

2022/2023
PARENT-PLAYER
HANDBOOK



MIAMI WAVE VOLLEYBALL CLUB

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INTRODUCTION

PARENT MEETING CHECKLIST & FORMS

Below is the checklist for the 2022/23 season. All items on this checklist will be required in order for your child to begin practice with Miami Wave Volleyball Club.

1. Complete the registration form on TeamSnap
 - Upload a proof of age for your daughter
 - Read and sign the waivers and the parent-player handbook
 - Please pay the registration fee
2. Complete USAV and AAU Membership (on September 1st)
3. Attend mandatory parents meeting in September
4. Players: attend mandatory meeting to learn rules of volleyball and how to ref

PURPOSE OF THIS HANDBOOK

The purpose of this Handbook is to familiarize both parents and players with Miami Wave Volleyball Club. For our program to be successful, the rules of this Handbook must be followed and will be enforced. We want to be known as one of the finest youth volleyball programs in the country.

To help us reach that goal, we have policies as well as a Players', Parents' and Coaches' Code of Conduct that lay the foundation for success each season at Miami Wave. We hope this Handbook will answer many of the questions that you may have. If you have questions or concerns that are not addressed in this Handbook, please contact your Program Director or our Administrative Team.

PROGRAM GOALS

MISSION STATEMENT

Miami Wave Volleyball Club is committed to promoting the growth, development and value of volleyball as a sport in the Miami Area. Through a clear set of objectives and goals designed to benefit the athlete, each team, the club and the organization, Miami Wave Volleyball Club offers a variety of quality volleyball programs specifically designed for every skill level and position. We exist to make a positive difference in the lives of our players.



The primary goals of Miami Wave Volleyball Club strives to help our players to become better women and better volleyball players each year by:

- ✓ Providing a positive learning environment that not only challenges personal growth of student-athletes, but also encourages them to reach beyond their personal limitations

- ✓ Providing participants with the technical, tactical and physical training in developing the skills necessary to compete at their highest levels, and by doing so, we create students of the game

- ✓ Being successful - as measured in attitude, effort and improvement - by striving to attain individual and team potential

- ✓ Affording players the opportunity to discover success by teaching them how to set goals, overcome challenges, sharpen their mental focus, achieve physical fitness, and understand their roles as team members

COACHING PHILOSOPHY

Miami Wave employs many coaching and counseling techniques that are designed to effectively accomplish our training goals. In general, these techniques fall into the following main methods:

o Instruction – Learning to play volleyball, or any sport, requires the guidance of an experienced coaching staff who can communicate with the players to help them develop their fundamental and advanced skills in the sport.

o Repetition – We believe that repetition of skills is necessary to master the sport. Our training techniques look to include every player extensively in each drill to increase the number of touches that they get each practice. o Feedback – We believe that player development is enhanced when coaches interact with the players by providing feedback. This feedback can come in many forms and may include both constructive criticism and positive reinforcement.

o Competition – We believe our players must compete. Whether it be to make the program, the team, earn a starting position or simply competing on their team, competition is at the core of what we do. We provide many opportunities to compete in practice and have an extensive tournament schedule for each program. Players must earn their playing time through competition for their spot. Players are given opportunities every day to compete and learn a valuable life skill as well.



GOALS

- develop each individual player: This is accomplished in several ways. First, we strive to develop complete volleyball players that are taught all the skills of the sport. Second, we also focus on the development of self-discipline, dedication, and confidence in each athlete, qualities that will assist them as they progress through life.
- develop our teams: We believe that learning how to function in a positive team environment is one of the most useful life skills a player can develop. We want our teams to compete at a high level relative to their program and have them compete not only in tournament play, but also in the training environment. Teaching our players to compete within a team environment will help them in every phase of their life.
- prepare our players for the next level: We excel in preparing those players that have the desire, athletic ability and academic standing to play at the high school and collegiate level. Whatever their goals may be, we know that we will strive every day to help them take it to the next level.

FINANCIAL INFORMATION

2022/23 CLUB FEES

Club fees cover expenses for the following: court time, operating expenses, equipment, a complete uniform package, first aid supplies, coaches' fees, overnight player lodging and tournament entry fees. Miami Wave Volleyball Club members will also be afforded discounts to all select Miami clinics, camps, private lessons and all merchandise sold at Miami Wave Online store. Special year end tournaments, such as the USA Volleyball or AAU Junior National Championships are not covered by club dues.

When a player commits to Miami Wave, the parent becomes responsible for paying the full amount of her/his child's club dues by the posted due dates.

DUES PAYMENT PLAN

2022-23 GIRLS SEASON payment to be made in FULL via check or Zelle (info@miamiwavevolleyball.com) upon acceptance or in monthly payments through TeamSnap (credit card fees apply):

- \$500 non-refundable registration fee at team acceptance
- Apparel Package on September 1st
- 8 monthly payments from October to May (fees vary depending on programs and ages)



Please, do not give payments to your coach or any member of the coaching staff. Payments should be paid online through TeamSnap.

Monthly installments are due on the first day of each month, from October 1st 2022 to May 1st 2023. A \$20 late fee will be applied if the payment is not received by the 7th day of the month.

Failure to pay Miami Wave Volleyball Club fees in the time and manner designated by Miami Wave Volleyball Club may result in the player being temporarily suspended from any and/or full participation in the team practices and/or tournaments until payments are made in full and are up-to- date. Unpaid balances may ultimately result in the suspension of or dismissal from Miami Wave Volleyball Club.

CLUB RELEASE & TRANSFER POLICY | CLUB SEASON

If an athlete/family decides to depart Miami Wave Volleyball Club during the respective season, the following steps must take place:

Release Policy: The athlete/family in question must submit a written request for release to the Club Director, Marco Paglialunga, (at the club's email address: info@miamiwavevolleyball.com) and to the Florida Region (at registrar@FloridaVolleyball.org) stating the reason for the request. Miami Wave Volleyball Club will release the athlete immediately once the member remits all financial obligations agreed upon contractually (full cost of the season).

Transfer Policy: There are no transfers allowed in the Florida Region without extenuating circumstances. A player can represent only one club during the Season. A change in geographical location of the family due to a change in job, military, scholastic or inner-collegiate status may receive special consideration. No player may participate in different Qualifying events with different clubs/teams. Proof of residency must be provided by the family at the time of the release/transfer request.

Once an athlete has participated in a National Qualifier Event (Regional or NQ) they may not be released for the rest of the season to another club. Please refer to the USA Volleyball (USAV) policy on releases on athletes that participate in regional or national qualifying/bid events. Please refer to the Girls' Junior National Qualifier / Spring Championships / Championships Manual.



REFUND POLICY | CAMPS AND CLINICS

REFUND POLICY: MIAMI WAVE VOLLEYBALL CLUB RESERVES THE RIGHT TO CANCEL ANY CAMP, CLINIC, LESSON, OR CLUB TEAM DUE TO A LACK OF ENROLLMENT. A FULL REFUND WILL BE PROVIDED.

OTHER REFUNDS WILL BE PROVIDED AS PER OUR REFUND POLICY:

Players who withdraw 14 days prior to the start of camp/clinic/lesson: A full refund will be provided.

Players who withdraw within 14 of the start of camp/clinic: 50% of the registration fees will be refunded. Note: Should a *replacement* athlete be provided, a full refund will be provided. Withdraw within 24 hours of a scheduled private/group clinic or camp: full refunds will not be provided.

Once the player has participated in a clinic/lesson/club play/tryout, NO refunds will be provided.

However, participants of Miami Wave Volleyball Club camps/clinics/lessons who have to withdraw from the camp/clinic/lesson due to personal injury may receive a pro-rated refund. These requests must be made in writing to the Director.

CLUB VOLLEYBALL ATHLETES/PARENTS: Miami Wave Volleyball Club does not offer any refunds for club volleyball athletes since the loss of an athlete cannot be easily replaced once all club athletes have committed to their teams. Therefore, Miami Wave Volleyball Club defines the start of the season as October 1st and not the team's first tournament.

Additionally, Club Dues will only be considered for refund if one of the following circumstances arises:

1. Severe illness or injury prevents a player from participating in our programs. Participant or parents should provide documentation from medical professionals for our records.
2. Unforeseeable life change that prevents player from participating in our programs (i.e. unexpected family move out of the area).

GENERAL INFORMATION



CLUB COMMUNICATION

There are several ways Miami Wave Volleyball Club communicate with our players and their families:

- **WEBSITE**

- General Information
- Clinics and camps
- News
- Shop online

- **TEAMS NAP**

- Practice and Tournament Schedule
- Team Communication
- Payment Reminders
- Results and rosters

- **E-MAIL**

- Club Announcements
- Payment Reminders
- Travel Itineraries
- Tournaments Information

- **SOCIAL MEDIA:** Miami Wave Volleyball Club is proud of our presence on Instagram and Facebook. Follow us to know more about tournament results, live videos, fun photos, and other news.

INSURANCE COVERAGE

USAV and AAU provide team liability protection on an excess coverage basis for members participating in scheduled, supervised and approved activities. If a player sustains an injury in a training session or a tournament, any medical treatment that is needed must be covered by the individual's primary medical insurance carrier.

TRYOUTS



Miami Wave Volleyball Club is looking for special athletes. These athletes should be ready to move their game to another level through dedication, hard work and discipline. The MWVC coaches have learned through their collegiate, professional and international experience and communication that these three elements, equally applied, can lead an athlete to becoming a stronger competitor on the court and a successful person outside of athletics.

Each season, Miami Wave will evaluate many athletes during tryouts. Some athletes may have extensive playing experience while others do not. All athletes will be evaluated for skill execution, athletic ability, as well as other intrinsic traits.

We base our selections for teams on the athlete's performance during the tryout period, as well as the perception of the athlete's potential as a volleyball player. Selection will be based on several criteria including: skills, coachability, work ethic, attitude, game ability, focus, competitiveness and potential. Each athlete in the club will be evaluated season to season and must come to tryouts ready to compete for a position on a team. Players should never assume because they were on a team one season, they will automatically be selected for a team the following season. Athletes will be selected because they demonstrate the ability and potential to contribute to the success of a team.

SELECTION OF TEAMS

Miami Wave will field as many teams as possible based on overall attendance at tryouts, talent, the commitment of individual players and the age guidelines established by USAV and AAU. A player's position on a team roster will be determined by ability, the depth chart at each position and the needs of a team.

The position(s) a team member plays may be different from the position he/she plays on his/her scholastic team. In exceptional cases and in accordance with age guidelines, a player may be moved from one team to another based on commitment level, position, the addition and/or loss of a player from another team or any other extenuating circumstances. This may occur following consultation with a respective team member, parent, the coaches and directors.

MULTI-SPORT ATHLETES

Please provide your coach with a practice and competition schedule prior to the start of your season. Miami Wave Volleyball Club programs allow for multi-sport/activity athletes. Practices missed due to an extra-activity school function are excused. The athlete will have the opportunity to make-up a missed practice by attending another team's practice, in the same week of the missed practice. We ask that you contact the Program Director to determine which practice is the best to attend. Our Black Teams have more flexibility than our Aqua Teams, where we require presence at all practices and tournaments.

TEAM PARENT

The Miami Wave Team Parent is a volunteer position for each Miami Wave Volleyball Club Team. The



following are the Team Parent responsibilities:

- Recruiter of parent workers and work schedules (food, carpooling, etc.)
- Team Phone Tree Coordinator
- In-tournament Chaperone at Parent Stay travel events (eventually rotating)

If you are interested in volunteering as Team Parent, please send an email to the Club Director and to your team coach.

PRACTICE POLICIES

PRACTICE ARRIVAL & APPAREL

Players should plan on arriving at the court 15 minutes prior to a scheduled practice time, to ensure that they are dressed and prepared for practice to begin on time. Players needing taping must arrive at least 20 minutes prior to a scheduled practice.

Players MUST wear one of their Miami Wave official practice shirts, plus spandex, kneepads, socks and volleyball shoes to all practices. Additional practice shirts may be purchased through our online store throughout the season. No jewelry of any kind should be brought or worn to practice sessions or tournament facilities.

Parents and spectators will not be allowed inside our facilities.

PRACTICE AND TOURNAMENTS ATTENDANCE

Training sessions will typically be held two or three times a week. Every effort should be made to manage homework, and studies and schedule outside activities in a way that does not conflict with practices and tournaments. A team member's absence from training sessions has an adverse effect not only on his/her individually but to the development of the entire team as a collective unit.

Players that have more than 8 unexcused absences from practices or that miss 1 tournament (without proper communication no later than October 1st) are subject to evaluation of the Miami Wave direction which can potentially lead to the dismissal of the player from the club. The player will remain responsible for the full payment for the season.

MAKING UP PRACTICE

We strongly encourage players to make-up practice whenever they miss one of their own. Your coach and/or the club directors will find the best solution and the right team for this make-up practice.



GENERAL PRACTICE RULES

The following rules are the general rules that all the Miami Wave players have to respect during practice:

- o all players must bring an unbreakable water bottle to all training sessions o all water bottles will be placed in a designated area assigned by your coach
- o no food, gum, candy or drinks other than water and sport drinks are allowed in the training area o all players must line up gym bags at a designated area by your coach
- o all personal belongings must be in a respective players' gym bag o when your team coaches are speaking, no one else speaks, and all players make eye contact even if the coach is speaking to an individual team member
- o ask your coaches for assistance during any drills/training if you are having any difficulty o at the completion of each training session, all team members must place all volleyballs balls in ball carts and assist in taking down the net systems as directed by coaches
- o all players are required to pick up all garbage after every practice
- o all injuries sustained during training sessions and competition must be reported immediately to the coach
- o all injuries sustained outside sanctioned volleyball activities must be reported to her/his coach prior to practice
- o if a player's injury required professional medical attention, she/he must bring a signed release from a physician to resume participation

MINOR ATHLETE ABUSE PREVENTION POLICIES

Covered Organizations/LAOs are required to implement the following athlete abuse prevention policies

To satisfy these requirements, USA Volleyball provides these policies to USAV member clubs. Clubs may choose to implement stricter standards.

SafeSport Club Policies

1. One-on-One Interactions, including meetings and individual training sessions (Clubs are required to establish reasonable procedures to limit one-on one interactions, as set forth in federal law)
2. Massages and rubdowns/athletic training modalities Locker rooms and changing areas
3. Social media and electronic communications
4. Local travel
5. Team travel



These policies shall apply to the following:

- 1) Adult members at a facility that is either partially or fully under the jurisdiction of a **Miami Wave Volleyball Club**
- 2) Adult members who have regular contact with amateur athletes who are minors
- 3) Any adult authorized by **Miami Wave Volleyball Club** that may have regular contact with or authority over an amateur athlete who is a minor
- 4) Adult staff and board members of a **Miami Wave Volleyball Club**

(Collectively “Applicable Adult” for the purposes of this policy)

POLICY I - ONE-ON-ONE INTERACTIONS

Observable and interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor’s legal guardian) at a facility partially or fully under the jurisdiction of a **Miami Wave Volleyball Club** are permitted if they occur at an observable and interruptible distance by another adult.

One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor’s legal guardian) at a facility partially or fully under the jurisdiction of a Covered Organization/LAO are prohibited, except in the circumstances described in meetings with mental health care professionals and health care providers of this section and under emergency circumstances.

Meetings between Applicable Adults and minor athletes at a facility partially or fully under the jurisdiction of a **Miami Wave Volleyball Club** may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult.

If a one-on-one meeting takes place in an office at a facility partially or fully under the jurisdiction of a **Miami Wave Volleyball Club**, the door to the office must remain unlocked and open. If available, it will occur in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

Meetings with mental health care professionals and health care providers

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the jurisdiction of **Miami Wave Volleyball Club**, a closed-door meeting may be permitted to protect patient privacy provided that:

The door remains unlocked and another adult is present at the facility.

The other adult is advised that a closed-door meeting is occurring written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy



provided to the organization.

Individual training sessions

Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the jurisdiction of **Miami Wave Volleyball Club** if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Permission for individual training sessions must be obtained at least every six months. Parents, guardians, and other caretakers must be allowed to observe the training session.

POLICY 2 - MESSAGES AND RUBDOWNS/ATHLETIC TRAINING MODALITIES

Any massage or rubdown/athletic training modality performed at a facility or a training or competition venue under the jurisdiction of **Miami Wave Volleyball Club** must be conducted in an open and interruptible location. Any massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the massage or rubdown/athletic training modality in the room.

LOCKER ROOMS AND CHANGING AREAS

Non-exclusive facility

If **Miami Wave Volleyball Club** uses a facility not fully under their jurisdiction (for, e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable Adults in categories 1 through 4 are nonetheless required to adhere to the rules set forth herein..

Use of recording devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under the jurisdiction of **Miami Wave Volleyball Club** is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by the **Miami Wave Volleyball Club** and two or more Applicable Adults are present.

Undress

Under no circumstances shall an unrelated Applicable Adult at a facility under the jurisdiction of **Miami Wave Volleyball Club** intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.

One-on-one interactions



Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full jurisdiction of **Miami Wave Volleyball Club**, except under emergency circumstances.

If **Miami Wave Volleyball Club** is using a facility that only has a single locker room or changing area, separate times will be designated for use by Applicable Adults, if any.

Monitoring

Miami Wave Volleyball Club will regularly and randomly monitor the use of locker rooms and changing areas at facilities under their jurisdiction to ensure compliance with these policies.

POLICY 3 - SOCIAL MEDIA & ELECTRONIC COMMUNICATIONS

As part of **Miami Wave Volleyball Club's** emphasis on athlete safety, all electronic communications between a coach and athlete must be professional in nature and for the purpose of communicating information about team activities.

Content

All electronic communication originating from Applicable Adults to minor athletes must be professional in nature.

Open and transparent

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), another Applicable Adult or the minor athlete's legal guardian will be copied.

If a minor athlete communicates to an Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult should respond to the minor athlete with a copy to another Applicable Adult or the minor athlete's legal guardian.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult will copy another adult.

Minor athletes may "friend" the organization's official page.

Facebook, Myspace, blogs, and similar sites

Coaches may not have athletes of **Miami Wave Volleyball Club's** Team join a personal social media page. Athlete members and parents can friend the official **Miami Wave Volleyball Club's** Team page and coaches can communicate to athlete members through the site. All posts, messages, text, or



media of any kind between coach and athlete must be professional in nature and for the purpose of communicating information about team activities or for team-oriented motivational purposes.

Twitter, instant messaging and similar media

Coaches and athletes may “follow” each other. All posts between coach and athlete must be for the purpose of communicating information about team activities.

Email and similar/electronic communications

Athletes and coaches may use email to communicate. All email content between coach and athlete must be professional in nature and for the purpose of communicating information about team activities. Where the coach is a staff member and/or volunteer, email from a coach to any athlete we recommend comes from the club website email center (the coach’s return email address will contain “@miamiwavevolleyball.com”).

Texting and similar electronic communications

Texting is allowed between coaches and athletes. All texts between coach and athlete must be professional and for the purpose of communicating information about team activities.

Electronic imagery

From time to time, digital photos, videos of practice or competition, and other publicly obtainable images of the athlete –individually or in groups – may be taken. These photos and/or videos may be submitted to local, state or national publications, used in club videos, posted on club or club associated websites, or offered to the club families seasonally on disc or other electronic form. It is the default policy of Miami Wave Volleyball Club to allow such practices as long as the athlete or athletes are in public view and such imagery is both appropriate and in the best interest of the athlete and the club. Imagery must not be contrary to any rules as outlined in Miami Wave Volleyball Club’s Participant Safety Handbook.

Request to discontinue all electronic communication or imagery

The parents or guardians of an athlete may request in writing that their child not be contacted by any form of electronic communication by coaches or Applicable Adults subject to this policy. (Photography or videography). The **Miami Wave Volleyball Club** will abide by any such request that their minor athlete not be contacted via electronic communication, absent emergency circumstances.

Misconduct

Social media and electronic communications can also be used to commit misconduct (e.g., emotional, sexual, bullying, harassment, and hazing). Such communications by coaches, staff, volunteers,



administrators, officials, and parents of athletes will not be tolerated and are considered violations of our Participant Safety Handbook.

Violations

Violations of **Miami Wave Volleyball Club's** Electronic Communications and Social Media Policy should be reported to your immediate supervisor, a **Miami Wave Volleyball Club** administrator, or a member of **Miami Wave Volleyball Club's** Participant Safety Committee for evaluation. Complaints and allegations will be addressed under **Miami Wave Volleyball Club's** Disciplinary Rules and Procedure.

LOCAL TRAVEL & TEAM TRAVEL

This policy shall apply to:

- 1) Adult members who have regular contact with amateur athletes who are minors
- 2) Any adult authorized by **Miami Wave Volleyball Club** to have regular contact with or authority over an amateur athlete who is a minor
- 3) Adult staff and board members of **Miami Wave Volleyball Club**

(Collectively "Applicable Adult" for the purposes of this policy)

POLICY 4 - LOCAL TRAVEL

Local travel consists of travel to training, practice, and competition that occurs locally and does not include coordinated overnight stay(s).

Transportation

Applicable Adults who are not also acting as a legal guardian, shall not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must have at least two minor athletes or another adult at all times, unless otherwise agreed to in writing by the minor athlete's parent/legal guardian in advance of each local travel.

POLICY 5 - TEAM TRAVEL

Team travel is travel to a competition or other team activity that the organization plans and supervises.

Team/competition travel

When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete must



have his/her legal guardian's written permission in advance and for each competition to travel alone with said Applicable Adult.

Hotel Room

Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player. (Unless the coach is the parent, guardian or sibling of the player) However, a parent/legal guardian may consent to such an arrangement in advance and in writing. Furthermore, a parent/legal guardian may consent in advance and in writing to the minor athlete sharing a hotel room or other sleeping arrangement with an adult athlete

Coach or his/her designee will establish a curfew when all players must be in their hotel rooms in a supervised location. Regular monitoring and curfew checks will be made to each room by at least two properly background screened adults. At no time should one adult be present in a room with minor players, regardless of gender.

Team personnel should ask hotels to block adult pay-per-view channels.

Meetings

Meetings shall be conducted consistent with the **Miami Wave Volleyball Club** policy for one-on-one interactions

Individual meetings between coach and player may not occur in hotel sleeping rooms and must be held in a public setting or with additional adults present with one of those adults being the same gender as the player.

ADDITIONAL TOURNAMENT POLICIES

TOURNAMENTS PREPARATION

o check your bags for items you will need for the entire day: jerseys, t-shirts, socks, kneepads, sneakers, money, personal sundries, etc. o uniforms, warm-ups, kneepads, socks and sneakers must be clean

o prepare properly for the tournaments. This includes getting the proper nutrition and rest prior to a tournament day. Please allow for a full 8 hours of sleep prior to a tournament and be sure to eat healthy meals/snacks both the day before and the day of the tournament



o wear the official Miami Wave Volleyball Club gear to all events. We also ask that players bring all jerseys and additional uniform items in case of emergency

o arrive at the time designated by the coach at the facility. If a player arrives late, the player's coach has the right to ask that player to sit out any portion of the tournament day. The consequences are left to the discretion of the coach and may change on a case-by-case basis. Generally, we ask that players arrive one hour prior to their first match if they are playing and 40 minutes prior to their first match if they are the reffing team.

TOURNAMENT RULES

o Refrain from spending excessive time with family, friends or boyfriends during a tournament. We ask that our teams' stay together for the duration of the event and that includes time between matches and during reffing responsibilities

o all teams must sit together and keep their equipment orderly o use of cellphones/tablets for any other purpose besides making important or emergency calls is frowned upon and could result in disciplinary action. If players are using their phones to listen to music or take photos of their team during an event, common sense will prevail. However, if players are using their phones excessively and excluding themselves from team activities, the coach has the right to terminate all use of cell phones or tablets during an event

o we ask that players eat and hydrate properly before, during and after a tournament day. Fast food, junk food and pop should be avoided so that the athlete can sustain a high level throughout the tournament. We will cover nutrition in detail throughout the season

o all eyes are on your coach during meetings and timeouts

o all players will take turns to do the scoreboard, line judging and down officiating o players may be required to take game statistics as requested by a coach

o down times at tournaments are to be spent in the tournament facility

o players should support other Miami Wave Volleyball Club teams that may be playing by watching, cheering and shagging balls during warm ups when possible.

o friends are welcome to attend tournaments but are not permitted in the team area.



o at no time is a player permitted to be off alone or with friends; a coach or a chaperone may authorize a team member to go to restrooms, for taping, etc o prior to being released by a coach, the team area will be cleaned and all trash removed

o no team member is permitted to leave the tournament facility until responsibilities are completed and your coach releases your team at an appropriate time; there are circumstances where a coach may give a player permission to leave o respect all competitors, parents, coaches, officials

o do not speak negatively about any player or any club

o for overnights, bring appropriate clothing, personal hygiene items, schoolwork; bring an air mattress if you prefer your own bed; if you need to read after lights out, bring a flashlight o all team members are expected to cooperate with plans and decisions set by chaperones, coaches and directors

o We ask that parents do not approach the coach for any reason during the tournament day. For acceptable communication practice with our coaching staff, please read the Coach/Player/Parent Communication Policy.

OFFICIATING TRAINING

All Club members will receive a manual to learn the rules of volleyball and how to officiate and score keep. All junior tournaments are partially self-officiated and all Club members are required to assist in line judging, scorekeeping, score flipping and down officiating. Players must not leave a tournament site unless excused by the coach, and parents should not request that a coach make exceptions. Except for extenuating circumstances, all players should remain at a tournament site until the completion of the team's officiating and scorekeeping duties. The team concept, "Win as a team, lose as a team, officiate and score-keep as a team" should be understood by all Club members.

USA Volleyball junior clubs are now required to implement a team travel policy. The following is a model team travel policy and is provided to assist USA Volleyball member clubs with developing their own policies. If a club chooses not to, or is unable to, create a written travel policy, the following model policy will become the default policy for that club. Once a customized set of policies is developed and approved by the club, the default policy will no longer apply. Each member club has the responsibility for approval and implementation of its own set of travel policies, and to provide these policies to all players, parents, coaches and other adults who will be traveling with a team. It is strongly recommended that a signature by each adult acknowledging receipt of and agreeing to the travel policy be obtained by each club. Some travel involves only local travel to and from local practices and events while other travel involves



overnight stays. Different policies should apply to these two types of travel.

TRAVEL POLICY FOR MIAMI WAVE VOLLEYBALL CLUB

Miami Wave Volleyball Club has some teams that travel regularly to play in tournaments, has some teams where travel is limited to a few events per season, and some teams where there is no travel other than local travel to and from our own area. Miami Wave Volleyball Club prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Volleyball SafeSport Handbook. Miami Wave Volleyball Club has established policies to guide our travel, minimize one-on-one interactions and reduce the risk of abuse or misconduct. Adherence to these travel guidelines will increase player safety and improve the player's experience while keeping travel a fun and enjoyable experience. We distinguish between travel to training, practice and local tournaments ("local travel") and team travel involving an overnight stay ("team travel").

LOCAL TRAVEL

Local travel occurs when Miami Wave Volleyball Club does not sponsor, coordinate or arrange for travel.

- Players and/or their parents/guardian are responsible for making all arrangements for local travel. The team and its coaches, managers or administrators should avoid responsibility for arranging or coordinating local travel. It is the responsibility of the parents/guardians to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order, and compliance with applicable state laws.
- The employees, coaches and/or volunteers of Miami Wave Volleyball Club or one of its teams, who are not also acting as a parent, should not drive alone with an unrelated minor player.

TEAM TRAVEL

Team travel is overnight travel that occurs when Miami Wave Volleyball Club or one of its teams or designee sponsors, coordinates or arranges for travel so that our team can compete locally, regionally or nationally. Because of the greater distances, coaches, staff, volunteers and chaperones will often travel with the players. · When possible, Miami Wave Volleyball Club will provide reasonable advance notice before team travel. Travel notice will also include designated team hotels for overnight stays as well as a contact person within Miami Wave Volleyball Club or the team. This individual will be the point of contact to confirm your intention to travel and to help with travel details.

- Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player (unless the coach is the parent, guardian or sibling of the player).
- The coach or his/her designee will establish a curfew by when all players must be in their hotel rooms or in a supervised location. Regular monitoring and curfew checks will be made of each room by at least two



properly background screened adults. At no time should only one adult be present in a room with minor players, regardless of gender.

- Team personnel shall ask hotels to block adult pay per view channels.
- Individual meetings between a coach and a player may not occur in hotel sleeping rooms and must be held in public settings or with additional adults present, with at least one of those adults being the same gender as the player.
- Family members who wish to stay in the team hotel are permitted and encouraged to do so.
- The team will make every effort to accommodate reasonable parental requests when a child is away from home without a parent. If any special arrangements are necessary for your child, please contact the team personnel who can either make or assist with making those arrangements.
- No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperoning duties.
- In all cases involving travel, parents have the right to transport their minor player.
- Prior to any travel, coaches will endeavor to make players and parents aware of all expectations and rules. Coaches will also support chaperones and/or participate in the monitoring of the players for adherence to curfew restrictions and other travel rules. · If disciplinary action against a player is required while the player is traveling without his/her parents, then except where immediate action is necessary, parents will be notified before any action is taken, or immediately after.

PLAYING TIME AND GRIEVANCE PROCEDURE

PLAYING TIME

Miami Wave Volleyball Club does not guarantee playing time to any of our Teams' players. Miami Wave Volleyball Club guarantees playing time during each tournament, but we cannot guarantee it equally. We know that all players want to play and the vast majority of concerns by players and parents involve the amount of playing time that is allocated to the player. Playing time must be earned.

The reality is that equal playing time is not a guarantee on any team or at any event. Coaches take into consideration many factors in selecting players for a roster position and may feel that a player and a team would benefit by developing a player to play a different role than he/she has previously performed. Aside



from developing every team member's skills, it is our goal to compete successfully at tournaments. This may reduce playing time for some team members at certain times.

The following factors influence playing time, in no particular order of importance:

- o volleyball skill and ability as evaluated by the coach.

- o level of effort, attitude and individual participation displayed at practice sessions and tournaments

- o individual position and role on the team

- o adherence to a coach's rules

GRIEVANCE PROCEDURE

Miami Wave Volleyball Club believes that great coaching is at the core of a great program. All of our coaches have been selected because we believe they are qualified and bring unique talents to our program and our athletes. One of the most important aspects of coaching youth sports is having good communication between players, their parents and coaches. We understand that volleyball can be an emotional sport and sometimes parents are prone to issue instructions to their player from the stands. If these instructions are contrary to those of the coach, this will only cause confusion and anxiety for the player. Please encourage your athlete to follow their coach's instructions and leave the coaching to the coach.

When a player has a concern, parents and coaches share the responsibility of teaching their athlete the steps necessary to remedy the situation. The administration of Miami Wave Volleyball Club will NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED by parents or fellow teammates. If you or your athlete refuse to follow the guidelines set forth, you will be asked to leave the program. Except in the case of situations involving safety or player abuse, the following steps should be taken if a player has a concern with the coach:

We have a communication plan (minimum 24 hour rule) between coach/player/parent that must be strictly adhered to. When issues arise please do NOT approach the coach at practice or an event. Please wait a minimum of 24 hours to call the coach to set up a meeting to address and discuss the issues.

1. The player must first ask for a meeting between the coaches and herself/himself to discuss an issue(s). In the case of developmental (U12 and Under) team members, the parent may request a meeting.



2. If an issue(s) remains unresolved following the initial meeting between a player and a coach, the parent of a player may request a meeting with the coaches and the player.

3. If the issue(s) remains unresolved, the player's parents and the player may request a meeting between the director, the coaches and themselves to discuss the unresolved issue(s). The decision of the directors is final and not subject to review.

Miami Wave Volleyball Club will not tolerate an antagonistic, intimidating, aggressive and/or hostile confrontation between a player, parent, coach and/or official, whether or not that individual is a member of Miami Wave Volleyball Club or another program.

OPEN DOOR POLICY

We understand that the club volleyball experience requires a tremendous amount of commitment on the part of players and parents. Players and parents often have many questions throughout the club season regarding training, private lessons, college recruiting, travel, etc. Our Board of Directors is always available for our club players and parents to discuss such issues. Miami Wave Volleyball Club strives to create the best environment possible for players and parents. We are happy that you are now part of the Miami Wave family.

