



## **PARENT/PLAYER HANDBOOK**

### Introduction

Welcome to Yakima Elite Volleyball Club!

Yakima Elite is a competitive volleyball program for girls and boys ages 8-18. The club was established in 2018 as an outdoor beach volleyball program that has developed into a comprehensive volleyball club offering indoor and outdoor training and competition in Yakima WA.

### Mission Statement

Grow the love for the game in all of its forms by building athletes with strong fundamentals while providing a positive and competitive environment.

We will

- Work hard for every point.
- Be professional- Athletes, Parents & Coaches.
- Celebrate our mini victories.
- Create a culture of learning and respect
- Bond in order to Battle.
- Prepare our athletes for the next level.

### Parent Meeting

We will host a parent meeting. Parents are expected to attend. Athletes may be expected to attend depending on the age and level of play. Parents will be given notice before the parent meeting takes place. At this time the club will confirm all Registrations are properly filled out and taken care of. All USAV memberships will be purchased by or at this time. Discussion will take place regarding team expectations, uniforms, fees, tournaments etc. A separate meeting may take place for just coaches and athletes that may also be a team bonding event.

### Scorekeeper Clinic

Every player is required to attend a scorekeeper's clinic. Yakima Elite will schedule their club clinic in early December. The clinic is free for players or adult chaperones that wish to attend. If players are not able to attend the scheduled club clinic then they need to contact the club director to find out information on make-up clinic options. Players may not be put on a roster until they have attended a scorekeeper clinic. Going forward this class may take place online in which case every player is required to take the course.

# Practice

Yakima Elite will make every attempt to practice 2 times per week. Practices will be held in Yakima or the surrounding area. Practices are usually 1.5-2 hours in length. Some teams may have additional specialty practices based upon coach preferences for their teams. Coaches will sometimes schedule additional practices in preparation for major tournaments. There are times when our practice schedule will change based on weather conditions or school events. The club will make every attempt to reschedule gym time during that week rather than losing a practice.

## **Practice Rules:**

- Every practice is important. It is expected that each player will exercise good time management skills so that scheduling conflicts are kept to a minimum.
- All athletes are expected to make every effort to attend practice. If a player must miss a practice, a telephone call, text or chat message to the team's messenger app (not email) to their head coach is expected at least 4 hours before practice. Only after attempting and failing to reach your head coach, can a player contact a teammate to relay the message to the head coach. Advanced notice is expected if the missed practice is due to vacation, school function or another event scheduled in advance.
- Missing practice may result in loss of playtime based upon whether the absence was excused and the expectations set up by the coach at the parent meeting or excessive absences.
- Excused absences are for family or school events in which the player cannot control the scheduling of that event (concerts, plays or games).
- Players who can only attend on hour or 45 minutes of a practice because of another event should still come to practice. It is much better to get some practice time rather than miss the whole practice.
- Scheduled practice time is start time. Please arrive early enough to be dressed and completely ready for practice by start time. This usually requires arriving not less than 15 minutes before start time.
- All practices are open and parents are welcome to observe practices at any time. Parents may not coach or offer instruction to their daughter or another team member at any time during practice. Parents are not permitted on the court, unless requested by the coaching staff. Depending on occupancy restrictions parents may not be able to observe every practice.

# Playing Time

90% of player growth happens in practice. Playing time, for many players and parents, is a central concern that can distract from our focus on the team's success and can often create divisions within the team. Yakima Elite does not guarantee playing time to any player every game. It is our belief that coaches should make every effort to communicate playing time expectations before the season begins.

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

- 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
- Your coach will determine who plays and how much. They will take into account many factors in coming to that decision. The coach has the final decision on playing time and it is not negotiable.

- It is our expectation that if a team is considered developmental playing time during Pool Play or non-elimination matches should be more equally distributed than during bracket play or elimination matches.

Coaches have the right to play whomever they think is best suited for a position and who helps contribute to the team's development and success. Here are some suggestions on how to talk with your coaches about playing time.

- Avoid language that is demanding or accusatory. Instead ask, "What can I do to play more..."
- Avoid seeking to talk to your coach when you are emotional. We seek to utilize the 24- hour rule if at all possible.
- Parents may participate in the conversation with the coach but the player should always be present when discussing playtime issues.
- We will not discuss other players on the team but will focus on what you, the player, need to do to have opportunities to play more.
- While email or a phone call can start a discussion, we prefer that all playtime discussion to be in-person with the coach and the player and scheduled before or after practice and not during or after a tournament.

## Tournaments

Tournaments can range from one to three days. The typical one-day tournament schedule starts at 8:00 AM with pool play consisting of three or four matches followed by bracket play in the afternoon. Multi-day tournaments (Pacific Northwest Qualifier, President's Day Tournament and Emerald City Classic) involve two days of pool play, followed by single elimination bracket play.

### **Parent Guidelines:**

- We strongly recommend that players get a nutritious meal and have a 9: 00 pm curfew the night before a tournament.
- Parents are responsible for the transportation of their daughter to and from tournaments. Car-pooling can be arranged with other teammates and is encouraged. Please be considerate and either arrange a ride exchange or contribute toward the cost of gas. Please inform coaches of ride arrangements for tournaments outside of your area.
- Many gyms prohibit food or drink other than water in the court areas. Teams may be penalized by the tournament site director if parents or team supporters ignore this rule.
- The team may organize team functions or dinners during multi day tournaments. While attendance isn't mandatory it is highly encouraged that at minimum the player attend.

### **Player Rules:**

- If a player knows that she will miss a tournament, be late or have to leave early from a tournament it is her and her parent's responsibility to notify the coach as soon as a conflict is identified.
- All athletes are required to be in the gym, ready to warm-up, at the scheduled start time set up by their head coach. Usually this will be when the gym opens, one hour prior to the start of the first match.
- Players are expected to avoid displaying negative emotions during matches. Arguing with the officials will not be tolerated.
- All athletes are required to stay at the tournament until the team has been released by one of the coaches. We play as a team, and we will leave the event as a team.
- Cell phone should not be used during the tournament or during the off time. Players would be allowed to check their phones to see if they have messages from parents or family members and

may respond. We ask that you help us encourage the teammates to bond off the court and discourage the prolonged use of phones for entertainment.

### **Officiating:**

All USAV tournaments are at least partially self-officiated. Officiating at tournaments is the shared responsibility of the entire team, including coaches. All players are required to help with the line judging, scorekeeping, score flipping, and down officiating.

- The coach may rotate officiating responsibilities but will often only use the most experienced scorekeepers.
- No headsets or cell phones are to be used during officiating assignments. This also includes cell phones at the scorekeeper's table.

### **Team Area & Table:**

Upon arrival, the team will identify a team area where the girls can leave their bags and hang out between playing and officiating. The area may be a room, table or simply a spot in a hallway.

Either way, the team area represents our club and should be kept neat and organized at all times. Most girls will bring some type of blanket and/or pillow, homework, a book, an mp3 player or other items to help pass the time between matches. Remember, the team area is not secure and valuables should be left at your own risk. Also, be sure to properly dispose of any trash and leave the area as we found it when the tournament is over.

Most tournaments do not offer concessions. Our teams will have a food table at every tournament. Each player is expected to eat from the food table at the tournament. Parents may or may not eat from the food table depending on what the team decides. The food table should consist of healthy quick to eat items with a variety of simple carbs and proteins. Sugary foods and caffeine drinks are discouraged.

## Travel

### **Chaperones:**

The chaperone position is required for all USAV teams and they are listed on the team roster. The chaperone must attend the coaches meeting at the beginning of the tournament and those persons are responsible for our players' behavior when the coaches are not present at the team cooler area. Chaperones are not to be responsible for player travel to tournament sites or for player behavior while at hotels nor are chaperone travel expenses covered by the club.

### **Hotel Policies:**

- Our policy is that players will stay with their parents when traveling requires the team to stay in a hotel. If a player will not have a parent at the tournament then the parent should make arrangements with another female parent or guardian on the team to stay with that family. In no case will a player stay in a room by herself.
- While not a requirement, we prefer to have the team stay together in the same hotel if a family will be using a hotel. If that family has friends or other family in that community, they can stay with them if they desire to do so.
- All players are expected to be in their rooms and in bed at curfew. Unless a coach has designated a specific time, the default curfew will be 9:00 pm.
- Though your hotel is your temporary home, it is also the temporary home of many others. You must respect the needs of others by keeping your voice down throughout the hotel.
- No boys, who are not relatives, are allowed in your hotel room at any point, for any reason.

- Athletes may not leave the hotel area at any time without permission from their parent or the parent that they are staying with. Athletes should never be alone. Use the buddy system.
- An athlete found in breach of the USAV Code of Conduct (use of drugs/alcohol or possession of weapons) will be sent home immediately at the expense of the parent or guardian.
- An athlete who damages any property at a hotel or lodging will be personally responsible for damages.

### **Driving Policies:**

- As a general rule, players who are 17 year or older may drive to tournaments in Washington. Outside of the state, players are required to be driven by a parent or guardian. We do realize that this is not always possible and communication with the head coach is required for exceptions to this rule.
- At no time may a player ride with a coach of the opposite sex unless traveling with the team or a portion of the team and with another adult.

## Team Fees & Billing

### **Team Fee(s):**

Team fees vary within the club and compared to other clubs based on how much your team practices and the tournament schedule that your coach selects. Your daughter's team fee(s) includes but are not limited to:

- Admin Fee – covers registration for staff, equipment, website, tax preparation, etc.
- Gym Fee – covers costs for practice gyms. (if applicable)
- Travel – covers hotel, mileage and for coaching staff (not for players).

### ***Your daughter's team fee does not include the following expenses:***

- Uniform – covers jerseys and warm-ups for players.
- Any travel expenses or meals for players.
- Team table expenses
- USAV/ JVA/ AAU membership for players.
- Apparel or accessories such as spandex, warm-up shirts, kneepads, shoes, socks or gym bags/backpacks.

### **Billing and Payment Policies:**

- Responsible Party - The parent or guardian who signs the participation agreement and the USAV Letter of Intent is liable for any and all fees, dues, and charges for goods and services incurred by the participant. By signing the agreement, the responsible party accepts liability and agrees to be bound by the terms of the agreement. The agreements for all sibling participants, regardless of which parent or guardian signs as the responsible party, will be treated as one account for the purposes of this liability.
- Refunds – If the participant becomes disabled or so severely injured while playing or practicing with the club that she cannot practice or compete for more than 2 months then a refund will be given. The responsible party will still be required to pay all incurred costs prior to injury to include USAV membership and uniforms. The club will return any unused portion of prepaid fees to the responsible party within 10 business days.
- Statements - Participants will receive statements of amounts payable for fees and services used by the participant.
- Payments – All payments will be made through our website. Parents will create a parent account and team fees will be billed and paid through our online payment system. If prior arrangements have been made to pay by cash, please mail your payment to:
- **Payment Schedule** – A \$200 deposit is due at the Club Parent Meeting. The balance can be paid in installments if offered by the club.

- **Tournament Fees/Costs:** After a tournament has been entered the cost of the entry fee and the travel fee will be divided equally amongst the players and is expected to be paid within two weeks after entry. During a normal season coaches will register teams for tournaments on “tournament sign up day” and the total of the fees would be established and divided into two separate installments. The due dates of those would be determined and communicated to the team at that time.
- **Delinquent Payments** – A player who is delinquent with payments will not be placed on the tournament roster. Players not on the tournament roster are not able to play and may not sit on the bench during tournaments. Players are still able to participate in practice. Accounts that remain unpaid after May 1<sup>st</sup> will be considered “Not in Good Standing” and reported to the Evergreen Region office of USAV which may affect a player’s participation during the subsequent club season.

## Scholarships and Need-Based Aid

Club volleyball has expenses that are related to team fees as well as the travel-associated costs that come with participation with our older age group teams. We are committed to the goal that no deserving athlete will be prevented from being in the club for lack of funds.

### **Fundraising:**

Parents may conduct a number of individual fundraising events during the season. Proceeds from these fundraisers should be collected by the participants and can be applied to your installment or other expenses. Participation in an individual fundraising activity is strictly voluntary.

### **Scholarships:**

As a new club start up, Yakima Elite is unable to award scholarship money. If your family is unable to participate due to the financial obligations, please contact our club director so we can offer further guidance on various fundraising possibilities.

## Communication

### **Routine Team Communication**

The primary way that you will receive communication from your coach or the club director will be through email. If a last-minute change occurs with a practice or with a tournament we will try to text out that information or use our team parents to call parents directly. It is critical that you provide the club with all email addresses where you want information sent as well as cell phone numbers for both parents and the player. If changes occur, please update the club director.

Our expectation from parents and player is that immediate communication (about something in the next 4 hours) be made to coaches by text. If the subject is more distant, we recommend email. We also recommend following up any important verbal notification with an email to act as a confirmation and reminder.

### **Website**

Our website [www.yakimaelite.com](http://www.yakimaelite.com) has a lot of information and resources for parents and players. A directory exists on the website with email and phone numbers of all board members and coaches as well as our mailing address. Parents will be asked to sign a release to post player names, pictures or recruiting information on the website. A player’s home address or other contact information will never be posted on the website.

## **Social Media & Facebook**

Yakima Elite has a Facebook page and an Instagram account. We encourage you tag our page with photos and results. We will make every effort to post these and share the victories and successes small and great.

Social media can sometimes have a negative role and we would encourage players and parents to not use social media in a way that would be disruptive to team chemistry and cohesion. A good rule of thumb is to not post anything that you would not feel comfortable saying directly to the team or a particular person.

## **Player to Coach**

Both players and coaches are responsible for establishing a relationship of trust and mutual respect. Bringing up a problem can be very difficult for a player but this is one of those life skills that sports can teach. Parents may need to push their daughter to take the first step though. Our coaches work to be approachable and to create a safe environment for player to bring up concerns.

For players, the most common concern that they have revolves around playing time. Our expectation is that the player should start this conversation by asking what she needs to do to play more and how she can work towards playing a larger role in contributing to the team's success. Often times, players are unclear on what they need to change or how playing time is determined and an early conversation can address these questions.

## **Player to Player**

It is our expectation that if a conflict arises between players on a team then it gets resolved outside of practice/tournaments time, if possible, so as to minimize the effect that it can have on the chemistry of the team. It is important for players to realize that they do not have to like everyone on the team or be friends with them but they can still respect their contribution to the team. If the conflict is not reconcilable then it is our expectation that the players involved should not aggravate the problem by involving other players or parents on the team with gossip, rumors or attacking people on Facebook or other social media.

## **Parents to Coach**

Yakima Elite would like to encourage appropriate communication between our parents and the coaching staff of their daughter's team. What is appropriate communication?

- **Any information about your daughter's health.** Recent illnesses, medical restrictions relative to practice, allergies, medication needs are all examples of important information that we want you to communicate to your coaches.
- **Any information about your daughter's emotional health.** It may be important for your coach to know if your daughter is struggling in school or had a recent death in the family or is dealing with another emotionally charged issue. Without this context, your daughter's behavior in practice or during a tournament, may be interpreted as being lazy, unfocused or disrespectful.
- **A quick heads up that your daughter is struggling to talk with the coaches.** This is appropriate if it is only a head's up and not a detailed email. Remember that we to begin this conversation with the player first.
- **Your positive experiences with the coach or the team.** If we are doing things right then reinforce that by letting us know.
- **Your willingness to become more involved.** If you want to help with pictures, video, fundraising or other activities to support your team and the club then let us know!

There are topics of communication with your daughter's coaches which are not appropriate or where there is a more appropriate venue to make that communication.

**Conversations about play time.** If your daughter is receiving playing time consistent with this handbook and the expectations set forth by your coach at the player/parent meeting at the beginning of the season, and your daughter has not tried to discuss her playing time or her role on the team with her coach, it is inappropriate for you to do so. Before approaching the coach, yourself, encourage your daughter to talk to her coach about what she can do to help the team and earn more court time or ask the coach to more clearly define her role on the team. If after this conversation, there are still concerns, at that time, a conversation with the coach, parent, and player may be appropriate. Request a meeting with the coach. The player must be present at the meeting unless there is a very good reason for her not to be.

**Other players on the team.** Your personal opinions of other player's attitudes, skill, performance, or conduct are not appropriate topics of conversation for you to have with your daughter's coach. There are some exceptions with regards to code of conduct. A team chaperone should inform the coaches of any issues that arise on the team relative to tournament rules or club travel policies. Any issues relative to drugs, alcohol or weapons should be brought up with the head coach immediately. Please use your best judgment here, and understand that if you cross a line, the coach will let you know immediately that this is an inappropriate topic of conversation.

**Coaching technique, tactics, systems, etc.** These are all issues that are not open for discussion or negotiation. There are opportunities with end of season parent evaluations to provide feedback on these topics to the coaching staff, the board and the club director.

**Poor Sportsmanship.** The club director will not tolerate aggressive parent behavior toward any of coaches, coaches of other clubs, parents, or officials. If a parent exhibits this type of behavior, they will be appropriately sanctioned, which may include being asked to not attend tournaments in the future or even dismissal from Yakima Elite Volleyball Club.

### **Finding the Best Time to Talk**

In looking for a good outcome to any meeting with your coach it is important to find the best time and setting for the conversation to occur. Here are some guidelines for finding the best time to talk. • Little problems are easier to fix than big ones and little problems have a way of getting bigger when not addressed. If there is a question about what a player needs to do to play more, don't wait for half the season to begin the conversation.

- o Don't ask to meet during practice or during a tournament. Your coach will not meet with you at this time. Before or after practice is usually the best time. Please allow plenty of time for the meeting.
- The 24-hour rule is a good rule because it works! If there is any emotion to an issue then wait at least 24 hours after the issue before having a meeting.
- Provide a little prep for your coach but not too much before the meeting. Let your coach know why you want to meet but don't send a lengthy email. Emails or long phone messages tend to be too emotional and accusatory. Avoid that with just a brief note or conversation.

## **Parent's Role**

We ask that parents provide support to both their child 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 daughter and the team will assist in helping create the positive atmosphere and chemistry that is a key ingredient in the team's ultimate success. Parents that are disruptive and critical of either their daughter or other team members, including coaches, can create a dysfunctional atmosphere that will ultimately hinder the development of the team and the individual players.

We hope that parents will support their athlete by attending their matches and giving positive encouragement. We expect parents to refrain from criticizing your child. Their teammates, their coaches, or the officials.

We understand the sacrifices that are made by all of our families and appreciate the time and commitment of the parents. 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 that you help us create the positive environment necessary for our athletes to succeed both on and off the court.

Volunteer opportunities for parents include:

**Chaperone:** Each team is required to have at least one registered adult who is back-ground checked as the designated Chaperone. The Chaperone must be in attendance at every tournament and may not leave the tournament facility unless the team has completed play for the day, and has left the venue.

**Team Parent:** This parent is responsible for leading team communication, tournament food table, and other “spirit” type events. A team may have multiple parents in this role, as long as parents have a specific role, such as the parent responsible for communication, the parent responsible for food, or the parent responsible for travel arrangements. The role of each of these parents must be clearly communicated to all team members and their parents.

Under no circumstance may a parent who is not a coach participate on the court in warm-ups, practices or matches unless approved by the Club Director & Coach. This parent must be an adult USAV member, back-ground checked, and have passed both the Impact & SafeSport training programs.

All parents are required to sign and turn in the parental code of conduct to their player’s coach. Any violation of the code of conduct may result in the ban of the parent to attend practices or tournaments, or the removal of the player from the team. Parents will also be held responsible for any of their relatives or guests.

## Grievance Procedures

None of the coaches should be considered unapproachable. They are all very willing to listen to a player's concern and try to arrive at a mutual solution. Until the coach is made aware of the concern nothing at all can be done to alleviate it. We think the ability to confront and discuss potentially emotional topics is an absolutely necessary skill for negotiating conflict within one’s life. However, we also realize there are times a problem needs to be addressed and the player cannot bring herself to approach the coach. In this case, we HIGHLY encourage the parents, in a spirit of collaboration with the coach, to produce the best environment for the player, to bring the issue to the coach’s attention, or to the Club Director’s attention. Please do not let problems fester – it only makes things worse for everyone in trying to resolve issues.

If you, as a parent, have legitimate concerns about a coach other than your athlete’s coach, or with an athlete other than your own, you need to address the Club Director.

### **Procedure Steps:**

Specifically, if you as a parent, or your athlete have concerns about Yakima Elite policies or actions, the procedures to follow are, in this order:

1. The athlete should talk to the coach about the matter.
  - a. It is understood at the younger ages sometimes the parent will be the first contact with the coach.

- b. If the matter remains unresolved, or if the athlete has reasonable concern that talking to the coach will not resolve the matter, then;
2. The parent should talk to the coach.
  - a. Parents and/or athletes should call the coach on the phone or email the coach to schedule a meeting.
  - b. Meetings need to be at times and locations other than tournament. If a parent approaches a coach during a tournament, we have instructed our coaches to refuse to discuss any controversial matter, to refer the parent to the Club Director, and to walk away from the parent.
  - c. We ask that any meetings be at least 24 hours after the reason for that meeting.
  - d. The recommended time for a parent or athlete to talk to a coach about a problem is a previously arranged time either before or immediately after a scheduled practice.
  - e. In certain situations, we may ask the athlete to attend the meeting also.
  - f. If the matter still remains unresolved, or if the parent has reasonable concern that talking to the coach will not resolve the matter, then;
3. The parent should talk to the Club Director and request a meeting with the coach, the Club Director and the Parent Representative.

We encourage parents to approach us earlier rather than later about concerns they have. There is little we can do to rectify a situation that is not brought to our attention until the end of the season. It is much better to have open lines of communication about problems as soon as they arise.

#### **Other Grievance Policies:**

Yakima Elite Volleyball Club will not tolerate any hostile, aggressive confrontation between a parent and any official, any other parent, any athlete or any coach, regardless of whether the coach, athlete or other parent is a member Yakima Elite or not. Violation of this policy may result in the athlete being dismissed from our club.

It is inappropriate and undesirable for an athlete or a parent to approach other parents and athletes to complain about a problem the athlete or parent has with a coach, about objections to coaching decisions, or about disagreement with an administrative decision. This is one of the biggest factors in disrupting the chemistry of a team.

Asking uninvolved persons to take sides on an issue is unfair to the third parties, to the team and to the club. Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. For the psychological health of the athletes and the club as a whole, grievances need to be handled between the parties involved and the decision-makers in the situation, meaning, talk to the coach or talk to the administration.

We strongly encourage any member who is approached and asked to listen to or express an opinion about matters between two other parties in the Club to suggest to the complaining party that he or she needs take the matter up with the coach in question, or the Club Director, and refuse to listen further.

It is detrimental to all persons involved to repeat complaints you hear (or overhear) to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the facts of the situation.

## **Sexual or Physical Abuse Policy**

Yakima Elite Volleyball Club recognizes that all forms of sexual abuse, assault or harassment with athletes are illegal and unethical, even when an athlete invites or consents to such behavior or involvement. Sexual abuse and harassment is defined as, but not limited to, repeated comments, gestures or physical contacts of a sexual nature. This includes demanding sexual favors in exchange

for promotions, unwelcome touching of any kind, unwanted letters, telephone calls, texts or email of a personal nature, unwarranted inquiries about personal life or sexual habits, repeated jokes with sexual content, and sexual comments about a person's appearance or body.

In addition, Yakima Elite will not tolerate hazing. Hazing is defined as any intentional act that endangers the mental or physical health of one person or a group of people, by another person or group of people, for the purpose of group acceptance or membership. Hazing behavior would include but is not limited to: brutality such as beating or striking, excess calisthenics, excessive consumption of food or drink, or intimidating/threatening activities that cause extreme mental stress.

Yakima Elite Volleyball Club will not tolerate sexual or physical abuse of any of its staff or of participants. We regard the safety of the young athletes entrusted to our care and instruction as our highest priority. We do not tolerate physical behavior that compromises that priority. We monitor activities and interactions to try to prevent miscommunications that cause discomfort to any of our athletes or parents.

## Reporting Complaints

If you see or experience behaviors by coach, board member or chaperone that you believe to be inappropriate, report it immediately to either the Head Coach or Club Director. All facts will be written down and a file will be started. All complaints will be investigated. Any employee or volunteer found to be in violation of the sexual and physical abuse policy will be subject to discipline, which may include dismissal. There will be no retaliation against any complainants or witnesses who participate in an investigation of an abuse charge

# Athlete Code of Conduct

My primary goal is to become the best player that I can be. I am responsible for my own actions and behavior. I am fully committed to Yakima Elite Volleyball Club and agree that:

## Attitude:

- I will conduct myself in a manner that is respectful to me, my team and to the club.
- I will commit to my team by getting adequate sleep, eating a healthy diet, and abstaining for alcohol, illegal drugs or tobacco during the course of the club season.
- I will play with full effort and intensity.

## Communication:

- I will avoid criticism of my teammates, as I believe no one is trying to make a mistake.
- I will avoid giving unsolicited coaching tips to teammates and defer responsibility to my coaches.
- I will refrain from posting or communicating negative comments about other players, coaches, parents or the club via texting, email or social media. Coachability:
- I will accept decisions by my coaches knowing that everyone cannot start. I will accept my role on the team and do what it takes for the team to succeed.

## Practice:

- I will manage my time to meet my commitments to my team, my family, my classes and my other commitments.
- I will proactively contact my coach as far as ahead of time if I am unable to make it to practice or a tournament.
- I will commit to being ready to step on the floor at the scheduled practice start time. That means I will have to get to practice at least 15 minutes ahead of time so that I can change and get ready.

## Athlete/Player Agreement & Consent

I have read, understand, and agree to the policies, procedures, and code of conduct requirements as set forth in The Parent/Player Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein.

Player Name (printed)

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

# Parent Code of Conduct

Parents are crucial to the success of Yakima Elite and their daughter's club volleyball experience. Yakima Elite requires that the parent(s) of any player in our club sign this code of conduct contract. I therefore agree that:

## **Safe Play:**

- I will inform the coach of any physical disability or ailment that may affect the safety of my daughter or the safety of others.
- 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 tournaments and practices.

## **Sportsmanship:**

- I will respect the officials and their authority during games. I understand that many of our officials are coaches or junior players. I will not yell or scream at officials and leave it up to my daughter's coach to resolve issues with the official or scorekeeper.
- I will teach my child to play by the rules and to resolve conflicts without resorting to sulking, being passively aggressive, showing hostility or resorting to violence.
- I will teach my child that doing one's best is more important than winning.

## **Coaching:**

- I will refrain from coaching my child or other players during games and practices unless I am the official coach. I will avoid yelling instructions to the players during the game.
- I understand that playing time will be afforded to all players, but not necessarily in equal proportions. Playing time is the sole decision of the coach and may be influenced by attendance, tardiness, discipline, and ultimately by ability in playing well in pressure situations.

## **Communication:**

- I understand that my daughter should approach the coach if she has problems or concerns first and I will encourage her to do so.
- I understand that there are times when I feel I need to speak immediately to the coach. I will wait 24 hours after the triggering event so as to make that conversation as productive as possible.
- I hereby authorize Yakima Elite to post her name, picture, present school, year of graduation, height, uniform number and position on the Yakima Elite website or with any recruiting materials.

## Parent/Guardian Agreement & Consent

I have read, understand, and agree to the policies, procedures, and code of conduct requirements as set forth in the Parent/Player Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein. In addition, I certify that as a parent/guardian of this athlete/player, have explained to my daughter the aforementioned stipulated conditions and their ramifications, and I consent to her participation in this program under the Evergreen Region of USA Volleyball in which she is a member. I agree to pay the team fees set forth by Yakima Elite Volleyball Club, allowing my daughter to participate in the program.

Parent Name (printed)

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_