



Player/Parent Information for the 2023-2024 Season

Welcome to the 2023-2024 season of club volleyball. Congratulations on being selected as a member of an Empire Volleyball Club team!



Please join us on Instagram: [empirevolleyballclub](https://www.instagram.com/empirevolleyballclub)

Travel/Practice: Travel to and from club events is the responsibility of each player's family. Multiple teams practice at one time so finding other families to share driving responsibilities is not difficult.

Only adults 25 or older will be allowed to drive athletes to tournaments. AT NO TIME WILL ATHLETES BE ALLOWED TO DRIVE THEMSELVES OR OTHER PLAYERS TO TOURNAMENTS.

Travel **outside the region** is pre-planned by the club staff. Teams may be under a "Stay to Play" policy where approved hotels must be used.

Athletes are expected to wear Empire shirts/jerseys and volleyball appropriate attire to practices and tournaments. Since practices are tightly scheduled, please be prompt when picking athletes up from practices. Empire hoodies, outerwear and fan gear is available in the team store.

Tournaments: Tournaments are all day affairs, so come prepared! The following rules will be in effect during tournaments:

1. Please get your player to the site on time (typically 45 minutes before start time).
2. The coach is in charge while at tournament sites.
3. Athletes will not leave tournament sites until the coach releases them.

4. ALL TEAM MEMBERS will stay at a site when a team has refereeing duty. Players who do not have a refereeing assignment will not leave the site until the team duties are complete.
 5. Have warm clothes (tournament sites can be very cold), food and sports drinks/water (don't count on having shopping nearby). Proper nutrition is important!
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Communication: Effective communication is critical to a successful club season. The following is information on how the communication structure works at Empire, as well as some important communication guidelines:

1. Each team will have a **WhatsApp** message group. The app works on Android, iPhone, and Mac and Windows PC. This will be our primary mode of communication and information diffusion to communicate as efficiently as possible. Victoria VanTassell is our coordinator for all communication activities is rarely stumped by a question!
 2. Parents and athletes should try to establish open lines of communication with their coach. Give support to the coach's rules, systems, and philosophy.
 3. Know when to communicate!
 1. Please DO NOT approach your coach with an issue at a tournament.
 2. NEVER try to resolve a conflict with a coach in front of the team or vent on social media.
 3. Please deal with issues as they arise. Informing coaches or club administration of problems at the end of the season is not as productive!
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Player Conduct: Players are expected to positively represent Empire at all club events. We expect sportsmanlike behavior at all practices, tournaments, when traveling, and in all activities on and off the court. Disrespectful behavior towards coaches, officials, teammates, or opponents will not be tolerated. *Players are expected to be responsible and respectful users of social media.*

Parent Conduct: Parents are expected to positively support their daughter, the team, and the coach. Parents need to think about filling their daughter's "emotional tank" and avoiding behaviors that are detrimental to her experience. Negative comments, yelling at referees, sideline coaching, and even overly enthusiastic encouragement can be disruptive. Parents are **also** expected to be responsible users of social media. Lack of cooperation will result in the dismissal of a parent from the event or removal from the organization for parent and athlete. We highly recommend looking at the "Parents Tools" resources on the Positive Coaching Alliance website (www.positivecoach.org).

Refund Policy: The club cost structure is not variable. This means that if a player no longer plays with her team, the costs do not decrease; the coach's salary remains the same, NCVA and tournament entry fees stay the same, facility and equipment costs do not change. Therefore, once an athlete has committed to a team, there are NO REFUNDS.

Drug and Alcohol Policy: Possession and/or use of drugs or alcohol are strictly prohibited at all club events. A player who violates this policy is subject to expulsion. Chaperones are also required to refrain from alcohol when chaperoning club events.

Thank you for taking the time to read this information. We are looking forward to getting started!