

BOOST Volleyball Club Player/Parent Club Handbook

2019/2020 Club Season

Updated 9/15/19

Welcome to BOOST Volleyball Club (BOOST), a member of the Junior Division of USA Volleyball (USAV), in the Puget Sound Region. This handbook is for BOOST players and parents to have access to information about the Club and to help answer questions that may arise throughout the season.

If at any time you need more information or have questions, please contact a club director by email at boostvolleyballclub@gmail.com.

You can also find valuable information about USAV volleyball through the regional office at www.psrvb.org.

Mission Statement

BOOST is dedicated to offering solid, fundamental coaching where athletes can be challenged to improve their skills and grow their knowledge of the game.

BOOST Volleyball Club Leadership

BOOST is a non-profit corporation. Our directors, club administrators, team coaches, etc will be introduced at the beginning of each season. Our club was founded in 2014 by Aaron Peters.

Coaching Staff

One of our goals at BOOST is to provide experienced, quality coaches who are passionate about the game and focused on the overall improvement of the athlete. We will strive to match coaches with teams based on experience, knowledge, abilities, and personality. Our coaches and administrative staff are dedicated to providing a positive, rewarding experience.

All coaches are members of USA Volleyball, which require IMPACT and SafeSport certifications as well a background screening in order to work with our athletes..

Registration

Players and Parents must complete the following before being allowed to participate in any BOOST event (excluding tryouts):

- Signed 2019-2020 BOOST Handbook Agreement & Consent Form (see last page 9)
- Signed 2019-2020 BOOST Volleyball Club/Player Agreement
- Current USA Volleyball Membership.
- USA Volleyball Medical History and Release Form
- Lystedt Concussion Awareness

Registration and Eligibility

USAV defines age groups for training and competition. The age division breakdowns are as follows:

18 and Under Division: Players who were born on or after September 1, 2001 OR players who were born on or after September 1, 2000 and a high school student in the twelfth (12th) grade or below during some part of the current academic year. U18 athletes will be required to complete SafeSport training prior to their 18th birthday in order to keep in good standing per USAV requirements.

- 17 and Under Division: Players who were born on or after September 1, 2002
- 16 and Under Division: Players who were born on or after September 1, 2003
- 15 and Under Division: Players who were born on or after September 1, 2004
- 14 and Under Division: Players who were born on or after September 1, 2005
- 13 and Under Division: Players who were born on or after September 1, 2006
- 12 and Under Division: Players who were born on or after September 1, 2007
- 11 and Under Division: Players who were born on or after September 1, 2008

Financial Commitment

BOOST is responsible to execute within an annual budget to operate. Timely payment remittance is required to operate smoothly. Fees and due dates are outlined below. Once you've signed your player agreement or letter of commitment, you are responsible for these fees. If a family chooses to voluntarily withdraw from the club or is removed for violation of USAV or BOOST policy, they will be immediately responsible for the balance of their dues.

Failure to complete the payment schedule as agreed upon by the player contract can render the athlete ineligible to compete with BOOST until the balance is paid in full. It should also be noted that it is the USAV Puget Sound Region policy that players that are not in good standing with their previous clubs will not be allowed to participate in subsequent seasons for any club until they are in good standing.

Under no circumstances should coaches collect money for payment of dues. BOOST administrators will be available at various practices to collect monthly payments and/or payment may be mailed to the club with receipt by the 5th of the month. Remittance address is: 26326 222nd Ave SE, Maple Valley, WA 98038.

Circumstances that prevent a player from participating (injury, schedule, conflict, suspension, etc) do not dismiss the financial obligation to the club.

In the case of an 18 year old signing their contracts with BOOST Volleyball Club, we will require their parents to act as a co-signer on all registration paperwork requiring a financial commitment.

Fees

The deposit will be due at your signing date; the remaining amount will be split into monthly payments to be paid by the end of the season. Payments are due by the 5th of each month and can be mailed or dropped off with a club director at practice.

Team Dues Payment Schedule:

- U12: \$1900 (\$700 Deposit in November, 4 payments of \$300/month (Jan-Apr)
- U13 Travel: \$2300 (\$700 Deposit in November, 4 payments of \$400/month (Jan-Apr)
- U14 Travel: \$2500 (\$700 Deposit in November, 4 payments of \$450/month (Jan-Apr)
- U15 Travel: \$2800 (\$800 Deposit in November, 4 payments of \$500/month (Jan-Apr)
- U16 Travel*: \$2900 (\$800 Deposit in November, 4 payments of \$525/month (Jan-Apr)
- U17/18 Travel*: \$2900 (\$800 Deposit in November, 4 payments of \$525/month (Jan-Apr)

Parent/Guardian Initials _____

Fees go towards paying USAV Club registration and insurance, gym and facility rental, coaching fees, uniforms, equipment costs, tournament registration fees, coach tournament travel costs*, and supporting normal club business. (*Due to timing, this is our best estimate. It's our intention to cover all coach-related travel costs for travel tournaments. If necessary, unanticipated costs will be communicated and shared equally between the affected team families.)

BOOST Volleyball Club will accept cash or check (made payable to BOOST VBC). Payment reminders may be sent out via email. Invoices for cash payments are available on request.

Any payment received on or after the 15th of the month will be considered "late" and a late fee of \$25.00 will be applied to the balance. Any checks returned due to insufficient funds will be charged a \$35.00 fee. These fees must be paid prior to the player participating in any additional practices or tournaments.

Families with more than one child playing for BOOST will receive a \$150 discount for the second child's dues for the year to be taken off the last payment.

If a need arises, and special payment arrangements become necessary, BOOST will do everything possible to assist in such arrangements. If a special payment arrangement is needed please send a request, in writing, to the Club Administrator explaining the specific installment amounts and dates of payment. The club administrator will present the request to the director and send a written response with an addendum contract to be signed by the applicant if such payment structure request is approved.

Uniform and Equipment

Uniforms are provided by BOOST. They will consist of 3 jerseys*, 1 set of warm-ups, and 1 team bag. To help reduce player cost, we have removed spandex, knee pads, and socks from the provided uniforms. If you do not have these items in BLACK, they will need to be purchased from the team spirit wear site.

*U12s and U13s will receive 2 jerseys.

Proper care of the uniforms is each player's responsibility. Parents are asked to review and follow the care instructions on labels to ensure that all the gear is in the best condition possible for the season.

Time Commitment

The 2019-2020 season runs from November 2019 until Regional Championships in late April / early May. ("TRAVEL" teams will run later. See the team schedule.) Players are expected to be committed to attending practices and tournaments scheduled by BOOST Volleyball Club. Schedules will be made available online at www.boostvbc.org. Please note, we follow "time off" with the Tahoma school district - such as Christmas break, spring break, snow days - to rest our players and coaches. We also take a week off after Memorial Weekend for Travel teams.

Practices

BOOST Volleyball Club will practice twice per week unless otherwise noted on the club calendar. A typical practice is 2 hours. This is a valuable time in the growth of our athletes and their skill advancement. Although we encourage families to schedule around practices, we understand schedule conflicts do happen. In those instances, it is the player's responsibility to communicate with the coach, providing reasonable advance notice. Please arrive at practice 10-15 minutes early to ensure you have adequate time to prepare to play at the scheduled practice time. This includes time to set up equipment, as needed in most facilities.

A player's absence at practice can affect the team as information and repetitions are missed. We expect all absences to be communicated with your coach. If not, those absences are "unexcused". Unexcused absences may result in loss of playing time in an upcoming tournament at the coach's discretion.

In the case of inclement weather, coaches will notify their teams of practice changes and/or cancellations. There may or may not be a "make-up" practice to replace based on coach discretion.

Tournaments

Each team will play between 12-20 tournaments days. Tournaments are typically on Saturdays or Sundays and last the *entire day*. All players are expected to be in the gym at the arrival time determined by the coach and remain at the facility until the team has completed its responsibilities. Please plan travel time accordingly. Specific information on each tournament is not typically available until the week of the tournament.

For liability and insurance reasons, BOOST coaches, directors and administrators will not be responsible for transportation to-or-from tournaments/practices. (Team travel-tournaments will be reviewed as an exception to the rule, additional waiver may be necessary.)

Officiating and scorekeeping are integral parts of participating in volleyball tournaments. All new players and coaches must attend one officiating clinic per season. Parents are encouraged to attend also. Officiating at tournaments is a shared responsibility for the entire team. If your team is officiating, teammates may not leave the tournament site unless excused by the coach.

IMPORTANT - Participation at tournaments is earned and solely at the discretion of the team's head coach. It is the coach's responsibility to manage towards the "overall team success", using practice performance, past tournament performance, and their own experience in making these decisions. Though we intend for all players get an amount of court time, practice is where the athletes learn and grow in skill development. Again, tournament play is at the discretion of the head coach, and it is never to be discussed at a tournament. (see "grievance procedures" with questions.)

Travel

Travel expenses are the responsibility of each family. If travelling out of area, *all team members are required to stay in the same hotel* and expected to dedicate tournament days to club/team functions. A block of hotel rooms will be reserved by BOOST Volleyball Club in order to secure a group rate when possible. It is the responsibility of each family to call and book one of the rooms reserved in BOOST Volleyball Club's name.

Upon arrival at the hotel, coaches will establish a curfew time for players. It is the responsibility of parents and chaperones to assist in enforcing these curfews. Players will not leave the hotel without a chaperone and must adhere to the coach's set curfew time. Any player found in possession of or to have used alcohol, tobacco, vape or other controlled substances while representing BOOST Volleyball Club will be sent home immediately at the expense of the parent or guardian. Violation of any of these travel policies may result in expulsion from the club.

Club Directors may, at their discretion, send a player home at the expense of the parent or guardian for violation of any club policy or rule.

Player Expectations

Parents/players are expected to adhere to all City, County, State and Federal Laws as well as all USAV rules and regulations. Violations of these laws or rules/regulations may result in expulsion from the club.

Additionally players are expected to:

- Be a team player; the team comes first, always and no matter what.
- Have a positive attitude; encourage and support your teammates to the best of your ability, whether you are on the court or on the sidelines.
- Demonstrate strong club/team spirit and pride.
- Be a leader on and off the court.
- Wear their team warm-ups when leaving practice or tournament sites.
- Stay focused, mindful, and display a strong work ethic at every practice and tournament.
- Always show respect to all teammates, parents, coaches and officials.
- Do not provide, use, or condone the use of tobacco products, alcoholic beverages, or recreational drugs. Do not remain in a location where this kind of activity is taking place. The use of any illegal substances will not be tolerated.
- Clean up after yourself (gyms, cars, hotels, restaurants, schools, etc.).

- Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team successes.

BOOST directors reserve the right to place a player on probation or suspension for violation of rules or regulations. Probation results in the ability of the player to practice with the team, but not participate in tournaments. Suspension results in the player not participating in practices or tournaments for an agreed upon amount of time.

BOOST follows the USA VOLLEYBALL PARTICIPANT CODE OF CONDUCT for ALL participants.

Multiple Sport Athletes

BOOST expects our players to make a commitment to their team for the season. We are aware that our athletes may also play other competitive sports during the club volleyball season. We believe that being a well rounded athlete is vital to your development. However, any athlete that chooses to play in a school or other club sports during our club season must sit down with their parents and coaches to determine the following factors:

- Identify which sport has priority when there is a conflict.
- Consider the time commitment required to be successful in each activity.
- Compare schedules and determine the number of practices and tournaments they will miss, need to leave early for, or be late to.
- Consider the physical and mental strain they might endure.
- Assess how their other extracurricular activities will affect their contribution to the team as a whole and how it may affect their playing time.

All athletes must disclose intended extracurricular activities to the coaches during the selection process and prove that their club volleyball team will be a high priority. The coach will then have discretion as to whether or not to accept a multi sport athlete onto their roster.

Parent Code of Conduct for Tournaments and Practices

Parent participation is essential for the success of the teams and individual athletes. Active and responsible parents also contribute to the positive image of BOOST within the community.

BOOST is responsible for the actions of their players, coaches, parents, and spectators. Please adhere to the following guidelines for tournament etiquette:

1. *Respect:* Please be respectful to all players, coaches, officials, linesman, scorekeepers, other teams, parents, etc. In the case of repeated negative behavior, BOOST Volleyball Club reserves the right to restrict the attendance of spectators at tournaments. If parents do not cooperate, the club may have no other choice but to dismiss the player from the team.
2. *Cheer:* Cheer for your team and its players! Do not be negative about the players, the coach, or the other team at any time.
3. *Don't coach from the sidelines:* There is a big difference between cheering for the team and attempting to coach from the bleachers. Leave the coaching to the coaches.

4. *Don't approach the officials:* Please do not ever approach, or yell at any of the officials, lines persons, or scorekeepers at a tournament. If a discrepancy occurs, let the coach deal with the problem.
5. *Communicate with the coach at appropriate times:* You should always feel free to talk to the coach. But, please remember that there is an appropriate time and place to discuss an issue with the coach. Tournaments are not the time to do this.

Food Tables

Food Tables will not be used this year. Although BOOST appreciates the teaching opportunities regarding nutritional options for sustaining energy, it also places an unnecessary burden on families to coordinate and prepare menu items for a large group. For these reasons, we choose to offer our opinions about nutrition, and leave the food to the individual families.

Grievance Procedures

Competitive team athletics, by nature, create an environment where athletes, parents and/or coaches may not be in agreement with all decisions made. Knowing when and how to communicate with the coach or club director is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

Athletes are encouraged and expected to discuss any issues concerning playing time or any other volleyball related subject with their coaches first before escalation is needed.

Parents are encouraged to communicate with the Club Director only after exhausting all resources to resolve the problem.

Coaches are not required to defend his/her thought process or conclusions at any time during the season.

Coaches are instructed not to engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed to politely decline to discuss any controversial matter or to refer the parent to a Club Director.

Parents and athletes are to adhere to the following grievance process:

1. The athlete meets with the coach to discuss the matter. If the matter is not resolved or the athlete has a reasonable concern about speaking to the coach, please proceed to step two.
2. The parent meets with the coach to discuss the matter. If the matter is not resolved or the parent has reasonable concern about speaking to the coach, please proceed to step three.
3. The parent meets with the Club Director. In certain situations, the Club Director may ask either the coach or athlete (or both) to attend the meeting.
4. All decisions and recommendations by BOOST Volleyball Club and the Club Director are final and not subject to appeal.

The recommended time for a parent and/or athlete to meet with a coach is immediately after a scheduled practice.

It is inappropriate for an athlete or a parent to approach other BOOST members about a problem the athlete or a parent is having with a coach, about objections to coaching, or administrative decisions. For the health of the teams and BOOST as a whole, grievances must be handled via the grievance process outlined above.

BOOST strongly promotes fairness and believes in open communication. All issues and concerns are immediately addressed with the athlete's well being in mind.

BOOST is dedicated to keeping an open line of communication between all involved. We want the players/parents to feel comfortable with our staff. We are here to make this season enjoyable as well as a great learning and growing experience for your athlete.

MAAPP

(Minor Athlete Abuse Prevention Policy)

USA Volleyball is proud to introduce Minor Athlete Abuse Prevention Policies (MAAPP). These policies outline training requirements and limit one-on-one interactions with minor athletes.

[Download MAAPP.](#)

MAAPP Summary

The goal of Minor Athlete Abuse Prevention Policies is to limit one-on-one interactions with minor athletes. Interactions with minors should be observable and interruptible. Any violation of MAAPP is reportable.

The policy covers six areas:

- Limiting one-on-one interactions, including meetings and individual training sessions
- Massages and rubdowns/athlete training modalities
- Locker rooms and changing areas
- Social media and electronic communication
- Local travel
- Team travel

Questions regarding map should be directed to safesport.general@usav.org.

Insurance Coverage

It is the responsibility of the parent(s) to ensure that their athlete is covered by adequate insurance. The risk of accidental injuries is inherent in the nature of athletic activity. These risks include, but are not limited to, the potential for injury, accidents or illness while traveling to and from competition sites, while participating in the various program activities, and while playing volleyball.

We attempt to minimize the existing risks in the gym through the use of proper sports equipment, proper facilities, and sound safety practices.

Participants must obtain a physical exam in order to participate. A copy of your current year's school physical is sufficient, and will need to be turned in prior to the first practice.

PLEASE NOTE: Your registration includes USAV supplemental insurance coverage. For more information follow this link: <https://www.psvb.org/membership>

Fundraisers

At this time, we do not have any fundraising planned for the upcoming year.

*BOOST Volleyball Club reserves the right to amend this player/parent contract. In the event that the contract is amended during the season, athletes and parents will be given notice of the revision.



2019/2020 Participant/Player Agreement & Consent

I have read, understand, and agree to the policies, procedures, code of conduct and obligations set forth in the BOOST Parents & Players Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein. In addition, I certify that as parent/guardian of this participant, I have explained to my child the aforementioned stipulated conditions and their ramifications, and I consent to her/his participation in the programs conducted under USAV, Regional Volleyball Association and BOOST Volleyball Club in which she/he is a member.

Parent/Guardian Name (Please print)

Player Name (Please print)

Parent/Guardian Signature

Player Signature

Date