



Ultimate Performance Volleyball Club Association (UPVBC)

Parent/Player Policies and Guidelines (updated 10-1-2020)

Organization

Ultimate Performance Volleyball Club Association (501c3 corporation)

Club Director: Missy McCaw-Frette

Director of Coaching: Chip McCaw

Age Group Coordinator: (15-18) Chip McCaw

Age Group Coordinator: (11-14) Ryan Wills

Director of Operations: Donise King

Club Admin for hotels Jenny Pearson

Fitness and Conditioning Coach: Doug Decker

What is UPVBC?

Ultimate Performance Volleyball Club was formed to teach both fundamental and advanced volleyball skills as well as life lessons to young athletes in an environment that promotes excellence in all things. Through development of volleyball skills, our goal and commitment is to teach the importance and elements of teamwork, leadership, communication, perseverance, sportsmanship, loyalty, hard work, and ethics when dealing with both adversity and success. We strive to develop teams as well as players, people as well as athletes, and a passion for life as well as volleyball. We achieve this by integrating coaching strategies and techniques that are built upon positive reinforcement, encouragement, and motivation, within a structured and disciplined environment. Our coaching philosophy is consistent throughout the organization and throughout each season.

At Ultimate Performance, we pride ourselves on being well-organized in all that we do including tryouts, clinics, practices, tournaments, social events, and community involvement. Our entire staff receives ongoing training and development as they continue their coaching career with us. We provide year-round training and player development opportunities through player clinics as well as individual and group lessons. Finally, we serve as a valuable resource to both parents and athletes on the do's and don'ts of the collegiate recruiting process.



Sport Specific Development:

UPVBC has the privilege of providing our athletes with instruction from coaches who possess some of the highest level of instruction and training the nation has to offer. Each of our coaches has coaching experience on a state and national level. UPVBC coaches are committed to helping each team and player reach their optimum performance in the sport of volleyball. In addition, many of our coaches have years of experience on both sides of the college recruiting process and can assist players and parents who are interested in pursuing a collegiate volleyball career.

Fitness and Conditioning Development:

UPVBC is determined to assist our players in becoming the best athlete they can be. We provide unique opportunities in speed, agility & jump training as well as nutrition, strength and conditioning. We have partnered with Coach Doug Decker and Brandon Washatka, DC to provide players with exceptional training.

Safety, Bullying and Harassment:

UPVBC abides by Safesport guidelines as presented by the USOC for all governing bodies. It is mandatory that all UPVBC coaches and staff have been Back Ground Screened and SafeSport certified. UPVBC has a zero tolerance for bullying and harassment of any kind (i.e)peer to peer, coach to player, parents to official and or coaches. If you have a SafeSport concern or need to file a report (in our local area or at an event) please contact Donise King.

Fees

Items Included in Fees

Apparel, gym space, coaching stipends, certifications and expenses, tournament entry fees (including qualifiers for teams that participate), training equipment, certified strength & conditioning instruction (Select teams may participate at a cost), team registration, and club operation expenses. *(Optional Tournament to be charged separately and outside of normal fees).*

Apparel - Depending on team assigned, game jerseys or tee shirts, Spandex, warm up tops and pants, backpack, and practice shirt(s) are included. Shoes, socks and knee pads are not included in Apparel.

Items Not Included in Fees: Food, lodging and travel for players or parents, shoes, knee pads and postseason expenses (national tournament, extra tournaments, etc.). It is anticipated that Adidas National teams will attend season ending national tournaments (USAV, AAU, other) and some Adidas teams may also qualify for a championship tournament.

Parents will be required to establish an account on the UPVBC.com system. Parents may



pay in full or choose to make a 40% down payment and then pay the remaining balance in 3 installments. Payments may be made using a credit/debit card or by check. Fees are to be paid by indicated dates. Players may be held from practices or competitions if dues are behind and until fees are brought current or paid in full. Responsible party (Parents or legal guardian) is responsible for paying the entire amount of dues even if the child does not complete the full season. If participation is stopped due to an injury, the family may be granted relief from partial to remaining financial obligation depending on the injury and each being a Case by Case basis. *Any type of request must be in writing before being considered.*

Team Volunteer Opportunities

Team Representative – This person assists the coach with tournament registration, hotel reservations, communication with parents, etc. – **Must be a registered USAV member and complete the Safe Sport training.**

Chaperon - As a chaperon, you are assuming certain responsibilities for the welfare of the players under your care, custody and control. – **Must be a registered USAV member and complete the Safe Sport training, be familiar and abide by the USAV Chaperon rules.**

Guidelines

TRAINING

- Athletes must adhere to the USAV policies regarding drug and alcohol abuse and Safesport.
- Athletes must try to get at least 8 hours of sleep the night before training or competition. Proper recovery is a must.
- Athletes must try to eat balanced meals and drink lots of water, milk and juices; refrain from consuming sugar-based drinks.
- Athletes must report all injuries and/or illness to the coach.
- A doctor's release must be supplied before an athlete will be allowed to participate in training or competition following an injury or illness once a player is under a doctor's care or upon the coach/club suggestion.
- During training and competition, proper hydration is a must and will be required by the coach.

● ATTENDANCE

- All team practices are mandatory – Any absence warrants a contact from the player to the coach prior to practice (min. 12 hours) except for emergencies. We will work with athletes who play multiple sports or commitments but due diligence to make practices must be followed. A text or email sent is not proof unless a response by



coach has been given in same manner.

- Excessive or unexcused absences in practice may result in a decrease in playing time (coach's discretion).
- Attendance in tournaments is mandatory. Players must commit financially and physically to the entire playing schedule *which includes officiating prior to matches, during tournament and after play has completed. All players must help in officiating duties.*

PRACTICE

- The athlete is expected to give maximum effort in every task.
- The athlete must be coachable and willing to change technical skills, if requested.
- The athlete should display a positive attitude toward practice, teammates and coaches.
- The athlete must be on time – a minimum of 15 minutes prior to scheduled starting time is a good rule of thumb.
- The athlete should take responsibility and make sure that the court and facility remains clean and orderly.
- **Players must wear an UPVBC shirt during practices.** Participants should not wear apparel with political information or degrading language/signs/symbols, etc.
- Overt negative behavior by players or parents may necessitate their removal from the gym/facility and could result in further consequence. Bullying of teammates is not allowed.

COMPETITION

- The athlete is to display personal pride in themselves, the team and the club at all times.
- The athlete and parents must be courteous to officials, opponents and coaches at all times.
- The athlete will wear uniforms/warm-ups or other required dress during tournaments. Participants should not wear apparel with political information or degrading language/signs/symbols, etc.
- When players leave the immediate area of participation at a tournament they must be with at least two players, one chaperon or at least one of their parents. The Team coach should be notified when leaving the immediate area of participation at a tournament.
- The athlete will be encouraged to support other UPVBC teams whenever possible.

TRAVEL

- Adidas National teams will average 2 tournaments per month beginning in January and may attend up to two National Qualifiers. Adidas teams will play one to two tournaments per month and attend one National Qualifier. Green, Pink and Black (3, 4, 5) teams will play one to two tournaments per month in the OK and possibly AR.
- Team hotels and flights (if needed) will be arranged by the Club Administration and Coach in consultation with the Club Director. All participants are required to stay at the same hotel (Exceptional reasons for not staying at an approved hotel must have the



approval of the Team Coach).

- A team van may be used at tournaments in which teams are traveling by air. Transportation to tournaments is the responsibility of parents.
- During team travel, athletes will wear uniforms/warm-ups or other required dress. Participants should not wear apparel with political information or degrading language/signs/symbols, etc.
- Players may not drive themselves to tournaments.
- When roaming at hotels, at restaurants, etc. players must be with a parent or chaperon, or with at least two players.
- No person of the opposite sex is allowed into a hotel room occupied by a player unless it is a family member.
- A player is not allowed in a room with the opposite sex unless the coach and a chaperon are present, or it is a Team meeting.
- Team meetings or a meeting between a coach and a player should be held in a public area whenever possible. If a team meeting or a coach-player meeting takes place in a non-public setting at least three players, an additional coach or chaperon must be present. If a meeting is held in a hotel room the door must remain open at all times.
- The curfew for players (regardless of who they are staying with) to be in their rooms is 11pm or one hour after arriving at the hotel from the playing site, restaurant, etc., whichever is later.
- Players being transported to tournaments or practices by someone other than a parent must have the approval of the parent. The driver must be a registered USAV member and have completed the “Chaperon” form (this is for insurance purposes).
- When being transported a player should be with at least one parent, in a group of at least three players or with two adults and another player (This is for the players protection).

Note: Team coaches have the right to impose additional rules of conduct, curfews, etc. if warranted. These additions must be approved by the Club Director and must give printed notice of the rules to the players and parents prior to traveling. For the safety and welfare of players, the Team Coach has the right and responsibility to implement rules at the “spur of the moment” to meet unforeseen causes or behavior.

Note: UPVBC makes its best effort with regard to entering each and every event, for all of its teams and their schedules. Due to forces outside of the club’s control such as (*but not limited to*) “event filled early”, “less courts than expected and teams will be dropped”, “sanctioning of the event was changed or taken away”, “not enough players per team to attend (all positions must be covered), etc, the club will try to replace these events in a timely manner when and if possible.

CONDUCT

- Players, parents and coaches should hold themselves to a high level of conduct representing the ideals of UPVBC.



- Those representing UPVBC (parents, siblings, coaches) should not consume or be in possession of any alcoholic beverages at any playing site. In addition, parents, siblings, relatives, and friends should not be under the influence of alcohol while attending his/her child's event.
- Playing time is the responsibility of the coach. Playing in games is a significant part of a player's development so all players will receive at least some playing time. Players will not necessarily receive the same amount of playing time. Playing time will be determined by numerous factors which include but are not limited to: competition level, player's attitude, effort and ability as well as position, team systems and tournament priority.
- **48 HOUR RULE** – We know that problems and issues will occur. When a problem/concern arises at a practice or tournament, parents/players should:
 - Set up a time to meet with the coach **at least 48 hours after the event. Coaches are not allowed to discuss these concerns at tournaments.**
 - Depending upon the age of the player, UPVBC encourages players to talk directly with their coach to address concerns.
 - At times, it may be necessary for both the parent and player to meet with the coach regarding issues.
 - If the problem is not resolved, the issue should be directed to the Club Director.
 - Confrontations in public between players, parents or coaches will not be tolerated and will be handled by the Club Director or her designated person.

Players and parents should NEVER get involved with officiating and scoring matters. The coach will handle all of these issues. Players or parents should never approach a member of the officiating team (before, during or after a match or competition).

DISCIPLINARY ACTION

- Individuals (players, parents, coaches) not conducting themselves appropriately will be asked to meet with a Team Coach, Age Group Coordinator, and/or Club Director.
- Disciplinary guidelines contained in USAV forms will be followed.
- Where specific disciplinary actions are not mentioned, the Club Director will dictate the disciplinary action(s).
- Disciplinary actions will be implemented on a case by case basis in order to meet the specifics, severity, cause and implications of each incident.
- Disciplinary actions may include but are not limited to reprimands, practice suspension, match suspension and/or tournament(s) suspension and possible removal from the club for the remainder of the season. (This will not offer a refund or forgiveness of dues paid or owed).
- The region or USAV may impose further actions. If the club is notified of offenses or sanctions given during an Out Of Region event by a player and or parents, any offense or sanction will be upheld and/or addressed through the club as well.



DUE PROCESS AND APPEALS – Parents are encouraged to formally address all concerns and appeals of disciplinary action. A formal appeal of any enforced disciplinary action should be done in writing within 48 hours, stating specific items of concern.

- **First appeal** should be made to the “Team Coach”.
- **Second appeal** should be made to the Director of Coaching.
- **Third appeal** should be made to the Club Director where said Director can enforce disciplinary actions or call to order a committee of three (3) persons for a hearing.

Wellness Concerns:

It should be understood that it is the responsibility of the player/family who is participating on a team sport and be aware of any Covid or other illness concerns while with teammates. There will be a Reporting Form on the UPVBC web site for reporting any issues that is observed or known while at practice, scrimmages, or competition. State, local, and organizational guidelines will be followed when necessary.

501(c)3 -

Ultimate Performance Volleyball Club Association is a 501(c)3 organization. As such, we can accept donations to help in our mission for youth sports. If you would like to donate, please reach out to the club director to discuss. Once a monetary donation has been made to UPVBC, you will receive a receipt for your tax records.

This manual is a guideline for club policies and instruction. It may be updated from time to time due to unforeseen circumstances or situations that might arise during a season. If the manual is updated, a club wide communication will be sent to families.

If you have questions or concerns regarding items within this manual, please contact the Club Director for clarification.

Update – 10-1-2020