

Club Rules and Policies

General Policies for ALL Associated with CPVC (Players, Parents, Coaches, Staff, Etc.):

- Treat others with respect. No bullying, harassing, use of foul language, etc. We want to maintain a positive environment with no drama. This applies to tournament play as well.
- All incidents, problems, or concerns should be reported within proper chain of command after 24 hours has passed, unless it is a situation requiring urgent attention. Proper chain of command is player -> coach -> head of coaches and/or business director depending upon the situation. This rule is in place because the conversation does not need to be emotionally charged by either party.
- All trash should be placed in trashcans prior to leaving the gym.
- Drug, alcohol, and/or nicotine use is prohibited inside the building by anyone. Adults may smoke/vape outside, but please do not leave any trash such as cigarette butts on our property.
- Team practices should be reserved for only the team members scheduled. We cannot allow outsiders playing in our club during team specific practices. This rule does not apply to special events such as open gym and clinics. Occasionally scrimmages may be arranged by our coaches that include other players either associated with our club, or not.
- Help us keep our court CLEAN!! Please clean your shoes on the wet/dry mats if you must enter the court. This is especially true if you are entering the court area from the uncovered concrete at the back of the building.
- Water/Gatorade is available for purchase from our refrigerator. Please see a coach for access and place \$1 in the payment drop box.

Players:

- Please be as committed to the team as much as you possibly can. Attend as many practices as you possibly can and other team events such as team meals/outings.
- Academics are a priority; however, school work should not be an excuse for missing practice. Learn to manage your time so you can be successful at both. Alert coach(es) as far in advance as possible if you will be late or absent for a practice or a tournament.
- Remember to bring all required items to practice including court shoes, socks, knee pads, hair restraints, any applicable braces.
- You should not wear your court shoes anywhere but on a court. Wear different shoes to practice, then change in the loading dock area.
- Be on time!!! – Which means you should be here 15 mins prior to the start of practice in order to have time to prepare yourself (kneepads and shoes on, warmed up)
- Bring water or another hydrating beverage to practice in a container with a closing lid.
- Bags and personal items should be left in the loading dock area. Only beverages (with a closing lid!!!) should be brought to the court area.
- No jewelry of any kind should be worn during play.
- No foul language, no negative talk, good sportsmanship, respectful to all
- If you get injured during play, please let a coach know immediately. This is especially true with a head injury. Your safety is of utmost importance.

- Head injuries can be much more severe than they first appear to be. If you experience any type of blow to the head, please let your coach know and stop play for a few minutes. If you experience any dizziness, confusion, headache, etc. immediately or after you leave practice you should see a doctor and do not return to play unless you are cleared by your physician.
- You and the coach will complete an incident report for any head injuries in which you experience the symptoms listed above, as well as any other moderate to severe injuries to other parts of the body.
- The gym should be left in clean and orderly fashion after each practice.
 - The coaches may assign tasks including, but not limited to the following, to players at the end of practice.
 - Shag all balls
 - Be sure barrier nets are in place
 - Dust mop floor if necessary
 - Boys only – adjust net to women’s height.
- We expect your social media to be positive and respectful. Your coaches, teammates, recruiting coaches can see what you post. You want it to be a positive reflection of yourself and we expect a positive representation of our club.
- We recommend ankle braces.

Parents/Spectators:

- Payments should be made on time per the dues schedule. Families with accounts in arrears will result in player suspension until the account is paid up to date.
- Parents and spectators are welcome at all CPVC events, unless otherwise told, such as tryouts.
- The number of spectators should be kept at a reasonable number of people.
- All parents/spectators should remain behind barrier nets (on the right) during practices/scrimmages. This is for your safety and keeps our insurance company happy. The only exception is if a coach specifically requests a spectator’s help.
- Parents are not coaches...at least not at CPVC. Please leave the coaching to us.
- Parents should feel free to speak to the coaches about any questions or concerns they have. However, they should do so in a calm, respectful matter. They should also follow our 24 hour rule after any specific incident that has occurred.
- Parents/spectators will follow the USAV and Carolina Region Code of Conduct, which they have signed while attending tournaments.
- Spectators/parents should be aware that a “purple card” can be issued for disrespectful behavior. After a warning, spectators can be forced to leave the venue.

Coaches:

- All CPVC coaches will treat others respectfully. A coach will never speak negatively, belittle, embarrass, etc. a player, parent, referee, etc.
- Coaches may raise their voice from the sidelines, but should only do so in a positive manner or when it is difficult for players to hear them because of the noise level in the environment.

- Constructive criticism and correction are encouraged, but positive comments should outweigh the criticism.
- A coach shall never show favoritism of one player over another for personal reasons. Decisions such as playing time and position will be based on rational, fact based reasons to back up their decisions.
- Coaches should be prepared to explain/discuss their decisions and actions to players or parents when asked.
- Coaches will always discuss any concerns from parents, within the 24 hour rule as previously outlined.
- Coaches may decline to have any emotionally charged discussion with players and/or parents, but should always be willing to continue the conversation at a later time in a calm manner.
- Coaches will attempt to use the same volleyball philosophy throughout the club as established by the volleyball director. This allows for quicker player improvement and less confusion from season to season.
- Coaches should always be open to hearing and considering comments, suggestions from other coaches. This is because we have a collective effort coaching method.

Tournament/Travel Rules: Travel policy (summary and supplement, for the full policy please read the official Travel Policy you have been provided on signing day)

- Players should refer to packing list to bring everything they need to tournaments.
- Be on time to all matches!! And let your coach know if you can't be for any reason.
- Parents are responsible for getting girls to tournaments. Girls are allowed to ride with other player's families, but please notify the coach. Coaches are not responsible for getting girls to/from tournaments.
- Players are only the responsibility of coaches during game times.
- Children left unattended/without an adult is at the parent/chaperone's discretion unless otherwise directed by coach. No children under the age of 12 should be unaccompanied at any time.
- Players, try to look mature/professional. Appropriate attire should be worn at all times – spandex should be covered in all areas except the court. Minimal makeup should be worn.
- We would prefer you wear at least one item on an outside layer indicating you are with CPVC at all times. Coaches may request that you wear a certain color practice t-shirt.
- The same rule applies to court shoes, put them on after you have entered the tournament venue and you are about to play.
- No jewelry at all during play.
- Drug, alcohol, NICOTINE use is prohibited for players during any type of team travel.
- No foul language, no negative talk, good sportsmanship, respectful to everyone and all property.
- Playing policy:
 - There is no guaranteed amount of playing time for any player! Volleyball is a team sport and coaches have to make decisions that provide the best chance for the team to be successful. Coaches have a planned rotation, which may or may not include all players on the team, but will hopefully be able to substitute all players in at some point.

Coaches are bound by substitution rules and also have to consider players' abilities and the level of competition. The best chance a player has to receive more playing time is putting in hard work at practice to become a better player.

- If you would like to discuss your/your child's playing time it should be done with the head coach directly and at a time other than a tournament. It should also be done in a calm, non-confrontational manner.
- Parents are expected to contribute/participate in team meals, whether camping style at regional tournaments or a meal out at multiday tournaments when such is arranged.
- Hotel policies:
 - Families are required to stay at the assigned hotel for all "Stay to Play" tournaments. (No regional team tournaments on our schedule this year have that requirement.)
 - Players in rooms by 11pm, lights out by 11:30pm.
 - No loud noises/talking.
 - Players should stay in their assigned rooms each night.
 - Coaches will never be in a private hotel room alone with an under-age player unless it is absolutely required and there is another adult present, preferable of the same gender and preferably a chaperone/parent.

Travel Policy for Carolina Performance Volleyball Club

Carolina Performance Volleyball Club (CPVC) has some teams that travel regularly to play in tournaments and some teams where travel is limited to a few events per season. CPVC prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Volleyball SafeSport Handbook. A copy of our Sexual Abuse Misconduct Prevention & Crisis Management Policy can be provided upon request for more details about such situations not related to travel.

CPVC 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 CPVC 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 CPVC 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 CPVC or one of its teams or designees sponsors, coordinates or arranges for travel so that the 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, CPVC 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 CPVC 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).

- ALL representatives of CPVC including players, parents, coaches, chaperones and administrative staff should be respectful of others in communication (including no foul language) and actions.
- A quiet environment shall be maintained inside of hotel rooms and hotel public access areas.
- **CURFEWS:** In room curfew time for minor age players during hotel stay is 11:00PM, or parent/guardian designated curfew; whichever is the EARLIEST. Lights out by 11:30PM. It is the responsibility of the parent or chaperone of each player to enforce this curfew.
- 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.
- Players should spend the night in their designated hotel room. Parents/ chaperones must approve any room switching. The attending coach/CPVC staff should be notified of any room changes.
- 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.
- 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.

Additional Policies for Local Travel and Team Travel

The following policies are additional guidelines for any event CPVC attends.

- Players are expected to remain with the team at all times during the trip. Players are not to leave the competition venue, the hotel, restaurant or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.

- When visiting public places such as shopping malls, movie theatres, etc., players will stay in groups of no less than three persons. Athletes 12 and under will be accompanied by a chaperone.
- No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperoning duties.
- Underage players or other minors shall not partake in the use of alcohol, illegal drugs or smoking/vaping at any time.

- **Additional Safety Policies**

- Additional guidelines to be established as needed by the coaches;
- Respect the privacy of each other;
- Must wear seatbelts and remain seated in vehicles;

- **Additional Behavior Policies**

- Be prompt and on time; while attending any event/tournament with CPVC
- Players should maintain their full, undivided attention during tournament matches. No electronic device/cell phone use during this time
- Respect the property of others
- Use appropriate behavior in public facilities, including language;

- **Dress Code**

It is the goal of our club to look mature and respectable at all times when representing CPVC.

- ALL representatives should be appropriately dressed while representing CPVC in any location. Modesty and sufficient coverage of all private areas is required.
- Tournament Venue Dress Code for Players:
 - Remember to pack all items necessary to play.
 - For females this includes jerseys, black spandex, sports bra, white kneepads, white socks, court shoes, and hair restraints if applicable.
 - For boys this includes uniforms, white knee pads, white socks, court shoes, and hair restraints if applicable.
 - Some type of CPVC apparel is preferred at all times while at a tournament venue. Coaches may request a certain color of practice shirt be worn while at the tournament venue, excluding match play.
 - Females should keep spandex covered at all times except during match play.
 - Shoes are required through tournament venues and should look respectable/mature.
 - No jewelry allowed during match play.