



CENTRAL ILLINOIS ELITE VBC

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CENTRAL ILLINOIS ELITE VBC PARENT AND PLAYER GUIDELINES/RULES AND CONTRACT

We are pleased to welcome you to Central Illinois Elite Volleyball Club. The goal of this contract and the following pages is to make everyone aware of the rules, guidelines, and expectations. Some of the rules and guidelines are not applicable to all programs/age groups since we are anticipating having multiple programs, but most of the information applies to all players and parents. The Parent and Player Guidelines/Rules and Contract is intended to be an all-encompassing document for all programs. The athlete and parent will be required to sign a separate signature page to indicate that you have received read and will abide by the following document. Thank you for being part of Central Illinois Elite. We are looking forward to a fantastic season.

GENERAL POLICIES FOR ALL ATHLETES (AND PARENTS)

1. All Athletes and Parents will demonstrate proper and exemplary sportsmanship at all times.
2. All Athletes are expected to attend all events scheduled for their teams. There are very few valid excuses for missing a tournament. If an athlete must miss an event, you must contact us through email at director@cielitevbc.com at least two weeks prior to the date. For the Elite teams -- there are even fewer valid excuses for missing an event. If the cost of a team event has already been issued, you will be responsible for that payment regardless if you inform us prior to the two week requirement since our plans may have been set before that time and the cost is figured by the number of players.
3. All athletes are responsible for taking care of their uniforms and team warm-up gear(for elite teams). All replacement costs will be your responsibility.
4. All Athletes and Parents will abide by all facility rules at all other facilities that we may play at during the course of the season. Facility rules may include: No gum on the courts, No Parents or spectators on the playing surface, No food or drinks at scorer's tables or on the courts, etc. This also includes #5:
5. All Athletes and Parents are to understand that ALL Great Lakes Region facilities have a "No Outside Food Policy". Most facilities that our teams play in have the same "No Outside Food" policy just as we do here at Central Illinois Elite. Facility directors have every right to ask you not to bring in outside food and can/will ask you to leave the facility if you choose to ignore this rule.

Practice Rules and Guidelines

1. All practices are MANDATORY (unless otherwise specified). Attendance will be taken at all practices for all teams. If you cannot attend a practice, you must call your coach to inform us of the absence. Understand that missing practice can and will affect playing time unless a player is playing in another school sport. If you do miss a practice, be sure to get any and all information that may have been handed out regarding the next practice and/or competition.
2. Practice is the key learning and training time for players and is extremely important. Learn how to budget your time wisely and be prepared. Look ahead to upcoming assignments and exams. "Having a lot of homework" or "I have to study" are not valid excuses for missing practice. Those players playing other school sports are expected to attend all practices possible.
3. Athletes must know that if you miss the practice before any tournament, your playing time could be affected unless you are participating in a school sport.

4. Players need to arrive no later than 15 minutes before practice starts. The only exception to this rule is for those players participating in a school sport where there are practice conflicts or players who are driving a long way to attend practice and cannot make it on time as a result.
5. Players are asked to call the ball before every contact, count when appropriate, hand balls to coaches during all drills and shag when they are not in a drill. We strive to make the best training environment possible and keeping the gym loud, active and fast paced is a big part of that. Shagging is extremely important, not only to keep drills running at a good tempo, but for safety reasons.
6. Bring a water bottle or drink container to every practice. You can use the water fountain to fill your bottle before practice, but do not plan to use the fountain during practice. Put your name on your bottle so you do not lose it and do not leave it after practice.
7. At practice we will break for water as a group. Breaks are short in duration as to not take up valuable practice time.
8. Cell phones will be turned OFF during practice.
9. No gum is allowed in the gym. No gum means exactly that- NO GUM.
10. Jewelry is not permitted at practice. You cannot, under any circumstances, wear jewelry when you play and we do not allow it at practice either.
11. DO NOT wear your volleyball shoes outside and NEVER wear them outside in the winter before coming into the gym (snow, slush, salt, etc. make for dirty courts and sometimes unsafe playing surfaces). Keep your volleyball shoes for the gym only.
12. Players will wear Central Illinois Elite shirts at practice (once they have been received). Players receive practice shirts for this reason.
13. Keep your gear in your bags and your bags zipped up and placed neatly in an assigned area.
14. Clean up after yourself after practice. Make sure you have all of your clothes, shoes, pants, jackets before you leave. Do not leave your water bottles lying around. We should not have to clean up after you.
15. Give the coaches your full attention during practice. Respect all of your coaches and what they are telling you, because at some point all of the coaches may be working with you. They only want to try to make you a better player and they deserve your attention.
16. At Synergy, there is a breezeway. This is where you will take off your "outside shoes" and either put on your court shoes or leave your socks on and put on your court shoes on inside the facility.
17. All bags and jackets, etc. will be neatly stored in the drinking fountain area.
18. At the end of the nightly practices, we will have designated members sweeping the floors to maintain the facility cleanliness.
19. Missing practice for High School Open gyms in the summer is not acceptable.

Tournament Rules and Guidelines

1. There are very few acceptable excuses for missing a tournament. Those players that are involved in high school sports may need to miss from time to time, so be sure to look at your schedules and inform us as soon as possible of any potential conflicts (We understand there will be conflicts). Major religious conflicts and/or family tragedies/emergencies are viable reasons for missing, but concerts, school dances/school festivities are not.
2. There is no such thing as "equal" playing time in volleyball. At Central Illinois Elite, the coaches will strive to give all athletes "fair" playing time based on numerous factors such as (but not limited to) player position on a team, absences from practices, illness, injury, player progress, player attitude, and work ethic in practice. We strive to give all athletes the necessary training time in practice needed to accomplish their playing time goals.
3. Tournaments are a time to be with your team- not your boyfriends, friends, parents, pets, etc. Use that time together to learn about each other, talk to each other, watch/ scout your opponents and support other Central Illinois Elite teams playing at the same event.
4. Players are not allowed to leave the tournament site without previous permission from the head coach. This also means that during break times and team work duties, all team members must stay at the facility unless discussed with the head coach in advance.

5. Be on time! Typically the following arrival times are what we tell the players. If you are playing 1st match, be there 1 hour before the scheduled pool start time to be ready and on the court warming up no later than 45 minutes before the match start time. If you are officiating the 1st match, be there 30 minutes before the scheduled pool start time and be sure to check-in with the head official at least 20 minutes before the match start time. If you are off the 1st match, be there at the scheduled pool start time.
6. Players are not allowed to leave a tournament site until all officiating responsibilities are completed. There may be circumstances where you need to talk with the head coach to receive special permission to leave before your officiating duties are done and those will be dealt with on a case by case basis at the discretion of the head coach.
7. All teams and players will obey ALL facility rules. All Great Lakes Region facilities have a no outside food policy as previously addressed in the General Policies section.
8. Central Illinois Elite players and teams will strive to be the best officiating teams. There are several rules that ALL Central Illinois Elite teams will abide by when officiating:
 - a. PAY ATTENTION!
 - b. NO MUSIC/HEADPHONES
 - c. NO CELL PHONES
 - d. All GL facilities do not allow food at the scorer's tables. No food means no food!
 - e. All players should learn how to do all officiating duties. Therefore, everyone on the team can share in the duties.
 - f. All players need to have their own whistle. Keep your own whistle in your volleyball bag so that you have it at all tournaments. We want to avoid having players share whistles and/or borrowing or using a "community" whistle when officiating.
9. CLEAN your team bench after your match. This means picking up water bottles, tape, papers, clothes, other people's water bottles, etc.
10. No parents/friends are allowed on or near benches of the teams or on the playing surface. Most facilities do not allow parents anywhere on the playing surface for safety and insurance purposes. Sometimes parents are asked to help shag during warm-ups, but should only be done if the parents CAN shag without stepping on the playing surface.
11. All Central Illinois Elite teams will do their best to help support other CIE teams during tournaments. We are a program and we all want our teams to have success. Teams should shag for each other in warm-ups when possible, watch and cheer for each other. Players may sit on other teams' benches if given permission by the team's coach.
12. **SHAG YOUR VOLLEYBALLS!** If you take 10 CIE balls with you, be sure to bring 10 CIE balls home. If you brought them to the gym, they are there, so please find them. You might have to go to several courts and look under, in and around things to find them!
13. There will be no person allowed on or around the team bench during play unless they are background checked and approved by the JVA. (example: Friends, boyfriends, siblings etc)

Elite Team Travel Rules and Guidelines

This section applies to the Elite teams when traveling to events outside of the state of Illinois.

1. We will sit and eat at least one meal together.
2. Coaches will assign rooms at the hotel.
3. At no time will a player be allowed to leave the hotel or lodging without the permission of their coach or chaperone.
4. At no time are boys permitted in the rooms or hallways of the players' lodging.
5. All teams and players will have a curfew in place. Coaches will give each team a set time to be in their own rooms and a set time for lights to be out. Coaches will do room checks to make sure this is followed.
6. Understand that you are representing Central Illinois Elite, your team and your family at all times when we are traveling at these events. This means conducting yourself in a professional manner at all times.

Be courteous, be polite and follow all the rules at the tournament facilities, at the hotel, at restaurants and in public in general. How you act is a direct reflection on this program and you as an individual.

Athlete and Parent Conduct Rules and Guidelines

It is our goal to set the example and be a leader in the volleyball community in regard to our athletes and their parents' behavior. This means both the athlete and parents of the athlete need to lead by example. These rules and guidelines are set to protect the safety and integrity of the athletes, their parents, the club and coaches. Each year it seems that, across youth sports, there are more and more issues with regard to parent behavior and parent actions. Therefore, our club will continue to look for ways to encourage our parents to act, communicate and behave in the proper sportsmanlike and ethical manner.

1. If you do not have anything nice to say, do not say it! This is a simple rule of life to live by and it especially applies to youth athletics.
2. All parents and Athletes will strive to demonstrate exemplary sportsmanship at all times.
3. Parents are to be supportive of the entire team/program at all times.
4. Parents are not to engage in any behavior in cheering that would reflect negatively on CIE, their team or their daughter. Athletes are expected to also abide by this guideline. KEEP IT CLASSY!
5. Parents and Athletes should NEVER talk negatively or engage in negative conversations about their teammates, other players in the club or opposing players. Adults need to realize that we are involved with youth sports and young athletes trying their best. Negative things that are said and/or heard have the potential to spin out of control and in some cases, can be taken out of context and directly affect the well being and future of these young people. We rarely have problems with the players themselves. In almost EVERY incident, the issues arise from something a parent said. Parents are not, in any way, "entitled" to say what they want to say about other athletes. Negative comments and behavior should NEVER be accepted by any parent of an athlete. There is no place for it, and it will not be tolerated at CIE.
6. Parents should NEVER coach from the stands at practice or at tournaments.
7. Parents and spectators are NEVER allowed to approach a line judge, official or scorekeeper before, during or after a match.
8. Parents- remember what our goals are and what our mission is. We want to make volleyball an enjoyable experience for everyone. We are trying to train young athletes to be the best volleyball players they can be and, at the same time, educate them on being young adults. You as parents, have the ability to make it a miserable experience or a great experience.

Grievance Procedures and Guidelines

The procedure outlined below is in place to address any and all issues that may arise over the course of the season. While it is not the intent of CIE to suggest there will, or could be problems, we understand that at time, some issues need to be addressed. The procedure is designed to help all athletes and

parents address their questions, concerns or problems in the most professional way possible. All athletes and parents will abide by the following guidelines:

1. We agree to handle any and all problems, issues and/or complaints in a professional, adult-like manner and will observe the **24 hour rule** at all times.
2. The **24 hour rule** states that any and all problems or issues will be addressed to Jennifer Bartlett or Rick Pemble **AFTER** a 24 hour “cooling” period has passed from the time of the issue. This rule applies to **ALL** playing time issues, coaching decisions, team placements, player/coach issues, tournament day decisions, etc. The only exception to this rule is if an athlete’s safety and well-being is in jeopardy.
3. Once the 24 hour period has passed, if the issue is still a concern, parents may contact Jennifer or Rick via phone or email. The club directors will then gather all necessary information by talking to all parties involved including the athletes, coaches and/or parents. If the club directors cannot address and solve the issue after gathering all information, the parents may then, and only then, ask the club directors for a meeting. If a meeting is required, we will discuss the issue and come to a resolution. At such a meeting, we will discuss your daughter and the issue at hand with your daughter, but we will not, under any circumstances talk about other players.
4. We understand that at **NO TIME** are any parents allowed to approach an individual team coach on the day of a tournament with issues in regard to playing time.
5. We understand that all CIE coaches are instructed not to engage in any confrontational conversations with parents, including playing time issues on the day of a tournament. CIE coaches are instructed to calmly and politely remind parents of the 24 hour policy and to tell parents to contact Jennifer after that 24 hour period has passed.
6. We understand that if a parent chooses to ignore this rule and persist with being confrontational, that serious consequences may result including removal from the tournament site and possible removal from the program.
7. If the Athlete has an individual question, concern or an issue with a coach, they should first talk to their coach before involving their parents. They may need to set up a time before or after practice to properly address the concern. All too often, questions and issues can be addressed, answered and solved between the individual athlete and coach without any parent or club director involvement. This also encourages the athletes to be mature and responsible and to take an active role in their development as a player and young adult.

Financial Agreement

By signing the Central Illinois Elite VBC Parent and Player Guidelines/Rules and Contract, we agree to the following:

1. Parents should realize that Central Illinois Elite is an excellence program and you are committing your financial support for the entire club volleyball season even if our athlete chooses to leave the program. You may still be financially responsible for all outstanding fees.
2. Fees paid to the club are non-refundable except cases of a season ending injury, illness or relocation out of the area. In this instance, refunds may be granted with a written request to the club director. After practice has started, refunds will be pro-rated based on length on participation.
3. Club fees are due in accordance with the provided payment schedule as outlines in the Informational Meeting packet and the General Accounting Information forms.
4. In the case of an individual payment plan or payment schedule, any club fee schedule agreed to in writing must be adhered to. An athlete may not be allowed to participate until fees are paid as per the agreement.
5. Understand that any returned check will be charged an additional \$25.00 NSF fee.
6. We understand that if our account is not paid prior to the end of the season, the athlete’s name will be turned in to the Great Lakes Region club directors’ outstanding debtor list that is kept by the region’s

club directors. That athlete will not be permitted to tryout for or play for another club the following season until all fees are paid in full as per an agreement among all clubs in this region.

7. We understand that all athletes who are seniors must have account balances paid in full prior to the end of the season. If a balance has not been paid, the athlete may not be allowed to participate in the year end tournament.
8. We understand that Central Illinois Elite teams will have additional travel fees for out of state tournaments when we travel as a team. Those tournaments are outlined and estimated in the Informational Meeting Packet and competition schedule.

CONTACT INFORMATION

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