

## **NLV 2020-2021 Covid-19 Season Parent Information**

Hello! This document is just a recap of our parent meeting that we held at tryouts. We put this together for parents who were unable to be there for the meeting. There are many changes and updates that you will need to take note of.

### Season

- Season is currently set to run 4 months like normal. September through December ending just before the holidays.
- If anything were to happen to the high school or jr. high volleyball seasons then NLV administration would meet and extend the season to allow for athletes to continue to participate.
- There is also a possibility of continuing the season into January to be able to travel to one end of season tournament in Iowa. This decision will be made on a team by team basis and when we get closer to that time.
- Because of Covid-19, we have moved the season up to stay away from high school and jr. high volleyball school seasons. As a result, there will not be an option of national teams this season at No Limits. There will be no power league to travel to. So, all NLV teams will be considered regional level teams.

### Practice

- Currently it is listed that athletes will have one practice a week and a possible scrimmage on Sundays. There may be opportunities for more practices to be added into the week but that all depends on the numbers and court availability.
- After tryouts and age level practices are concluded we will know how many teams we will have and we will be able to make a consistent practice schedule.
- For the first couple weeks we will practice in age groups. This way we can get to know the athletes to be able to place them on a team that is a good fit.
- After age level practices athletes will be placed on a team, there will be more flexibility at that time with practice days so we can try and work with your schedule.
- There will always be a master coach at each one of NLV's practices so you can be sure that regardless the age or level of play your athlete is getting top notch training.

### Scrimmages

- This year with the changes and new rules in youth sports due to Covid-19 NLV will not be offering tournaments. Instead we will be hosting inter club scrimmages on Sundays.
- Any NLV team or sub-club team that has registered with No Limits Volleyball will be allowed to participate in our Sunday scrimmages.
- Our scrimmages will be set up just like our tournaments where there will be pool play and bracketed play to be able to maximize on the amount of games played.
- We will be giving awards to the teams who win 1<sup>st</sup> and 2<sup>nd</sup> place in each age division.
- We are hoping to get each NLV team two scrimmages a month, but of course that number could go up depending on how many teams in that age division in NLV and in our sub-clubs.

- Due to the Covid-19 virus there will be no concession stand on Sundays. So, athletes will be encouraged to pack a lunch and plenty of drinks for the day and bring it with them to the tournaments.

#### Jersey

- There will be no jersey package this year. Instead included in your tuition will be a t-shirt with a number on the back.
- Each participant will also be getting an NLV mask that will be included in tuition as well.
- Spandex are available for order, they are completely optional! If your athlete has spandex at home that they can use, you do not have to order a pair. They are \$25, navy blue Mizuno brand.

#### Tuition

- The tuition schedule is as follows: \$240 for September, \$240 for October, \$240 for November, and \$150 for December. Dates for when these payments are due can be found on our Description of programs sheet, our Athlete master form, and the credit card system sheet.
- You may sign up to pay with a credit card or you may sign up to pay with cash/check. If you say that you will pay with a credit card know that your card will be charged on the due date. If you signed up to pay cash/check your card will never be charged unless it is a week past the due date and you have not called or emailed to make payment arrangements.
- Tuition will be only paid on a month by month basis. Just in case something was to happen to the season. Due to Covid-19 we are not allowing people to pay in full at the beginning of the season. This will save on tracking people down for refunds if season were to get canceled.

#### Registration

- No Limits Volleyball is a USA Volleyball affiliated club. We register for USA Volleyball through the Iowa region.
- It costs \$50 to be a full member with the Iowa region. Athletes will need to choose full membership.
- Registration will be open the first week in September.
- There will be information regarding how to register posted on the website and on the Facebook. This will hopefully include "how to" videos to help parents choose the correct registration.
- Due to Covid-19 we will need to be very strict on registrations this year. Athletes will need to register the first week of September or they are not included under our insurance. For that reason, if athletes are still not registered at the conclusion of the first week in September then they will not be allowed to participate in practice or scrimmages until they get registered.

#### Covid-19 Protocols

- No Limits will be following all of the state rules and standards set in place due to Covid-19.
- As a result, all athletes, coaches, and managers will be expected to wear a mask while in Westwood at all times. This is mandatory.
- Athletes and coaches will practice social distancing when possible.

- Coaches will be taking the temperature of each athlete as they walk into practice or scrimmages. Any athlete who has a temperature over that of 100.4 will not be permitted to practice or play that day.
- Any athletes with Covid-19 symptoms, or who has been in close contact with someone who is known to have Covid-19 will not be allowed to practice or play that day.
- Please be respectful and use your best judgement. Do not send your kid to practice if they are feeling ill. We want to keep our season going as long as humanly possible and we need everyone to be on board with protecting our kids to be able to do that.
- In order to properly adhere to the rule of groups of 50 people in one space 30 feet apart, at this time NLV will be having CLOSED practices and scrimmages.
- That means, NO spectators will be allowed at practices or scrimmages.
- What we plan to do is have 1-2 parents from each team come to the scrimmages as a manager. That parent can then take pictures and live stream the matches for the parents watching back at home. Parents can rotate through Sundays, that way each parent will get the opportunity to watch at least one tournament in person.
- We know that this is not ideal. We hate that we can not open our doors up to you! Our favorite part of the season is seeing Westwood filled on Sundays with people and teams from all over. But in order to get your athletes the maximum amount of volleyball as possible and to do our very best to keep your athletes safe, this is the way we have to start.
- As well all know, information on Covid-19 and rules and regulations change frequently. We promise at NLV to be fluid with those changes. If restrictions get lighter we will begin to open our doors and allow for spectators.

With all of the changes and crazy things happening in our world we promise at NLV to be open and honest with you on all of our decisions moving forward. What we want is to provide a safe place for your athletes to be able to grow as people and as volleyball players. We are asking for all of our parents to join in to help follow these rules and keep this a positive, safe, and fun environment for our athletes!

Thank you for being a part of No Limits Volleyball, and thank you for your support!

Let's have a great season!

NLV Club Director,

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