



2023-2024 Club Volleyball: Parent & Player agreement

Thank you for selecting **Ace Volleyball & Athletics** where there is always a ***Positive Pursuit For Volleyball Excellence***. As your Coaches this season, we are excited to work with and help every player improve. It is our mission to develop players that have respect, good sportsmanship, commitment, and a love for volleyball.

At **Ace**, we believe that it is vital to have a balance of individual & team development throughout the season. As such, full participation is required on the part of all coaches, players, and parents for us to be successful. Below are some of our guidelines that we require everyone to follow in order to help ensure that your student athlete achieves maximum benefit from their club experience.

Players and parents should review these guidelines together and if in agreement, return a signed copy to the Club.

Practice Commitment & Procedures

Arriving on time: If you are on time for practice or tournaments, **you are late**. Players should be at the gym for practice at least fifteen (15) minutes prior to the scheduled start time to put on shoes, stretch, warm up, and set up nets. **ALL** players are responsible for helping set up nets and equipment at every practice. All practices are Mandatory. A key component to being a successful student-athlete is discipline and balancing the requirements of school and competitive volleyball.

Absences: Illness or a family emergency is considered an excused absence. Playing for another sport, family vacation, or elective extracurricular school activities are not considered excused. Please note that absences and tardiness will be reviewed by the Coach or Club Directors and may result in a loss of playing time.

Attire: All players are required to wear proper volleyball attire to practice. No player should wear another club or team's sponsored gear to a practice or Ace club event. Proper practice attire should consist of t-shirts, spandex/leggings/active shorts, knee pads, and court shoes. If a player arrives to practice in a crop top, sports bra with no shirt and or non-athletics bottoms, coaches do have the right to ask them to change. **We highly recommend players do not wear jewelry to practice.**

Attendance Policy: We practice two to three times a week. **It is critical that all players arrive on time and put forth maximum effort for the duration of each practice session. It is the responsibility of the athlete and their parents to notify the coach of any scheduled team event that the athlete will be missing. Parents/players must notify their coach(es) at least one week prior for practice absences unless there is an illness or emergency. Practice time is guaranteed, tournament playing time is earned in practice.**

- **Effective team practices impact tournament success, players who miss practice may be required to sit out during their next tournament.**
- If an athlete accumulates eight (8) absences during the season, the Coach and the Club Directors will conduct a review to determine if that athlete should remain with the team. (Missing more than ½ of a practice counts as an absence).
- **Exceptions for missing practice lie in two areas: a contagious illness, or a mandatory graded school class event (barring an emergency). Schoolwork is part of the competitive club sport experience and is not an excused absence.**

Cross Training/Playing other sports: Ace VBA encourages players to participate in other sports, especially within their schools. We in no way want you to stop playing your other sports and are willing to help you effectively manage your time and schedule to be able to participate in all activities you strive for. However, players that actively miss practices are also missing out on the opportunity to build their skills and their relationship with their team. Both of which can/will impact a player's playing time.

Practice Commitment & Procedures(continued)

Safety: If a player must miss a practice last minute or is running late, parents/players must notify their coach as soon as possible. For players that drive themselves too and from practices, please make it a habit to communicate to your teammates when you have arrived to and from practices as a safety precaution. At the end of practices, players are to go directly to their cars/parents. Player(s) loitering outside of a practice facility is not allowed. If your parent or ride is not present yet, please wait inside the facility with one of the coaches.

Tournament Commitment & Procedures

All tournament schedules will be determined once teams are formed and the Region schedule is available. Once tournament schedules are set, please make these dates a priority.

Arrival: Participation during tournaments is critical to the success of every athlete as well as the team. You should arrive at tournaments at least 45 minutes early to allow time for parking, finding the correct court, and warming up. Club teams have tournaments 1-3 weekends a month beginning in January. Parents/players must notify and give their coach(es) at least three weeks' notice for tournament absences. The Coach/Club Directors will evaluate all tournament absences with proper documentation on a case-by-case basis.

Attire: For the purposes of uniforms, players are NOT allowed to wear non-Ace attire from the time they enter the gym until the tournament is over. Some combination of the Ace uniform package, including jersey, warm-up shirt, training shirt, hoodies, and warmups are to be worn between matches. No school attire is allowed during practices or tournaments. We want college coaches, our competition, parents, and spectators to recognize the Ace brand.

Club Support: If any Ace teams are playing at the same tournament site, players will be advised and teams will be encouraged to watch and cheer for them.

Ref training & work schedule: Every player is required to complete their SRVA/USAV refereeing and score-keeping clinics. These trainings include: bookkeeping, libero tracking, line judging, & Referee two (R2) training. At tournaments all players are required to contribute equally when the team is assigned to work a match. Players are required to stay with the team while working a match. Early departure from a tournament is not permitted without permission from your team's Head coach, even if your player is not "working" that match. Our policy on officiating is that we want to officiate other teams/matches the way we ourselves would want our matches to be officiated.

Nutrition: Player's performance on tournament weekends is vastly affected by their dietary habits/choices the two or three days prior to competition. Please use sports drinks (Gatorade, body armour etc) as a supplement to water. These drinks can aid players' intake of electrolytes, but should not be their primary source of hydration due to their high levels of sugar content.

Leading up to a tournament, please limit simple carbohydrates such as: candy, sugar, soda, white bread, etc. Examples of what will aid in preparation for competition are foods:

- Low in fat, fiber, & caffeine
- Moderate to high in protein
- High in complex carbohydrates & fluid

Rest: To perform at tournaments at the level both your teammates and coaches deserve and expect, all players need to get 6-8 hours of sleep the night before and during competition. Sleep deprivation has a large effect on a players physical performance and mental ability to quickly problem solve and adjust. At any overnight tournament(s), players will have a mandatory 11pm curfew. Players who do not abide by the set curfew will have a loss of play time during the tournament.

Travel Policies:

1. All players on 14's teams and above must stay with the team while attending overnight tournaments. Any exceptions to this must be approved by the head coach.
2. Players on 13's teams and younger will travel and stay in hotel rooms with a parent or chaperone at a hotel designated by Ace.
3. All players must adhere to curfews established by the club (covered above) when traveling with the club. Players are to be in their designated rooms at the designated curfew hour. "Lights out" means "lights out": lights, televisions, phones, and all electronics are to be off at this time.
4. When at restaurants, the team and coaches will sit together at one table or assigned seating. Parents may be invited to team meals but will sit with other parents
5. When at a lodging location, players must travel in pairs (at a minimum) when leaving your rooms.

Parents/players are financially responsible for their hotel, transportation, and food costs associated with travel tournaments.

Competitive Season & AAU National Championships

Ace reserves the right to add athletes to a roster of any team as permitted by the AAU rules.

Parent/Player Conduct

It is the intent of *Ace Volleyball & Athletics* to continue to be well-respected leaders and role models in the volleyball community. Furthermore, it is also our intent to ***lead by example***, and we hold our players & parents to this standard. The following guidelines are set forth to protect the safety and integrity of players, parents, coaches and *Ace Volleyball & Athletics*.

1. **Disrespectful or negative language will not be tolerated** at any time. Disrespect, foul language or rude gestures towards coaches, teammates, parents, officials or opponents is unacceptable and will not be tolerated. Coaches reserve the right to ask a player or parent to sit out or leave for the remainder of a practice or tournament if such disruptions occur.
2. **Derogatory or defamatory social media posts** will not be tolerated while with your Ace teams: including, but not limited to, posts with the Ace logo, players, or family members. Any such posts will be evaluated by the coaching staff and leadership at Ace and may result in expulsion.
3. **Cell phones are to be off or silenced** and put away during practices, games, refereeing, and team meetings unless otherwise specified by a Coach. If a player is seen using their phone without a coaches permission they will receive a warning. If a player accumulates three (3) warnings regarding use of their cellphone this can result in a loss of playing time and up to the player being excused from the team. Phones may be used for emergencies ONLY. We feel it's important that every player be focused 100% on getting the most out of their experience.
4. **100% effort is required during all practices and tournaments.** Players are expected to listen to coaches and demonstrate their willingness to improve and adjust technical skills per coach's instructions.
5. **Equal playing time is NOT guaranteed.** Coaches evaluate athletes during practices on a weekly basis and determine playing time at tournaments based on their performance in practice, attendance, skills, attitude, and ability to work/communicate with their teammates. If you have a question about playing time, set up a time with your Coach to discuss the situation.
6. **Refrain from arguing or making disparaging comments** – refrain from talking to other players, parents, coaches, tournament officials, or referees in an argumentative or disparaging manner. Parents are to be supportive of their athletes during tournaments and not question them or their teammates regarding their play or about how much or how little they have played. When in doubt, Ace believes parent support should be unconditional.

Parent/Player Conduct (continued)

7. **Parents are not to “Coach”** their athletes during tournaments. Instead, parents are to be supportive of all athletes during tournaments and allow the Coaches to coach, and referees – ref. The athletes will need to focus and concentrate on what Coaches have to say.
8. **No team member is permitted to leave a tournament site** until all officiating responsibilities are completed without advance notice and the expressed permission of your coach.
9. **Bench & Sideline responsibilities** - Parents/players are to support their teams at all times while at a team tournament, whether you/your player is playing in a particular match or not. Poor bench behavior includes not expressing verbal or vocal support for your teammates, conducting side conversations taking other’s attention off the match, disrupting the match with inappropriate discussions with the coaching staff, or questioning playing time or status during the match.
10. **Proper etiquette at tournaments** which is expected of all Ace parents means to cheer for not only your own player and team, but any Ace team or player. We do not condone cheering against any other club or player. Please behave in a manner that you would want your player to imitate as we strive to lead by example.

As a player, I will:

- Respect others and treat them as they would like to be treated.
- Not make negative comments to other players about their abilities, how they look, or act.
- Show respect to the coaching staff and cooperate with their instructions.
- Be respectful of the volleyball equipment and the property of others.
- Responsibly conduct my behavior and refrain from unwelcome teasing, bullying or other unkind behaviors.
- Not post anything to social media that is rude or disrespectful to Ace, the coaches or my team mates.
- Take full responsibility for my actions and understand that irresponsible behavior will result in disciplinary action.

Conflict Resolution:

This procedure is designed to help athletes and parents resolve concerns or problems that may occur during the course of the season. It ensures open, honest communication between all parties involved. In the event a conflict should arise during the season, all efforts should be made to resolve the issue at hand within the team framework. This means that the player should approach their coach or a member of their team's coaching staff. Based on past experience this step is vital in not only establishing/maintaining team unity, but also helping players to build communication and self-advocacy.

1. First, schedule an individual meeting with your Coach at an appropriate time to discuss/resolve concerns. Either party (player or the coach) has the right to request the presence of a 3rd party (Head Coach, Assistant Coach, Club director, or parent). The meeting should take place at a location considered adequate for a private discussion - **NOT** at a tournament or during practice.
2. If questions or disputes still stand after that meeting, the player and parent can request a meeting with the Coach(es) & Club Directors. The decision of the Club Directors at this point is FINAL.

Social media & photography release

We agree that Ace Volleyball & Athletics has the right to use photographs of its registered players taken during club sanctioned practices, games, and other events in any promotional materials, at the discretion of the club, now or in the future. Ace Volleyball & Athletics will demonstrate “good taste” should such material be used. We agree that usage of any such photographs does NOT entitle the player(s) or parent/guardian to any compensation now or in the future.

Financial Commitment – Team fees are used to cover all costs associated with maintaining a quality program and experienced coaches. We understand that many of the club's seasonal expenses and programming decisions are made and committed to at the beginning of each season based on the number of players that have committed to the program. We agree to honor our commitment to play with the club for the entire duration of the program. We understand that failing to pay the seasonal dues in full/quitting the program at any time prior to the end of the season will have a detrimental effect on the program. Therefore, by registering for the program and signing this player and parent contract, we hereby agree to pay the seasonal dues regardless of whether we later decide to abandon or no longer participate in the program for any reason prior to the end of the season except for a move out of state or a long term injury. All fees are due in accordance with the payment schedule provided when the athlete and parents accept a position on a team and are non-refundable.

Ace offers the following payment options:

- All payments made via credit/debit card are set up and processed through SportsEngine's registration.
 - Payment plans can be set up via credit/debit card only and paid in 8 (Sept-Apr) or 5 (Sept-Jan) monthly installments.
 - Payments made in full via credit/debit card can be selected during registration (not eligible for the 5% discount).
 - Payments via cash/check must be made in full and will receive a 5% discount.

Initial Deposit if opting for a payment plan is due by Friday, September 8th 2023 = \$400.

If paying in full payments must be made by Wednesday, September 13th 2023.

**There is a \$50 late fee that will incur if the deposit is not paid by deadline listed above
(Additional costs may apply if travel is required for any tournaments)**

We acknowledge (both parent and athlete) that we have read the above policies and practices of ***Ace Volleyball & Athletics*** and agree to follow these policies. We also understand the commitment we are making and that if we should choose not to follow the policies as expressed above, we may be asked to leave the program.

Season dues for the 2023-24 season are as follows (BSN is our uniform vendor):

Age Groups	Local Season Dues	Regional Season Dues	Age Groups	Local Season Dues	Regional Season Dues
U10-U13	\$2,920 to Ace \$400 to BSN	\$3,530 to Ace \$400 to BSN	U16	Not offered	\$3,800 to Ace \$400 to BSN
U14	\$2,950 to Ace \$400 to BSN	\$3,710 to Ace \$400 to BSN	U17-U18	Not offered	\$3,960 to Ace \$400 to BSN
U15	\$3,060 to Ace \$400 to BSN	\$3,710 to Ace \$400 to BSN			

Player's Name Print

Player's Signature

Date

Parent's Name Print

Parent Signature

Date