



Acceleration Volleyball 2022-2023 SEASON HANDBOOK

The specific purpose of our 501(c)3 is to foster the development of women ages 18 years of age or younger through the competitive sport of youth volleyball. This includes, but is not limited to: providing quality coaches that teach proper safe techniques and ethical practices; fostering the growth of players' skills and furnishing opportunities for competitive play; encouraging effective communication, cooperation, and sportsmanship; developing the value and self-esteem of each individual participant; and creating an atmosphere where camaraderie, inclusiveness, and accountability, learning and respect are values.

OUR MISSION STATEMENT

Acceleration Volleyball provides the opportunity to play club volleyball at a competitive level, meet new life-long friends, and improve oneself as an athlete and as a young woman. Acceleration Volleyball acknowledges that each athlete deserves an environment where they can have fun, fuel their passion for the sport, and grow as a competitor.

Welcome to Acceleration Volleyball Club! We are grateful and honored that you are part of our family. Acceleration Volleyball is so much more than just volleyball. We take pride in deeply caring about our athletes and their families and investing in their lives.

The Acceleration Volleyball club policies have been established to promote and support our club mission, and to help create and maintain a strong, honest, and respectable club volleyball program. These are club policies and not optional guidelines. All parents and players will be held responsible for adhering to the Acceleration Volleyball club policies. Anyone found in violation of the club policies may be restricted and/or removed from the Acceleration Volleyball program at any time.

I. General Club Policies

- (a) Encourage. Players and Parents must always maintain a positive and encouraging attitude towards all aspects of the club, especially toward your team and other Acceleration Volleyball members and staff. Players and Parents should never degrade any player or anyone associated with the club program.
- (b) Respect. Athletes and Parents are expected to treat ALL coaches, referees, other players and parents, spectators and facility staff with courtesy and respect at all times.
- (c) Criticism. Parents will refrain from any criticism of coaches, players, parents, officials, spectators, facility staff and opponents.
- (d) Conflicts. Acceleration Volleyball holds very high standards for our club. We are ultimately one TEAM and will maintain respectful and supportive relationships amongst each other. If any conflicts arise amongst the team, we will address them immediately, if necessary. Players feed off the unity of parents and coaches and we want the best for our athletes.
- (e) School Obligations. Parents and athletes in the Acceleration Volleyball program will be expected to make both Acceleration Volleyball and academics a priority. We expect athletes to manage their time accordingly so that they are able to attend and be on time to practices, tournaments and other related functions that fall within the team schedule. Mandatory school functions take priority over club functions. On certain occasions, major tests/exams may be taken into consideration for practice schedules. Make sure you keep your Coach informed.

II. Practice Policies

- (a) Arrival to Practice. It is mandatory that every player arrive 10 minutes early. Players must have full volleyball attire on and warming up on the court when practice time starts. Consequences for late players are up to the discretion of the coach.
- (b) Tardiness. In the event that a player is perpetually late, there will be a verbal warning. If the issue continues, there will be a meeting with the club director(s), coach, player, and parents.
- (c) Mobile Devices. Before players enter the gym, all cell phones and other mobile devices must be put away until exiting the gym except in the event of a medical or family emergency.
- (d) Practice Attire. Players must wear their practice shirts to every practice. This creates team unity. Consequence is up to the discretion of the coach.
- (e) Absences. For all player absences, players must communicate to their coaches in advance. All known absences should be communicated as soon as possible and no later than 2 weeks in advance. Known absences communicated late will affect playing time. Absences due to illness will NOT affect playing time but should be communicated as soon as possible. Pre-approved excused absences will not affect players playing time.

III. Equipment & Facilities

- (a) Facilities. Teams must make sure all facilities are left in better condition than when we arrived. All equipment must be put away properly and all trash must be picked up. This includes both practice facilities and tournament sites.
- (b) Accountability. All balls must be accounted for and all equipment put away properly before your team is dismissed from any practice or tournament.

IV. Tournament Policies

- (a) Arrival at Tournaments. Players must arrive to tournaments at least 20 minutes early. Your coach will inform you of your exact required arrival time and location.
- (b) Transportation. Transportation of players to and from tournaments will be the responsibility of parents.
- (c) Tournament Info. The club directors will advise the team/parents on tournament details and arrival times at playing sites as soon as they receive the information. Tournament details are not usually posted until the Wednesday before the tournament. Please be patient and know that this information will be distributed as soon as possible.
- (d) During Tournaments. While at tournaments and events, athletes must stay together as a team or in groups in order to encourage team unity and

bonding. Players are not allowed to leave tournament sites, including eating meals with parents (unless planned as a team), until the tournament is over and the coach has dismissed the players. Parents are welcome to pick up food to bring back for their athletes, but the team must remain at the tournament together. Any exceptions must be approved by the coach and are at the parents/players own risk. Approval for exceptions does not relieve players of their responsibility to be on time for scheduled activities. Any spectators (such as parents/friends/significant others/etc) should not take time away from the player spending time with their teammates - which is part of the team bonding process.

- (e) Buddy System. For safety and accountability purposes, Players will inform coaches of their location when away from the team and must travel in buddy groups at all times.
- (f) Officiating. Players will always be prepared to play a match or perform officiating duties throughout the tournament. Players must equally share officiating responsibilities and all players are required to remain at the tournament until the team's responsibilities are complete per the coach. If players are not sharing responsibilities, a schedule will be made for officiating with no exceptions.
- (g) Conflicts. If any conflicts arise at a tournament, all parties (parents, players and coaches) must wait 24 hours before discussing the issue. You will contact the club directors (avbfire@gmail.com) with your concerns and if the board is not able to find a solution, a meeting will be set up with the coach and parent. Please inform the club directors via email of any major problems/issues.
- (h) Clean Areas. Teams must clean up both bench areas after every match. Athletes are also responsible for cleaning up their team camps before leaving the facility.

V. Travel Guidelines

- (a) Conduct. While in hotels, athletes are to respect the property and privacy of others in the hotel.
- (b) Other Patrons' Rooms. Under no circumstance will athletes enter another guest's room that is not an Acceleration Volleyball parent, player or family member.
- (c) Non-playing Periods. Athletes will be expected to coordinate with the coach as to their whereabouts during non-playing periods.

VI. Managing Conflict

- (a) **Line of Communication.** The line of communication should be from coach to athlete to parent for all issues involving athletes and/or teams. Athletes are encouraged and expected to talk with their coaches about any problems or concerns they may have. Coaches are expected to always listen and be open to the player's concern and try to come up with an agreeable solution with the player.
- (b) **Playing Time.** Player's fees provide guaranteed equal practice time, but NOT guaranteed equal playing time at tournaments. Should parents have any concern with their child's playing time or any other conflict, they must follow the club policies below to resolve concerns and encourage their child to also follow these steps.
 - (i) **CLUB TEAMS :** Playing time is earned at this level. All athletes will see the court during pool play but not necessarily equally. During bracket play, playing time is not guaranteed.
 - (ii) **JUNIOR TEAMS :** Playing time is earned at this level. All athletes will see the court during both pool play and bracket play but playing is not necessarily equally.
 - (iii) **DEVELOPMENTAL TEAMS (YDT) :** All playing time is equal and everyone gets to play during scrimmages. All players will play during tournaments but not necessarily equally.
- (c) Do not, for any reason, approach a coach or staff member during or immediately after a tournament to discuss playing time. You must wait at least 24 hours to approach your coach about your concerns.
- (d) Should a player wish to discuss their playing time or any other concerns, they will need to meet player to coach first, before or after practice in private.
- (e) If the player's concerns have not been met, the parent and player may request a meeting through the director, to meet with the coach privately.
- (f) Lastly, if neither of those efforts resolves your concerns, you may request a meeting both with the director and your coach to find a solution.
- (g) **24-Hour Rule.** Always follow the 24-hour rule at tournaments. Emotions are much too high during a competition to discuss rationally. Parents who are seeking deeper explanations should contact the director outside of normal practice times to set up a meeting time.
- (h) Acceleration has a zero tolerance policy for bullying. If there is a problem with athlete behaviors towards any teammate, a meeting with players, parents and coaches will be arranged with playing time consequences. If nothing is resolved, coaches will discuss if the team will move forward with these athletes.

- (i) Safety & Well-Being. Notify a coach immediately if you have any concerns for a player's safety or well-being. All coaches are here to help address all major issues or concerns, keeping the player's best interest in mind at all times.

VII. Refund Policy

- (a) The penalty for quitting a team or program is paying the remainder of the team dues balance.
- (b) Hardships and Injury may be the exceptions.
- (c) Refunds may be granted to a player who sustains a season ending injury.
 - (i) The player must provide documentation (Doctor's note) to be granted this refund.
- (d) Disciplinary - Refunds will not be given for players or parents discharged from the club for disciplinary reasons.

VIII. Code of Conduct

- (a) Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- (b) Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- (c) Team members are reminded that when competing in tournaments, traveling on trips and attending other club-related functions, they are representing both themselves and the Acceleration Volleyball program. Athlete behavior must positively reflect the standards of the club.

**In the event that club policies are broken, there is a reprimand process for all club members including parents and players. Minor team, parent, and coach issues will be addressed with a verbal warning prior to entering the steps below. For extreme offenses any level may be skipped and can result in immediate removal.

- *Level 1 Offense* – Official Written Warning
- *Level 2 Offense* – Probationary Period
- *Level 3 Offense* – Removal