODALITIES

Any massage or rubdown/athletic training modality performed at a facility or a training or competition venue under the jurisdiction of **LuMaDe Volleyball Club** must be conducted in an open and interruptible location. Any massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the massage or rubdown/athletic training modality in the room.

LOCKER ROOMS AND CHANGING AREAS

Non-exclusive facility



If **LuMaDe Volleyball Club** uses a facility not fully under their jurisdiction (for, e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable Adults in categories 1 through 4 are nonetheless required to adhere to the rules set forth herein..

Use of recording devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under the jurisdiction of **LuMaDe Volleyball Club** is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by the **LuMaDe Volleyball Club** and two or more Applicable Adults are present.

Undress

Under no circumstances shall an unrelated Applicable Adult at a facility under the jurisdiction of **LuMaDe Volleyball Club** intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.

One-on-one interactions

Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full jurisdiction of **LuMaDe Volleyball Club**, except under emergency circumstances. If **LuMaDe Volleyball Club** is using a facility that only has a single locker room or changing area, separate times will be designated for use by Applicable Adults, if any.

Monitoring

LuMaDe Volleyball Club will regularly and randomly monitor the use of locker rooms and changing areas at facilities under their jurisdiction to ensure compliance with these policies.

POLICY 3 - SOCIAL MEDIA & ELECTRONIC COMMUNICATIONS

As part of **LuMaDe Volleyball Club's** emphasis on athlete safety, all electronic communications between a coach and athlete must be professional in nature and for the purpose of communicating information about team activities.

Content

All electronic communication originating from Applicable Adults to minor athletes must be professional in nature.

Open and transparent

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), another Applicable Adult or the minor athlete's legal guardian will be copied.



If a minor athlete communicates to an Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult should respond to the minor athlete with a copy to another Applicable Adult or the minor athlete's legal guardian.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult will copy another adult.

Minor athletes may "friend" the organization's official page.

Social Media and similar sites

Coaches may not have athletes of **LuMaDe Volleyball Club** join a personal social media page. Athlete members and parents can friend the official **LuMaDe Volleyball Club** Team page and coaches can communicate to athlete members through the site. All posts, messages, text, or media of any kind between coach and athlete must be professional in nature and for the purpose of communicating information about team activities or for team-oriented motivational purposes.

Email and similar/electronic communications

Athletes and coaches may use email to communicate. All email content between coach and athlete must be professional in nature and for the purpose of communicating information about team activities.

Texting and similar electronic communications

Texting is allowed between coaches and athletes. All texts between coach and athlete must be professional and for the purpose of communicating information about team activities.

Electronic imagery

From time to time, digital photos, videos of practice or competition, and other publicly obtainable images of the athlete – individually or in groups – may be taken. These photos and/or videos may be submitted to local, state or national publications, used in club videos, posted on club or club associated websites, or offered to the club families seasonally on disc or other electronic form. It is the default policy of **LuMaDe Volleyball Club** to allow such practices as long as the athlete or athletes are in public view and such imagery is both appropriate and in the best interest of the athlete and the club. Imagery must not be contrary to any rules as outlined in **LuMaDe Volleyball Club's** Participant Safety Handbook.

Request to discontinue all electronic communication or imagery

The parents or guardians of an athlete may request in writing that their child not be contacted by any form of electronic communication by coaches or Applicable Adults subject to this policy. (Photography or videography). The **LuMaDe Volleyball Club** will abide by any such request that their minor athlete not be contacted via electronic communication, absent emergency circumstances.



Misconduct

Social media and electronic communications can also be used to commit misconduct (e.g., emotional, sexual, bullying, harassment, and hazing). Such communications by coaches, staff, volunteers, administrators, officials, parents or athletes will not be tolerated and are considered violations of our Participant Safety Handbook.

Violations

Violations of **LuMaDe Volleyball Club's** Electronic Communications and Social Media Policy should be reported to your immediate supervisor, a **LuMaDe Volleyball Club** administrator or a member of **LuMaDe Volleyball Club's** Participant Safety Committee for evaluation.

Complaints and allegations will be addressed under **LuMaDe Volleyball Club's** Disciplinary Rules and Procedure.

LOCAL TRAVEL & TEAM TRAVEL

This policy shall apply to:

- 1) Adult members who have regular contact with amateur athletes who are minors
- 2) Any adult authorized by **LuMaDe Volleyball Club** to have regular contact with or authority over an amateur athlete who is a minor
- 3) Adult staff and board members of **LuMaDe Volleyball Club**
(Collectively "Applicable Adult" for the purposes of this policy)

POLICY 4 - LOCAL TRAVEL

Local travel consists of travel to training, practice, and competition that occurs locally and does not include coordinated overnight stay(s).

Transportation

Applicable Adults who are not also acting as a legal guardian, shall not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must have at least two minor athletes or another adult at all times, unless otherwise agreed to in writing by the minor athlete's parent/legal guardian in advance of each local travel.

POLICY 5 - TEAM TRAVEL

Team travel is travel to a competition or other team activity that the organization plans and supervises.

Team/competition travel

When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete must have his/her legal guardian's written permission in advance and for each competition to travel alone with said Applicable Adult.



Hotel Room

Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player. (Unless coach is the parent, guardian or sibling of the player) However, a parent/legal guardian may consent to such an arrangement in advance and in writing.

Furthermore, a parent/legal guardian may consent in advance and in writing to the minor athlete sharing a hotel room or other sleeping arrangement with an adult athlete.

Coach or his/her designee will establish a curfew by when all players must be in their hotel rooms in a supervised location. Regular monitoring and curfew checks will be made to each room by at least two properly background screened adults. At no time should one adult be present in room with minor players, regardless of gender.

Team personnel should ask hotel to block adult pay per view channels.

Meetings

Meetings shall be conducted consistent with the **LuMaDe Volleyball Club** policy for one-on-one interactions.

Individual meetings between coach and player may not occur in hotel sleeping rooms and must be held in public setting or with additional adults present with one of those adults being the same gender as the player.