



## Club Policies



### Eastern Elite Volleyball Club Mission Statement:

Eastern Elite Volleyball is committed to providing the best possible environment for players to reach their maximum playing potential through excellence in coaching and community support. Our student athletes will be challenged in a structured, consistent environment that promotes teamwork, sportsmanship and discipline to excel on and off the court.

### Club Communication

Our website serves as one means of communication to stay current on schedules, events, etc. Our website is [www.easternelitevolleyball.org](http://www.easternelitevolleyball.org). It is a player/parents' responsibility to check the website often for updates. Your coach and our administrative staff will also email and text you at times. Please make sure that we have the players and parent's most current email and cell phone contact information. Practice Schedules are posted on the website once available.

We encourage you to also follow us on facebook, twitter or instagram for immediate up to date announcements and tournament updates.

### USAV Official's Clinic

All players must attend and be engaged in a mandatory officiating clinic to be held on December 9<sup>th</sup> (time to be announced). This clinic will be held in the auditorium of Wayne Memorial Hospital. USA Volleyball requires completion of this clinic before tournament play is allowed. The fee for this clinic is covered with your dues.

### Uniforms

Uniforms will be ordered on signing night and are yours to keep. We make every effort to use the same uniforms from year to year to keep our player's cost down. You will be responsible to care for your uniform and display it in an appropriate manner. If the uniform is lost or damaged you are responsible for the replacement cost.

Eastern Elite is a Mizuno club and we require all of our players to wear the items listed on our uniform packages at tournaments and events. Black volleyball shoes are required as well. Shoes will be available for purchase through our Mizuno rep on signing night or you may purchase them from the retailer of your choice. Eastern Elite also requires ALL players to wear black ankle braces to tournaments and practices. This is necessary to prevent injury. We recommend black ASO Ankle Stabilizers. You can purchase these online or at a retailer of your choice. If you need assistance locating ankle braces for your player, please contact Jennifer. Players not wearing proper ankle braces will not be permitted to play for safety reasons (this includes practice). Eastern Elite intends to promote a professional image, therefore all players are expected to wear their team issued warm-ups, t-shirts, cover up shorts, socks, back packs and/or uniforms to, from and during all tournament events. If you are not wearing team uniform package items at a tournament, you will not play.

### Insurance

USA Volleyball Insurance covers practices, sanctioned events, competitions and travel to and from such events. This is a supplemental insurance policy. A medical release form is included in the packet you will receive on signing night and will be required for participation. Please complete all information requested. Players will not be permitted to participate in any practices or tournaments until this form has been completed.

### Schoolwork/Grades

Eastern Elite Volleyball Club expects its players to work hard both on the court and in the classroom and will follow USAV education requirements to play. If a student is ineligible to play sports at their school they are also ineligible to play with Eastern Elite. When players are issued their school grades it is their responsibility to bring a copy of those grades to their coach for us to keep on file. A copy of a current report card or progress report will be required at signing night.

### Practice

Practices will take place two times per week for our 13's, 14's and 15's teams. For our 16's, 17's & 18's teams: they will practice 3 times per week up until tournament play begins in January. Once tournament play begins the 16's, 17's & 18's will practice 2-3 times per week. A practice schedule will be posted on our website as soon as it is available. Practices are scheduled to begin mid November. Strength and conditioning and position practices will be the priority for our 14-18's teams in November. After that time those will be incorporated into our team practices.

Eastern Elite practice t-shirts are required at every practice, your coach will let you know what color practice t-shirt will be required at each practice. Ankle braces and knee pads are also mandatory for practices. Failing to follow these practice policies, will result in not being able to participate in the team's practice.

Scheduled practice time is start time and not arrival time. Plan on arriving at least 10 minutes prior to the start of each practice, so that you are able to be ready to begin practicing at the start time.

Attendance at practice is very important for athletes to get the maximum benefit of the Eastern Elite program. Practice is where skills are both learned and polished. Therefore, those not in attendance will miss out on the repetitions necessary to improve their skills. Missing practice not only hurts the individual player, but missing practice hinders the skill development of the entire team. If a player is unable to attend practice, she must personally notify her coach in advance. If no attempt is made to notify the coach, the player's absence will be considered unexcused. **Volleyball is a team sport, and practices are most beneficial when all of the players of the team are in attendance.** Our players are expected to manage their time wisely and work to uphold the commitment they have made to their Eastern Elite team.

Volleyball shoes are to be carried into practice and tournaments and should never be worn outside. This is to ensure that the shoes last longer and facility surfaces remain clean and safe. Athletes are encouraged to bring water or gatorade, in an unbreakable container, to practices or tournaments. Absolutely no glass containers are allowed in the gym. We expect our players to pick up after themselves at practices and tournaments. Teams will rotate cleaning the lobby and restrooms of our practice facility.

In case of inclement weather, check our social media outlets for further info or a text message will be sent.

**Parents and/or guests are not permitted in the gym during practice or conditioning sessions.**

#### Tournaments

Eastern Elite staff will determine which tournaments that each team will participate in the tournament schedule will be posted on our website before signing night. Carolina Region tournament locations are not released until 7-10 before the scheduled tournament date. As soon as information is received, it will be passed on to the coaching staff to relay to their players and families. We also post tournament information on our website once locations and pool playing times are posted.

**Eastern Elite players are expected to attend EVERY tournament their team is scheduled for.** Again, volleyball is a TEAM sport and missing even one player can jeopardize the entire team in tournament play. Parents are responsible for arranging transportation for their player on tournament days. Coaches may not transport players to and from tournaments. Players are NOT allowed to travel alone to tournaments. If your parent will not be attending a tournament, you are required to travel with a team mate and their parent(s). No exceptions.

Your coach will have strict rules regarding when you must arrive at a tournament. It is the player's and parent's responsibility to know their coach's policy and adhere to it. Arriving late to a tournament is unacceptable. The players and coaches are expected to referee, line judge, keep the scorebook and operate the score board during matches they are not playing. Coaches will assign these duties. Players may NOT leave a tournament until the entire team has completed their officiating assignments and are dismissed by their coach. Eastern Elite teams always leave a tournament TOGETHER.

Eastern Elite teams traveling to out of town to tournaments that require an overnight stay will be instructed by the club administrative staff which hotel the team will be staying at. Hotel information will be made available to from our travel coordinator in order for you to book your room. When an overnight stay is necessary for multi day **tournaments all Eastern Elite players, their families and coaches will stay in the same hotel.** Coach's hotel rooms are strictly off limits. Most multi day tournaments require that we stay in a hotel that the tournament director assigns and we are given strict deadlines. When emails are sent out with hotel information please take careful note of the deadline date for booking. These multi-day tournaments require our teams stay in the hotels they've assigned, and if we miss the deadline they will remove us from the tournament list which means we will not be permitted to play. **PLEASE BOOK YOUR HOTELS ON TIME.**

Please make sure that your player is well rested the night before a tournament. Tournament days are long and the girls play hard, so this is important. Please make sure that your player has nutritious meals and snacks before, during and after tournament play. No soda or junk food please, sugar makes you crash. Some healthy suggestions for players to eat and drink during tournaments: granola, protein bars, pb&j, cheese, yogurt, fruit, veggies, tuna, crackers, applesauce, nuts, water and Gatorade.

At tournaments, we expect players to spend time off the court together by participating in team meals. This enhances the synergy needed on the court for greater competitiveness. It is also vital to team bonding, and building trust among teammates (and parents). We encourage all players and their families to participate in scheduled team meals during and after tournament play dates. Many coaches will "hold on" to player cell phones during team outings/meals to encourage team bonding – be sure you have your daughters coach's cell phone number.

Eastern Elite will adhere to the Code of Conduct issued by USA Volleyball at ALL times. It is an Eastern Elite expectation that all our players attend tournaments with the intention of giving 100%. **You are an example of our program, your community, and our club. Please represent yourself in this manner.**

### Playing Time

It is our philosophy that practices are the time to improve skills and work on new concepts. It is important that players and parents accept the club mantra: **"Players pay to train, not to play. Playing time is not a given; it is earned first by hard work, positive attitude, and display of skills on the practice court."** 80% of each athlete's club experience occurs in our practice gym. The remaining 20% of club time served is within the tournament context. We believe our training is unparalleled in its quality and will grow more tournament opportunities for athletes who make the most of that chance.

A continual source of frustration for players and parents alike is the issue of playing time. The reality is that equal playing time is not a guarantee. Our philosophy on playing time is stated below:

During tournament play, the coach has the right to determine the line-up that he or she determines best suited to meet the goal of the particular level of participation. An "equal play philosophy" does not apply in many situations. It is each player's responsibility to perform at a level that is consistent in keeping with the goals of the team. If the player does not, for whatever reason, fulfill their obligations on the court, it is the coach's right to substitute them so that the team may achieve its goals. Players are expected to perform certain roles on the bench as well, which greatly contribute to the success of the team.

All players must understand that playing time among team members WILL NOT BE EQUAL. The coach will clearly define each player's role (and offer the player the opportunity to expand that role), and the coach will base playing time on what the line-up/substitution scenario best offers the team a chance to be successful. Rarely will the coach sacrifice an opportunity to win in order to "give someone playing time."

Factors that influence playing time include, but are not limited to (in no particular order): attendance, attitude, practice performance (hustle, enthusiasm, skill and athletic ability), and playing position. Some players will get specialized assignments while others must work to be the best alternate starter that she can be. Regardless of the role that evolves over the season, all players and parents are expected to remain positive and committed to the goal of having the TEAM do as well as possible by the end of the season.

Based on position, a player may play back row and rotate out or play front row and rotate out when reaching the back. It is important for players and parents to understand one of the goals of the team is to compete successfully at tournaments. If it is the player's belief that she is not being treated fairly and playing an appropriate amount, **she** should discuss it with the coaching staff first and foremost. The coaching staff sees your daughter at each practice and may see something that parents do not. Parents and players should remember that playing time is earned. The players, by working hard in practice to improve skills and consistency, will determine how much playing time they will get.

In reaching our goal to educate players in life skills outside of volleyball, we feel it is important for players to create and maintain a good dialogue with their coaches regardless of age. This is particularly true with the 14 and older age groups. The 12/13 age groups should be a balance of teaching a young player to learn to communicate, while having the guidance of a parent as needed.

The parent's role is one of support to the players, coaches and the club. Parents should not engage in "coaching" from the sidelines, criticize players, coaches or game officials or try to influence the makeup or operation of the team at any time.

- We encourage player communication with their coaches (suitably supported by players – based upon age).
- If a parent feels that he or she must address a team situation, they are permitted to contact the coach 24 hours after the last game of a tournament to discuss their concerns.
- **At no time should a parent approach the coach during a game. No parent should come onto the court for any reason during competition. This includes in between sets of a match.**

### Dispute Resolution

Knowing when to communicate and how to communicate with your daughter's coach is a concern for almost every parent at some point during the season. If the player is unsure or unclear about what the coach expects from them, either in practice or in competition, the appropriate action is for the athlete to communicate with the coach as to what is expected of them. When parents have a problem that is specific to their own player, we also encourage them to first speak to the coach. All parents and coaches are expected to conduct themselves with respect towards each other at all times. If the player's parent does not feel as though the issue has been resolved after meeting with the coach, please feel free to contact an administrative staff member to assist you with resolution. Please adhere to the 24 hour rule listed above.

### College Recruiting

Did you know that every Eastern Elite senior over the last 4 seasons that has wanted to play collegiately has received an offer or multiple offers to do so? We have staff that is dedicated to helping you achieve this goal as well if you'd like to play in college. We have information for all of our high school players on our website. If you are interested in hearing more about how to get recruited please contact us via email.

Recruiting Showcases – these are outstanding opportunities for college coaches to see you play. Most multi-day tournaments we attend offer recruiting showcases the day before the tournament begins. If you want to play in college YOU MUST PARTICIPATE IN RECRUITING SHOWCASES. Eastern Elite strongly recommends that ALL of our high school players participate in these showcases.

### Financial Obligations

Eastern Elite Volleyball has devised a payment plan to meet the operational needs of the club while attempting to make the payment of dues easier for the majority of parents. It is your responsibility to pay all fees set forth by Eastern Elite Volleyball Club. Each family is also responsible for their own travel and meal expenses. Eastern Elite is completely dependent upon payment of its player's fees, so it is imperative that fees be paid on time. Payment schedules for each team are posted on our website. If payments are not made on time your player will sit out of all practices and tournaments until dues are current. Dues can be paid via check (by mail) or on our website with a credit card. PayPal charges a 3.5% convenience fee when you pay your dues online with a credit card. This convenience fee will be added to your dues. Coaches cannot accept payments, please contact Jennifer in advance if you need to hand deliver your payment or prefer to pay with cash.

Payments made to Eastern Elite Volleyball are non-refundable. Please be aware that the expenses our teams incur do not decrease if a player chooses to leave or is dismissed from our program. Therefore, each athlete's parent/guardian is responsible for complete payment whether or not their player completes the season. If you chose to leave the program your balance will be due immediately. A late fee will be incurred for payments 5 days late and there is a \$35 NSF fee for all returned checks.

We will have a couple fundraisers throughout the season to help with club expenses. We encourage you to participate in these as they help us keep our costs lower. We are open to new fundraising ideas...if you have an idea on how to raise funds for your player's team, please contact Jennifer.

### Player Dismissal

Every effort will be made to ensure a positive experience for all players and parent members involved. Player dismissal is a right reserved by Eastern Elite for use as a last resort when all other resources of conflict resolution have been exhausted. Any player dismissed from our program will still be held liable for any outstanding club fees as outlined above.

Eastern Elite observes a zero tolerance policy applicable to all players participating in our program. Zero tolerance infractions that may lead to immediate dismissal are as follows:

1. Use of alcohol, tobacco or drugs by any player is prohibited at all times.
2. Any form of abuse verbal, physical or otherwise will not be tolerated from any player, parent member, coach or any other associate of the organization.
3. Any form of denigration of the club coaches, board members or sanctity of the club.
4. Any misuse of social media that may damage the image of Eastern Elite or the individual player representing Eastern Elite.
5. Leaving a tournament early for any reason other than an emergency.

*If you need further information or have any questions, please feel free to contact Jennifer  
[info@easternelitevolleyball.org](mailto:info@easternelitevolleyball.org)*

**Looking forward to a great season!**