



MVA TRAVEL POLICY

MVA GUIDELINES FOR TRAVELING

A few MVA teams travel during their season. These trips are to over-night events and fall into two categories. One category is a trip (pre-determined) that is part of the regular club season and includes housing for players, coaches and a team-appointed chaperone. The second type is one that the team decides to do in addition to the regular season; on this type of trip the parents and players secure their own housing. The transportation costs for all tournaments, whether travel or not, is the responsibility of the parents.

The following information needs to be reviewed to make these trips safe and successful.

1. Travel dress code is for all players to dress appropriately and modestly. Nice casual always works and can include jeans. Warm-ups can be worn on return trips.
2. Athletes will be courteous and respectfully obey all staff members. This includes all coaches, chaperones, and/or other adults traveling with the team.
3. Athletes should never be alone at any time when traveling. Chaperones will initiate a buddy system—never be anywhere (not even your hotel room or going to the lobby) without a buddy and let the coach and/or chaperone know your whereabouts at all times.
4. Athletes may not leave the hotel area at any time without permission from their coach and/or chaperone. The coach should know where all athletes are at all times.
5. MVA's policy does not allow male non-family members to *accompany team* on travel tournaments.
6. Athletes must lodge with their team. Players stay together and accompanying parents have their own accommodations. Please do not ask to have your athlete stay in your hotel or room. The exception to this may be where a chaperone is lodging with the players.
7. An athlete who damages any property at a lodging or playing facility will be personally responsible for damages.
8. An athlete found in possession of alcohol, tobacco or illegal drugs will be sent to local police immediately and the parent or guardian will be contacted. The coach will contact the Director and appropriate action will be taken. This violation usually results in dismissal from the Club.
9. An athlete who disobeys any one of the travel rules may be sent home immediately at the expense of the parent or guardian. Violation of any travel rule also may result in the athlete being asked to leave the Club, depending on the evaluation of the incident by the Director, which will take place immediately after the trip is completed.
10. Members of the opposite sex are not allowed on the same floor or in the same rooms of Club MVA players. Female family members may enter player's rooms.
11. Players may bring extra money for souvenirs, entertainment and extra food not provided by club allowances. Extra scheduled activities are determined by chaperones, coaches and parents.
12. Electronics – Electronics are allowed on travel trips but will be collected at lights out and returned to the player the next morning. A power strip may be brought to accommodate charging of electronics. Chaperones (per direction of Coach) determine curfew time.

Travel Expenses:

- Expenses may be altered as actual costs dictate.
- Club fees do not include cost of transportation to and from tournaments, lodging, or airfares. Parents who transport other players are asked to do that throughout the travel event.

The fees do include: tournament entry fees, coaching expenses and chaperone expenses (varies).

- Travel costs are borne by all roster team members regardless of participation in the travel event.

What to Bring:

All team uniforms, warm-ups, sweatshirts, travel bags, volleyball if needed

Volleyball shoes, knee pads, active ankles, plenty of socks

A refillable water bottle!



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Personal hygiene items needed: deodorant, shampoo, bar soap, toothpaste, sun block etc.

Medical items: medications, Tylenol, Advil, feminine hygiene products etc.

Comfortable clothes for sightseeing trips, shopping, browsing around hotel or eating out.

Swim wear (bathing suit, towel).

2-3 large plastic Ziploc-type bags to place dirty/wet clothes and for trip home.

Camera if you wish to take team pictures, etc.

Medical/Health insurance card in case of emergency, illness or injury.

PLEASE NOTE! If flying, carry-on bag should have playing gear in it in case of lost bags.

GUIDELINES for CHAPERONES for OUT-OF-TOWN TOURNAMENTS

The Team Coach/Director will select and contact a mother, or other adult female to act as chaperone on the trip. The chaperone is a volunteer. The official team chaperone must be registered with NCR/USAV and/or AAU. The fee for this registration is paid by MVA. USAV requires chaperones to complete the NCR Registration and Background Check Release forms. On occasion, the club may have coaches serve as chaperones though this is rare.

Chaperone responsibilities include:

1. First steps are to: 1) Create a rooming list of who will room with whom. The office will provide how many rooms are available – up to 4 girls will stay in each room. 2) Create a car travel list of who is driving with whom. Provide the coach with these lists.
2. The chaperone must provide all non-traveling parents with their cell phone number.
3. All drivers of players are responsible to transport those players during the entire time of the travel event including to and from the playing venue.
4. Be aware of travel plans, including transportation, hotel arrangements and departure times and places.
5. Be able to drive and have liability insurance themselves and find drivers within the parent group to take the players and shuttle players to and from venues.
6. Help launder team uniforms as needed, but not personal items.
7. Be aware of tournament schedule and make sure players are on time.
8. Confirm return travel arrangements and be certain that players have notified parents of any changes.
9. Handle team check-in at hotel and distribute keys (check with Director/Head Coach). Do bed checks and enforce curfew, electronics policy and other club rules (check with Director/Head Coach).
No individual player should go anywhere alone (2 minimum) including the hotel lobby!
NOTE: The head coach & chaperone need to know where players are at all times!
10. Hold all players airline tickets and/or required ID after boarding.
11. Stay with players at airport until all parents arrive for pick-up.

Chaperones may have a spouse join them for traveling. However, to respect our players' diversity, MVA does not allow unmarried staff, coaches or chaperones to room together on MVA travel events. Same sex chaperones may share rooms and expenses.

Supporting the Coaches/Club:

Chaperones, together with coaches, are an extension of the MVA volleyball program. This means that you understand and support the philosophy of the club.



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Do not be afraid to talk to the coach to find out what they need. Each coach may have different expectations of you. Ask for their input on travel, meal times, curfew and lights out, getting up, departure and any ideas for extra-curricular activities if any. The coach will look to you to help things run smoothly. Don't make decisions on your own. Keep them informed. Give the coach ideas when issues arise rather than simply tell them what is happening.

Make sure you have the coaches, parents and players cell phone numbers entered into your phone.

Avoid coaching or giving advice to the players....you are there to support not coach.

Work with the coach to understand the arrival and departure expectations.

Caregiving:

Be prepared with the following items: small first aid kit, include: assorted band aids, eye drops, hand sanitizer. (Coach will also have a larger first aid kit.)

Feminine hygiene products. Tide-type pen or Clorox-type wipes for stains on uniforms.

Know which athletes might have medical conditions that may require a reminder to take medications or the need for monitoring (diabetes). Check with coach and/or parents.

Make sure the players are drinking plenty of water and limit sun/pool exposure.

Check with the coach regarding the player's Medical Release Form to be apprised of any condition a player may have. Do not hesitate to contact a parent regarding any health concern you may have.

Food:

MVA club will be using the team's food spreadsheet which will already have one or two persons assigned or designated to be responsible for food and drinks during the tournament for the players and coaches. Depending on that day's tournament schedule (varies), when and where to eat will be a collaboration between the head coach and the assigned/designated person(s).

Grocery shopping will be required for each trip both before and possibly during the tournament. Chaperone could enlist the help of other parents who are at the same event to assist with some tasks. A food allowance (to be collected as needed and may vary) is provided for the players and chaperone and will be determined before/during (agreed by parents before purchasing) the tournament to use in purchasing food/snacks. Use the internet to search for closest stores. Proteins, complex carbs (whole grains, fresh fruit and vegetables, nuts, etc.), and good fats are encouraged. Ensure that players are eating nutritious food throughout the tournament. Processed sugar (pop, candy, fruit snacks, juice boxes, etc.) and caffeine should be avoided prior to and during play. Club food allowance is not used to purchase pop and candy. Though some snacks may be provided by the Club it is advised for players to bring some of their favorite snacks along as well. Keep the coach informed if unusual eating habits are observed.

For the most part coolers are not allowed inside venues. Where they are allowed a cooler on wheels works well for transporting lunch items/healthy snacks. Coolers may also be left in vans/cars.

A note about drinks: Chaperones may purchase water for meals and for during the tournament. But each player should also bring a refillable water bottle for use during the tournament.

Gather information regarding player food preferences and any possible food allergies.