

**PARENT AND PLAYER POLICY | CODE OF CONDUCT AND CONTRACT**

**2024-2025 TRAVEL VOLLEYBALL SEASON**

**PHILOSOPHY AND MISSION STATEMENT**

The mission of The St. James Volleyball Club is to provide a safe, fun, engaging environment, where our members and athletes can enjoy learning the game of volleyball, working hard with teammates and coaches to create long-lasting relationships. We will always strive to compete at the highest level possible.

Our goal is simple; to be the best we possibly can be in competition, on the practice court, and in the community. We are committed to ensuring that every St. James Volleyball athlete has a positive experience that fuels his or her love of volleyball and competition. We teach our athletes the game of volleyball including all aspects of skills training, tactical knowledge, match strategies as well as teaching them to be disciplined, train at full effort, be a positive and supportive teammate, push beyond their comfort level and compete with confidence and enthusiasm. The club will also provide a structure that will facilitate the operation of individual teams in terms of providing practice facilities, equipment, quality coaching, communication, and supervision. We believe all these to be necessary in delivering a safe, competitive volleyball experience for the athletes and their families.

**TEAM COMPOSITION AND PLAYING TIME**

All teams will have two coaches, a Head Coach and Assistant Coach or two Co-Coaches. We also have several Float coaches to fill in for our coaches should they be absent or additional assistance is needed at practices or tournaments. Team Rosters can have up to 14 players and can include practice players. Practice players pay ½ of the team fees and only participate in practices.

Athletes are guaranteed equal practice time, not equal playing time. Athletes will have opportunities to earn playing time but there are several factors to earning their playing time. These factors include the following: *level of tournament, ability, position, attitude, performance, and practice attendance*. Athletes will be trained at multiple positions especially at the younger ages. At The St. James Volleyball Club our philosophy is not to specialize in a position at a young age. As the athlete gets older their positions may become more specific.

The Board of Directors, which includes the Director of Volleyball, Assistant Director and Programming Manager will oversee the operation of all the teams. This includes decisions related to team placement and offers for players considering each players development, recruitment opportunity, ensuring playing opportunities for as many athletes as possible, ensuring the competitive viability of all teams for tournament registration classifications and creating a path to success for each team. Directors approve all offers and team rosters.

Generally, athletes will be selected within their age groups. However, we realize that some athletes by age fall in a different age group than their graduating class or possess more advanced athletic skills than their own age groups and can benefit from playing with older age groups. ​In order to play on an older age group team, the athlete wishing to move up must tryout for their actual age group and the older age group. The player wanting to play up must be a player that the older age group coaches believe that they will see the court. If the older age group coach does not see that said player getting a lot of play time on their team, we recommend the player stay at their age group so they can develop more as a player while getting on the court experience.

Athletes who are injured prior to tryouts or during tryouts are still evaluated by coaches and Directors and will be considered for a position on a team. The decision will be based on their performance so far or knowledge of their most recent performance as well as input from their prior year coaches. The Coaches and Directors will make the final decision on their placement.

**MULTI-SPORT ATHLETES AND VOLLEYBALL SEASON CONFLICTS**

We are fully aware that many players are multi-sport athletes and often there can be an overlap of their volleyball season with the travel volleyball season. We do not discourage our athletes from participating in other sports or activities. However, we ask that conflicts be worked out well in advance with not only their STJ Coach, but the Coach of their other team/sport. It is important that both the STJ Coach and the other Coach know the athletes plans to attend practices and competitions, so both can plan accordingly for the team and the athlete. Our biggest concern is the health and well-being of the athlete. We will work with each athlete in this situation to ensure we find the best balance of practice time and competition but also much needed rest and recovery. Athletes who cannot make a full-time commitment to their team need to understand their role and playing time may be less during competitions.

**ADDITIONAL ROLES FOR PARENTS**

The St. James Volleyball Club welcomes the additional help and support of our parents and families. Any additional volunteer role parents or family members provide have no impact on their athletes playing time. Athletes earn their playing time on their own and it is not based on any volunteer role their parent or family makes to The St. James Volleyball Club.

1. Photographer – Take pictures and provide them to your team and to Nick Collins at [nick.collins@thestjames.com](mailto:nick.collins@thestjames.com). We will use the pictures taken from tournaments and post them on our thestjamesvolleyball.com website and our social media.
2. Videographer – Video matches at tournaments and upload tournament film to your team HUDL site for team viewing. We will also use this film to create social media posts highlighting our teams.
3. Team Parent - Each team can plan and host social activities in addition to practices and tournaments such as team meals, team bonding events, and end of season parties but they are not required.
4. Other ideas are Food Organizers to find dining options while traveling, Snack Coordinator to organize snacks at tournaments and Communicators to help send team communications.

**PARENTS’ CODE OF CONDUCT**

Remember that where we practice, or play is like your child’s classroom. We ask that you respect the classroom and our policies and procedures as well as those of USA Volleyball, CHRVA, and those of other facilities we visit.

* Make only positive encouraging comments to or about players on our team or other teams.
* Making mistakes is part of the learning process – don’t criticize.
* Show respect for the officials, coaching staff, parents, and players
* Don’t coach from the sideline. Your job is to parent, our job is to coach. It works best if we all stick to doing our jobs.
* Encourage your athlete to be positive about themselves, teammates, and coaches.
* Be realistic regarding your athlete’s athletic capability, competitive attitude, sportsmanship, and skill level as well as the opinion of their coaches.
* Get your child to games and practices on time

**ATHLETE CODE OF CONDUCT**

Athletes are expected to participate with an OPEN and POSITIVE mind. It should be emphasized that HARD WORK and FOCUS are necessary to improve individually and as a team in volleyball. The club’s goal is to provide a healthy environment where athletes can improve and excel under the pressures of team competition; certainly, a necessary life skill.

Athletes will be notified of the practice and competition schedule through their team site on TeamSnap. The athlete’s team page on TeamSnap will allow coaches to compile attendance for practices and tournaments throughout the season. Athletes are expected to attend all scheduled tournaments. Scheduling conflicts should be brought to the attention of the coaching staff in person and by email at the beginning of the year. Conflicts may result in the athlete’s court time being affected as the team prepares during practices leading up to an event. **Missed events do NOT constitute a partial reimbursement of the players fees**. Travel tournaments are usually 2- or 3-day tournaments that require teams to stay overnight out of town. This includes several holiday weekends including MLK, President’s weekend and may require missed school on a Friday or Monday. Players stay with parents for hotel lodging and families are responsible for transportation to and from the venue.

Coaches will be asking for player availability for tournaments and practices at the start of the season. Please provide a reply via TeamSnap and email as soon as possible. It is the ​athlete’s responsibility to notify the coach for any missed practices, meetings, and tournaments. Athletes should provide advanced notice for any tournaments they are unable to attend. As much notice as possible for any practice or meetings they are unable to attend; at least 24 hours’ notice is expected.

Unexcused tardiness or absence to any team activity is discouraged and can be reasonably disciplined at the coach’s discretion. As coaches, we understand the pressures of the school day on children and subsequently the hours necessary to succeed in school. The athlete is a student first and hence, we recommend the athlete’s priority to be there. However, time management will be immensely useful to the student athlete and will be championed by every coach in the gym to plan out the time for volleyball as well.

1. Athletes should arrive on time to all practices and matches with all their gear on, water bottles filled, and ready to get started.
2. Athletes ​must​ wear The St. James Volleyball practice apparel to all practices, and tournament apparel to all tournaments. Athletes are expected to bring all their jerseys to each tournament day in case we need to change jerseys due to blood, official decisions, etc. Lost uniforms, bags, etc. will be replaced at the player’s expense.
3. No cell phones used during practices or during tournament game play including working games.
4. Officiating is the shared responsibility of all teams. Every St. James Volleyball Club athlete is required to help with line judging, scorekeeping, score flipping, and officiating. All players on the team must stay at the tournament until the officiating assignment is completed whether they are working or not.
   1. All players are expected to complete the online scorekeeping certification and the referee certification. The training is helpful for all players to understand the game, and athletes should be able to work all positions required by the work team. Coaches will assign a work schedule for each tournament. At least one coach will always be present at the score table. Instructions for completing these can be found on the CHRVA website.
5. Use of profanity is not acceptable and will not be permitted by the team at practices, tournaments, or team activities.
6. Athletes must report any illness or injury to the coach immediately.
7. **An athlete may be suspended if found responsible for damaging property or equipment owned by The St. James Volleyball Club or other organizations, venue, or hotel in which the team has visited**. The athlete’s responsible party is required to pay for the damages before an athlete is reinstated or allowed to continue with The St. James Volleyball Club. In some circumstances, the athlete may be dismissed from The St. James Volleyball Club in addition to making restitution.
8. Athletes must adhere to the USAV policies regarding drug and alcohol abuse. Consumption of alcohol and other drugs will not be tolerated, smoking of any kind, including but not limited to, cigarettes, cigars, and marijuana will not be tolerated. If an athlete is participating in any kind of the activities listed above while he or she is competing away from home, he/she will be sent home immediately at his or her own expense.
   1. Vaping refers to the use of electronic nicotine delivery systems or electronic smoking devices. This e-cigarette policy prohibits the use of all electronic nicotine delivery systems (also known as e-cigarettes, e-cigars, e-hookahs, and e-pipes) anywhere and at any time. Any player violating this policy will be subject to appropriate disciplinary actions.
9. At no time or in any medium will harassment, bullying, or hazing of another athlete or coach be tolerated in any manner. This includes cyberbullying and extends to other clubs. Any profanity, inappropriate content, conversations of a negative nature related to coaches or fellow players will also not be tolerated. This includes all social media platforms and group chats. Violations of this policy can result in suspension or dismissal from the team.

**RULES OF ENGAGEMENT FOR CONFLICT RESOLUTION**

* **Parents and athletes must wait 48 hours (cool down period)** before they can request a meeting, and coaches will do the same.
* **Coaches will NOT speak to the parent without having the athlete present.** We want to encourage the athletes to advocate for themselves but understand some of the younger player will still need help doing so.
* **Meetings will NOT be held during tournaments or practice time** unless the coach or Directors feel the meeting is urgent and the situation must be addressed during those times.
* **No one should compare/evaluate other athletes during their meeting** or discussion other than the player of the parents in the meeting.
* Do not discuss concerns with other parents or players until the problem has been resolved.
* When possible, meetings should occur at the St. James before or after practice.

**LINES OF COMMUNICATION AND CONFLICT RESOLUTION**

There will be times when issues and concerns arise, and we want to encourage communication to address and resolve those issues and concerns. Therefore, we have a protocol to follow to ensure all issues and concerns are addressed through the proper channels. If you or your athlete have concerns or issues you would like to discuss you must work through the following steps, in order:

1. The athlete must request a time to speak to their coach. This can be face-to-face, e-mail, or a phone call.
2. The first meeting will be with the athlete and both coaches. A Director can be present upon request of either party.
3. If the issue or concern has not been resolved a second meeting should be scheduled with the athlete and include the parent and both coaches. A Director can also attend the meeting upon request of either party.
4. After speaking to the coach and allowing the allotted time after the initial discussion for resolution to occur, you and your athlete may request a meeting with a director if you feel that the problem has not been resolved.

The 48-hour rule does not apply to issues that relate to bullying, harassment, personal safety, or other discriminating behavior. Leadership will reach out directly to the club member and will request the parent(s) and athlete(s) of inappropriate behavior to be present.

**Communicating with your coaches early and often can help mitigate a lot of issues later in the season.**

**TEAM COMMUNICATION**

Directors will send out hotel block information, spectator information, and tournament acceptances/information through TeamSnap, and email. If you have any questions about this information or your team, your coach is your first point of contact. They will reach out to the directors to get your questions answered.

All general club and team information will be posted on The St. James Volleyball Club website.

**FEES AND PAYMENTS**

National Championships or AAU Nationals are included in team dues already. Any team who receives a Bid to Nationals, will receive a credit back for the prorated amount of the bid per team member.

***Athletes who are not current on their fee payments will not be permitted to attend practice and tournaments until their payments are made current.***

A player remains obligated for payments even if they terminate their position on their team for any reason. Injured players who are unable to participate for an extended time or for the remainder of the season due to an injury, can request a waiver of fees to be considered and decided upon by the Directors and The St. James Management.

\*All athletes are required by CHRVA (Chesapeake Region Volleyball Association) and USA Volleyball to have a current membership with CHRVA and USA Volleyball and be affiliated with The St. James Volleyball club to participate for the season. The membership can be obtained through Sports Engine. Please follow this link to register:

<https://www.chrva.org/page/show/5837249--chrva-memberships>

\*All athletes must obtain an AAU membership as well. Please follow this link to register: <https://play.aausports.org/joinaau/membershipapplication.aspx>

As part of the US Olympic Committee, USA Volleyball has introduced Minor Athlete Abuse Prevention Policies. Within such policies, the US Center for SafeSport “Core” Training is a required training component for adults who have regular contact with and/or have authority over amateur athletes who are considered minors (under the age of 18). This training is made available free of charge to all USAV members. **Additionally, USAV has deemed that athletes who will be 18 years of age during the season while interacting with teammates that are minors will also need this training upon turning 18.** To prevent any disruption in play, the center will also allow players who are 17 turning 18 during the season to access this training with parental consent. Complete a parental consent form prior to registering for the course if you have an athlete that falls under this criterion. Your 17’s/18’s Coach will provide the information to ensure this training if required is completed.

**Nationals**

Boys 14 Navy – Boys 18 Navy and Girls 14 Navy – Girls 17 Navy (including White Teams) will be attending USAV/AAU Nationals. All Boys teams attending Nationals will be competing in Orlando, FL at AAU Nationals. All Girls teams ages 14+ will strive to qualify for USAV Nationals. However, should they not receive a bid for USAV, the team will still attend AAU Nationals. **This is a mandatory tournament and is not optional.**

Our goal at St. James is to make sure we are competing with some of the best in the country and exposing our athletes to college recruiters for those that are interested in playing at the next level. If you have accepted an invitation to join one of our teams, you are expected to go to Nationals. **Players/Families that are not upfront about their intentions to attend Nationals during acceptance or decide not to attend with short notice will not be invited back to St. James.**

**THE ST. JAMES VOLLEYBALL CLUB PARENTAL/GUARDIAN AND ATHLETE CONTRACT AND LIABILITY STATEMENT**

I hereby grant permission for my child to participate in The St. James Volleyball Club during the 2023-2024 season. I accept full responsibility for his/her conduct and my own and will abide by the polices and guidelines outlined in this agreement as well as ensure my child abides by the polices and guidelines as well. I release and hold harmless The St. James Volleyball Club staff and officials of any liability for accident or injury. I further grant permission for emergency first aid to be administered and, if deemed necessary, I grant permission for said youth to be transported to an emergency room and authorize medical staff there to provide treatment.

Parent/Guardian Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THE ST. JAMES VOLLEYBALL CLUB SOCIAL MEDIA POLICY**

Playing and competing for this club should be viewed as a privilege. Student-athletes are held in the highest regard and are role models in the community. As leaders you have the responsibility to portray your club, your team, your teammates, and yourselves in a positive manner always. Sometimes this means doing things that are an inconvenience to you but benefit the whole team. Facebook, Snapchat, Instagram, Twitter, Tik Tok and other social media sites have increased in popularity globally and are used by most student-athletes in one form or another.

Student-athletes should be aware that third parties, including the media, faculty, future employers, and NCAA officials can easily access your profiles and view all personal information. This includes all pictures, videos, comments, and posts. Inappropriate material found by third parties affects the perception of the student-athlete, the club, and the team. This can also be detrimental to a student-athletes future employment options, whether in professional sports or in other industries. Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or representations of the following: Photos, videos, comments, or posters showing the personal use of alcohol, drugs, and tobacco e.g., no holding cups, cans, shot glasses etc. Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material. Pictures, videos, comments, or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another club; taunting comments aimed at a student-athlete, coach or team and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent, or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use). Content online that would constitute a violation of USAV and/or NCAA rules (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits). Information that is sensitive or personal in nature or is proprietary to the volleyball club, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

If a student-athlete’s profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. A meeting with Club Director and Head Coach

2. Penalties as determined by club administration, including but not limited to possible suspension from his/her athletic team

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

Set your security settings so that only your friends can view your profile. You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc. Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the club’s. Remember, always present a positive image, and don’t do anything to embarrass yourself, the team, your family, or the club. By signing below, you affirm that you understand The St. James Volleyball Club Social Media Policy and Guidelines for Athletes and the requirements that you must adhere to as an athlete. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team, and you may be subject to additional penalties imposed by the club.

Parent/Guardian Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PERMISSION TO USE PHOTOGRAPH OR VIDEO ON OUR SOCIAL MEDIA CHANNELS**

In order to promote individual/team accomplishments, The St. James Volleyball Club social media team may use photos/videos of players/teams gathered over the course of the season. This content will be used as related to volleyball, The St. James, or other club related activities for the Instagram, Facebook, and club website’s page.

\*Please initial next to one of the options below:

\_\_\_\_\_ I grant The St. James Volleyball Club, its representatives, and employees the right to take photographs of my son/daughter in connection with the above-identified subject. I authorize the St. James Volleyball Club, its assigns and transferees to copyright, use, and publish the same in print and/or electronically. I agree that The St. James Volleyball Club may use such photographs of my son/daughter with or without his or her name and for any lawful purpose, including such purposes as publicity, illustration, advertising, and Web Content.

\_\_\_\_\_ I **DO NOT grant** The St. James Volleyball Club, its representatives, and employees the right to take photographs of my son/daughter in connection with the above-identified subject. I authorize the St. James Volleyball Club, its assigns and transferees to copyright, use, and publish the same in print and/or electronically. I **DO NOT agree** that The St. James Volleyball Club may use such photographs of my son/daughter with or without his or her name and for any lawful purpose, including such purposes as publicity, illustration, advertising, and Web Content.

I have read and understand the above:

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_