

TAMPA NORTH VOLLEYBALL CLUB

**PARENT/PLAYER
HANDBOOK**

2024-2025

Dear Parents and Players,

Welcome to Tampa North Volleyball Club. I am excited to begin the ninth season at Tampa North. The parent handbook contains important information that each parent must read and then sign the acknowledgement form. In addition, I also wanted to share with you some goals that we have for Tampa North.

The first goal is to develop each individual player. This is accomplished in several ways. First, we strive to develop complete volleyball players that are taught all the skills of the sport. Second, we also focus on the development of self-discipline, dedication, and confidence in each athlete, qualities that will assist them as they progress through life.

The second goal is to develop our teams. We believe that learning how to function in a positive team environment is one of the most useful life skills a player can develop. We want our teams to compete at a high level relative to their program and have them compete not only in tournament play, but also in the training environment. Teaching our players to compete within a team environment will help them in every phase of their life.

The third goal is to prepare our players for the next level. We excel in preparing those players that have the desire, athletic ability and academic standing to play at the middle school, high school and collegiate level. Whatever their goals may be, we know that we will strive every day to help them take it to the next level.

Sincerely,

Brenda

PRACTICE AND TOURNAMENT INFORMATION

Practice Arrival & Preparation

Players should plan on arriving at the court 15 minutes prior to a scheduled practice time, to ensure that they are dressed and prepared for practice to begin on time. Our gym does not open until 15 minutes before our scheduled practice time. Players **MUST** wear Tampa North practice shirts issued for the current year. If they arrive with the wrong practice shirt, they will purchase a shirt for \$15. All players must wear black spandex or tights to all practices.

We will hold open practices during the season to allow parents full access to the training environment. Please do not abuse this access. **Refrain from coaching your daughter or any other player during practice time. Parents are not allowed on the courts at any time during practice sessions.**

Practice Attendance

Practices are mandatory and a player's attendance is expected. Practice attendance will factor in determining a players' role on the team. Attendance will be kept by the coaches throughout the season.

Should a player have 3 or more unexcused absences the following consequences are in place:

- 3 unexcused absences will result in a player being held out of one set in a tournament.
- 5 unexcused absences will result in a player being held out of an entire match at a tournament.
- If the player has 6 or more unexcused absences, a meeting will be held with the player and her family to determine how to proceed.

If a player misses a practice **before** a tournament with an unexcused absence the player will sit out the first set of that tournament.

The following are the only excused practices:

- Family Emergency
- Illness / Injury (A Dr. note maybe requested)
- School Sport (in season) /Activity Conflict (supply a schedule to your coach)
- Religious Education

NOTE: Missing practice for homework and studying (including finals) is not considered an excused absence. This is an important part of our student athlete's time management training skills.

It is highly recommended that you plan accordingly and carefully. Should a player have an unexcused absence there could be consequences enforced. ***(All decisions will be made on a case by case basis)***

Make-up practices can be attempted to be set up but discouraged. It is very difficult to schedule with the number of players, teams, and court time already in the facility. **Make-up practices will only be set up for excused practices.**

We want players and parents to understand that the player's role may be affected if they miss significant time training with their team. Missing opportunities to work within the team's system and develop the timing and chemistry necessary to compete may or may not affect how the player is used in tournaments. We anticipate that our coaching staff will work closely with those players to communicate where the coach stands on the situation and ensure that the player is fully aware of the circumstances dictating any such decision.

Please contact your coach, 24 hours in advance, when you will be missing practice.

Tournaments

Please plan your schedules around these dates and when potential conflicts arise, contact the coach and the Director. In general, all tournaments should hold priority over other sports, activities, & vacations. Player's attendance is mandatory, and they are responsible financially for these events, whether they attend or not. Missing a tournament may affect playing time in other tournaments.

Tournament Preparation & Arrival

During tournaments we ask that players and parents read and implement the following protocols:

1. Players prepare properly for their tournaments. This includes getting the proper nutrition and rest prior to a tournament day. Please allow for a full 8 hours of sleep prior to a tournament and be sure to eat healthy meals/snacks both the day before and the day of the tournament.
2. Players will wear the official Tampa North gear to all events. **Please wear the team warm-up when entering and leaving the gym.** We also ask that players bring all jerseys and additional uniform items in case of emergency.
3. Players arrive at the time designated by the coach at the facility. Allow plenty of time to travel. If a player arrives late, the player's coach has the right to ask that player to sit out any portion of the tournament day. The consequences are left to

the discretion of the coach and may change on a case by case basis. Generally, we ask that players arrive one hour prior to their first match if they are playing and 30 minutes prior to their first match if they are the reffing team.

In Tournament Guidelines

1. We ask that our teams stay together for the duration of the event and that includes time between matches and during reffing responsibilities. Players are encouraged to support other Tampa North teams, scout their next opponent, and get food and drink in their time between matches.
2. Players need to eat and hydrate properly before, during and after a tournament day. Fast food, junk food and soda should be avoided so that the athlete can sustain a high level throughout the tournament. We will cover nutrition in detail throughout the season.
3. Players are not allowed to leave the playing facility until released by their coach for the day. This includes staying through team reffing responsibilities until the match is over or any post-match meeting that the coach may hold.
4. Players are not allowed to leave the playing facility at any time during the tournament.
5. **Parents do not approach the coach for any reason during the tournament day.** For acceptable communication practice with our coaching staff, please read the grievance procedure.
6. We ask that parents are both supportive and positive in regard to the team and the athletes at all times. Please refrain from directing negative comments at the reffing crew, coaches and/or players. Please represent our club and your daughters in a manner that we can all be proud of. For more information, please review the Parent Code of Conduct.
7. Players need to carry a copy of their USAV cards in their backpack.

Playing Time Policy

Tampa North does not guarantee playing time to any player. However, we do believe players are entitled to know what is affecting their playing time as well as be given instruction on how to increase their playing time. We ask that players approach their coach with these questions whenever there might be an issue or concern. We will not discuss playing time in parent/player meetings.

We know that all players want to play and the vast majority of concerns by players and parents involve the amount of playing time that is allocated to the player. The following outlines our general philosophy on playing time.

Playing time is not guaranteed, is not equal and must be earned. Playing time is based on the player's performance at practice and in matches. Your coach will determine who plays and how much. They will take into account many factors in coming to that decision, but the decision is theirs.

Eligibility

Eligibility to Start the Season

Players must meet the following requirements in order to be eligible to start the season with Tampa North Volleyball:

1. Pay deposit fee
2. Be a member of USAV and AAU and declare Tampa North as the club
3. Complete and submit all forms including:
 - Uniform size sheet
 - Tampa North Participation Release
 - Club release policy
 - Team Information Sheet
 - Tampa North Participation Agreement

- Florida Region Medical Consent Form
- Player/Parent Handbook Acceptance Agreement
- Payment Option Form

In-Season Eligibility

In order for a player to remain eligible to participate throughout the season, the following conditions must be met. If, for any reason, players are not in compliance with these conditions they will be deemed ineligible and held out of further participation in any Tampa North related event until compliance is met or eligibility is reinstated by the Director.

1. Must not carry an outstanding balance on their account. All dues and fees must be current.
2. Players must comply with Player Code of Conduct at all times.
3. Parents must comply with the Parent Code of Conduct at all times.

POLICIES

Refund Policy

Tampa North Volleyball does not offer any refunds for club volleyball athletes since the loss of an athlete cannot be easily replaced once all club athletes have committed to their teams. This means if you quit for any reason you are still responsible for your financial commitment. The deposit will not be refundable.

Dispute/Grievance Procedure

Tampa North Volleyball Club fully comprehends the value of parent involvement and encourages our parents to offer feedback whether positive or negative, but to do so in a respectful way. The below procedure is designed to help athletes and parents with questions, concerns, or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

1. **24-hour rule**: If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24 hours after the conclusion of the event to discuss the issue with the head coach. We trust that

parents will be timely in communicating with coaches regarding potential issues that would distract that coach from their primary objective of coaching the team.

2. Don't approach the coach immediately prior to the start of practice, the coach must focus on the athletes' and the training required during practice.
3. The athlete must first ask for a meeting with the coach to discuss the issue at hand. In the case of players on 13's or younger teams, the parents may request the meeting, in which the athlete, parent and coach must be present.
4. If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon by both the parent and coach – NOT at a tournament and/or practice.
5. If the issue is unresolved, the parent may ask for a meeting with the club director, the head coach, and the athlete. The meeting should take place at a location considered adequate for private discussion, agreed upon by the parent, coach, and director and during a scheduled time away from practice or a tournament is appropriate. The decision of the club director at this point is FINAL. It is essential that our parents serve as a support system for our club, players and coaches. To ask this, we, as the club director, staff, and coaches need to be available to empower parents and athletes with information and ensure understanding. When all parties share time together, the potential conflict creates a greater opportunity to learn from each other different strategies in how all parties can communicate effectively and be more congruent in cultivating a positive experience for our athletes.

Role of the Parent

The role of the parent at Tampa North (in the most basic form) can be clearly defined. We ask that parents always provide support to both their son/daughter and the team. The success of our teams can be affected both positively and negatively by the role that the parents assume in the process. Parents that are supportive of their sons/daughters and the team will assist in helping create the positive atmosphere and chemistry that is a key ingredient to a team's ultimate success. Parents that are disruptive and critical of either their son/daughter or members of the team (including coaches) can unfortunately help to create a dysfunctional atmosphere that will ultimately hinder the development of the team and individual players throughout the season.

The vast majority of parents and families of our players have been very supportive in the past, and we hope that support will continue to grow each year. We hope that parents support their athlete(s) by attending their matches and giving positive encouragement. We expect you to refrain from criticizing your child, their teammates, their coaches, or the officials.

Tampa North realizes the sacrifices that are made by all of our families and appreciates the time and commitment of the parents throughout their athletes' club careers. We have an open door policy with our families and encourage you to address any concerns you have with our staff under the guidelines we have set forth. We ask you to help us create the positive environment necessary for our athletes to succeed both on and off the court.

Parent Code of Conduct

As with our players, parents also represent Tampa North Volleyball. We expect parents to act with a higher set of standards than we expect from our players. Parents are the role models.

Parents should read, understand and sign this form prior to their children participating in our program. Any parent guilty of improper conduct at any match, tournament, practice will be asked to leave the venue. Repeat violations may cause the season forfeiture of the privilege of attending all events or removal of the athlete from our program.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these “six pillars of character.”

I therefore agree:

1. I will not force my child to participate in Tampa North Volleyball.
2. I will remember that children participate to have fun and that the game is for the players, not adults.
3. I will inform the coach of any physical or mental disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of Tampa North Volleyball.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.

7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence (verbal or physical).
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning; so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize matches and competition in the lower age groups.
14. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during matches and will never question, discuss, or confront coaches at a tournament, and will follow the communication protocol outlined in this handbook.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Player Code of Conduct- Tampa North

Tampa North Volleyball is committed to all its players always exercising good sportsmanship. Our program philosophy is that our athletes should represent themselves, their family, their team and our organization in a positive and respectful manner. In order to represent our athlete's commitment, we have developed the following Code of Conduct for our players:

1. I will adhere to the rules and policies of Tampa North Volleyball outlined in this handbook.
2. I will adhere to the rules and policies set forth by my team that may be in addition to the rules and policies of the program.
3. I will focus on developing not only on the court, but off the court as well. This includes building character, maintaining high academic standards, and developing leadership skills through the sport of volleyball.
4. I will not transport, possess, or drink any alcohol nor take illegal drugs of any kind; (if I am found to be using illegal drugs and/or drinking alcohol, consequences may include up to being terminated from the program). I will also refrain from drinking energy drinks before practices or matches.
5. I will make it my personal responsibility to make good decisions and not participate in activities the present higher risk to contract a virus or potentially spread it to others.
6. I will follow all rules and policies of the host facility when at tournaments, hotels or other functions related to participating in Tampa North related events.
7. Derogatory or defamatory social media posts will not be tolerated; including, but not limited to, posts with the Tampa North logo, players, or family members. Any such posts will be evaluated by the coaching staff and leadership at Tampa North and may result in expulsion.

On The Court

1. I will respect the game of volleyball and give it my all during practice and games.
2. I will accept responsibility and be accountable for my effort, focus and commitment to the game, my team and myself.
3. I will always demonstrate sportsmanship and fair play. I will set an example in the way in which I conduct myself on the court. I understand those actions, good or bad, have a long-lasting effect on everyone around me.
4. I will always treat the coaching staff respectfully. This includes not only my own coach, but any member of the coaching staff that takes the time to offer instruction throughout the season.

5. I will value the instruction of my coaches. Whether I think my coach is the best, the worst or somewhere in between, my job is to listen to my coaches, follow instruction, make changes and trust that they are looking out for my best interests.
6. I will be respectful, supportive and courteous to my teammates.
7. I will appreciate my teammates. Every player on my team has certain strengths and weaknesses. I will be patient with my teammates as they improve their games — just as they will be patient with me as I work on my game. Volleyball is a team sport. Success can only come when the entire team works and plays well together both on and off the court.
8. If I have a problem with a teammate, I will accept the responsibility to work it out with them. If I am unable or uncomfortable, I will talk to the coaching staff to attempt to solve the problem.
9. I will always put my teammates first. I understand that I am not bigger than the team no matter what my role may be. I understand that if I do not, my playing time will be affected.
10. I understand that poor conduct such as foul language, physical or verbal intimidation of any individual, fighting with other teams/players, vocal outbursts are not permitted.
11. I understand that a red card issued to me for poor sportsmanship will immediately cause my removal from the court for the remainder of the tournament. Poor sportsmanship will not be tolerated.
12. I will never question an official or express my feelings at a call. Officials are part of the game. I will never talk back or show up an official. This includes players that are performing officiating duties such as line judge or scorekeeping at an event.
13. I will take time to learn the rules of the game. I understand that in order to master the sport, I must understand the rules that we play by.
14. I will communicate. I will ask questions. I will express myself. I understand that in order to be successful I have to understand how to succeed. In order to do that I must communicate with my coaches and teammates. I
15. I will accept feedback. I understand that all feedback and/or criticism of my game is designed to help me grow as a player.

Off The Court

1. I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.
2. I will be respectful in public and display good character as a representative of Tampa North Volleyball.

3. I will be responsible when using the internet and will not submit any negative information regarding my teammates, team or Tampa North Volleyball while using social networks or communicating via email. I will not post inappropriate comments, pictures or other content that would otherwise break any of the rules or policies set forth in this handbook/Code of Conduct.
4. I will accept the responsibility to manage my time in order to participate at Tampa North while maintaining balance and high standards with academics and family.

REQUIRED POLICIES FOR ONE-ON-ONE INTERACTIONS

The U.S. Center for SafeSport recognizes that youth-adult relationships can be healthy and valuable for development. Policies on one-on-one interactions protect children while allowing for these beneficial relationships. As child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse.

ONE-ON-ONE INTERACTIONS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following one-on-one policy

A. Mandatory Components

1. Observable and Interruptible

- a) All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be observable and interruptible, except in emergency circumstances.
- b) The exceptions below may apply to specific policies, and if the exceptions apply, they are listed in the policy. These exceptions also apply to all one-on-one In Program Contact not specifically addressed in other policies:
 - i. When a Dual Relationship exists; or
 - ii. When the Close-in-Age Exception applies; or
 - iii. If a Minor Athlete needs an Adult Participant Personal Care Assistant, and:
 - 1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - 2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - 3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
 - iv. In other circumstances specifically addressed in this policy that allow for certain one-on-one interactions if USA Volleyball, the Region or Club receives parent/ guardian consent.

MEETINGS AND TRAINING SESSIONS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Meetings and Training Sessions Policy

A. Mandatory Components

1) Observable and Interruptible

Adult Participants must follow the one-on-one interaction policy in all meetings and training sessions where Minor Athlete(s) are present.

2) Individual Training Sessions

- a) One-on-one, In-Program, individual training sessions must be observable and interruptible except if:
 - (i) A Dual Relationship exists; or
 - (ii) The Close-in-Age Exception applies; or
 - (iii) A Minor Athlete needs an Adult Participant Personal Care Assistant, and:
 - 1. the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - 2. the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - 3. the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.
- b) The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time; and
- c) Parents/guardians must be allowed to observe the individual training session.

3) Meetings with licensed mental health care professionals and health care providers (other than athletic trainers)

If a licensed mental health care professional or licensed health care provider meets one-on-one with a Minor Athlete at a sanctioned event or a facility, which is partially or fully under USA Volleyball's jurisdiction, the meeting must be observable and interruptible except:

- a) If the door remains unlocked; and
- b) Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity needs not be disclosed; and
- c) Athletic trainers who are covered under these policies must follow the "Athletic Training Modalities, Massages, and Rubdowns" policy. USA Volleyball, the Region or Club is notified that the provider will be meeting with a Minor Athlete; and
- d) The provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

B. USA Volleyball Recommended Requirements

1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant(s) and a Minor Athlete(s) at a facility partially or fully under USA Volleyball's jurisdiction, another Adult Participant will monitor each meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the meeting or training session is occurring, knowing the approximate planned duration of the meeting or training session, and dropping in on the meeting or training session.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

ATHLETIC TRAINING MODALITIES, MESSAGES, AND RUBDOWNS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Athletic Training Modalities, Messages, and Rubdown policy

A. Mandatory Components

1. Athletic training modality, massage, or rubdown

All In-Program athletic training modalities, massages, or rubdowns of a Minor Athlete must:

- a. Be observable and interruptible; and
- b. Have another Adult Participant physically present for the athletic training modality, massage, or rubdown; and
- c. Have documented consent as explained in subsection (2) below; and
- d. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
- e. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing.
- f. The provider must narrate the steps in the massage, rubdown, or athletic training modality before taking them, seeking assent of the Minor Athlete throughout the process.

2. Consent

- a. Providers of athletic training modalities, massages, and rubdowns or USAV, RVAs or Clubs, when applicable, must obtain consent at least annually from Minor Athletes' parents/guardians before providing any athletic training modalities, massages, or rubdowns.
- b. When possible, techniques should be used to reduce physical touch of the Minor Athlete.
- c. Only licensed providers can administer a massage, rubdown or athletic training modality.
- d. Coaches, regardless of whether they are licensed massage therapists, cannot massage Minor Athletes
- e. Minor Athletes or their parents/guardians can withdraw consent at any time.

B. Recommended components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to receive an athletic training modality, massage, or rubdown.

LOCKER ROOMS AND CHANGING AREAS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Locker Rooms and Changing Areas policy

A. Mandatory Components

1) Observable and Interruptible

Adult Participants must ensure that all one-on-one In-Program Contact with Minor Athlete(s) in a locker room, changing area, or similar space where Minor Athlete(s) are present is observable and interruptible, except if:

- (a) A Dual Relationship exists; or
- (b) The Close-in-Age Exception applies; or
- (c) A Minor Athlete needs a Personal Care Assistant and:
 - (i) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (ii) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (iii) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

2) Conduct in Locker Rooms, Changing Areas, and Similar Spaces

- (a) No Adult Participant or Minor Athlete can use the photographic or recording capabilities of any device in locker rooms, changing areas, or any other area designated as a place for changing clothes or undressing.
- (b) Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groins, or genitals to a Minor Athlete.
- (c) Adult Participants must not shower with Minor Athletes unless:
 - (i) The Adult Participant meets the Close-in-Age Exception; or
 - (ii) The shower is part of a pre- or post-activity rinse while wearing swimwear.
- (d) Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) during In-Program Contact. USA Volleyball and the Adult Participant(s) must abide by this request.

3) Media and Championship Celebrations in Locker Rooms

USA Volleyball may permit recording or photography in locker rooms for the purpose of highlighting a sport or athletic accomplishment if

- (a) Parent/legal guardian consent has been obtained; and
- (b) USA Volleyball, the Region or Club approves the specific instance of recording or photography; and
- (c) Two or more Adult Participants are present; and
- (d) Everyone is fully clothed.

4) Personal Care Assistants

Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athlete(s) in locker rooms, changing areas, and similar spaces where other Minor Athletes are present, if they meet the requirements in subsection (1)(a)(iii) above.

5) Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

- (a) USA Volleyball, the Region or Club must provide a private or semi-private place for Minor Athletes that need to change clothes or undress

at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.

- (b) USA Volleyball the Region or Club must monitor the use of locker rooms, changing areas, and similar spaces to ensure compliance with these policies at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.

ELECTRONIC COMMUNICATIONS⁴

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Electronic Communications policy

A. Mandatory Components

1. Open and Transparent

- a. All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent except:
- i) When a Dual Relationship exists; or
 - ii) When the Close-in-Age Exception applies; or
 - iii) If a Minor Athlete needs a Personal Care Assistant and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.
- b. Open and Transparent means that the Adult Participant copies or includes the Minor Athlete's parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant. • If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.
- c. Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

2. Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include another Adult Participant or the Minor Athletes' parents/guardians.

3. Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception in (1)(a) exists. Electronic communications include, but are not limited to: phone calls, videoconferencing, video coaching, texting, and social media.:

4. Requests to discontinue

Parents/guardians may request in writing that USA Volleyball or an Adult Participant subject to this policy not contact their Minor Athlete through any form of electronic communication. USA Volleyball and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

5. Hours

Electronic communications must be sent only between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

6. Social Media Connections

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, are not permitted to maintain private social media connections with Minor Athletes and must discontinue existing social media connections with Minor Athletes.

TRANSPORTATION

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Transportation policy

A. Mandatory Components

1) Transportation

- a) An Adult Participant cannot transport a Minor Athlete one-on-one during In-Program travel, except if:
 - i) A Dual Relationship exists; or
 - ii) The Close-in-Age Exception applies; or
 - iii) A Minor Athlete needs a Personal Care Assistant and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
 - iv) The Adult Participant has advance, written consent to transport the Minor Athlete one-on-one obtained at least annually from the Minor Athlete's parent/guardian.
- b) Minor Athlete(s) or their parent/guardian can withdraw consent at any time.
- c) An Adult Participant meets the In-Program transportation requirements if the Adult Participant is accompanied by another Adult Participant or at least two minors.
- d) Written consent from a Minor Athlete's parent/guardian is required for all transportation sanctioned by USA Volleyball, the Region, or Club at least annually.

2) Shared or Carpool Travel Arrangement

USA Volleyball mandates parents/guardians to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

LODGING

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Lodging policy

A. Mandatory Components

1. Hotel Rooms and Other Sleeping Arrangements

a. All In-Program Contact at a hotel or lodging site between an Adult Participant and a Minor Athlete must be observable and interruptible, and an Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), except if:

- i. A Dual Relationship Exists, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement;
- ii. The Close-in-Age Exception applies, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement; or
- iii. The Minor Athlete needs a Personal Care Assistant, and:
 - (1) The Minor Athlete's parent/guardian has provided advance, written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete and for the lodging arrangement;
 - (2) The Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) The Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

b. Written consent from a Minor Athlete's parent/guardian must be obtained for all In-Program lodging at least annually.

2. Monitoring or Room Checks During In-Program Travel

If USA Volleyball, the Region or Club performs room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

3. Additional Requirements for Lodging Authorized or Funded by USA Volleyball, RVAs or Clubs.

- a. Adult Participants traveling with USA Volleyball, the Region or Club must agree to and sign USA Volleyball, the Region or Club's lodging policy at least annually.
- b. Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority over Minor Athlete(s) and thus must comply with the Center's Education & Training Policy.

PART IV

RECOMMENDED POLICIES FOR KEEPING YOUNG ATHLETES SAFE

A. Out-of-Program Contact

Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not have out-of-program contact with Minor Athlete(s) without legal/parent guardian consent, even if the out-of-program contact is not one-on-one.

B. Gifting

1. Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not give personal gifts to Minor Athlete(s).
2. Gifts that are equally distributed to all athletes and serve a motivational or education purpose are permitted.

C. Photography/Video

1. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.
2. Adult Participants should not publicly share or post photos or videos of Minor Athlete(s) if the Adult Participant has not obtained the Parent/Guardian and Minor Athlete's consent.

TERMINOLOGY

Adult Participant: Any adult (18 years of age or older) who is:

- a. A member or license holder of USA Volleyball, RVAs or Clubs ;
- b. An employee or board member of USA Volleyball, RVAs or Clubs ;
- c. Within the governance or disciplinary jurisdiction of USA Volleyball, RVAs or Clubs;
- d. Authorized, approved, or appointed by USA Volleyball, RVAs, or Clubs to have regular contact with or authority over Minor Athletes.⁵

Amateur Athlete: An athlete who meets the eligibility standards established by the National Governing Body or paralympic sports organization for the sport in which the athlete competes.

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders

⁵This may include volunteers, medical staff, trainers, chaperones, monitors, contract personnel, bus/van drivers, officials, adult athletes, staff, board members, and any other individual who meets the Adult Participant definition

to, or make decisions for that person. Also see the Power Imbalance definition in the SafeSport Code. *NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.*

Close-in-Age Exception: An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete and is not more than four years older than the Minor Athlete (e.g., a 19-year-old and a 16-year-old). Note: this exception *only* applies within the prevention policies and *not* regarding conduct defined in the SafeSport Code.

Dual Relationships: An exception applicable to certain policies when an Adult Participant has a dual role or relationship with a Minor Athlete and the Minor Athlete's parent/guardian has provided written consent at least annually authorizing the exception.

In-Program Contact: Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

Examples of In-Program Contact include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post game meals or outings, team travel, review of game film, team- or sport-related relationship building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community service, sport education, or competition site visits.

Local Affiliated Organization (LAO): A regional, state, or local club or organization that is directly affiliated with an NGB or that is affiliated with an NGB by its direct affiliation with a regional or state affiliate of said NGB. LAO does not include a regional, state, or local club or organization that is only a member of a National Member Organization of an NGB. LAOs of USA Volleyball include all 41 Regional Volleyball Association regions and all volleyball clubs that are a member of those regions.

Minor Athlete: An Amateur Athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of, an NGB, PSO, USOPC, or LAO.

Partial or Full Jurisdiction: Includes any sanctioned event (including all travel and lodging in connection with the event) by the NGB, PSO, USOPC, or LAO, or any facility that the NGB, PSO, USOPC, or LAO owns, leases, or rents for practice, training or competition.

National Governing Body (NGB): A U.S. Olympic National Governing Body, Pan American Sport Organization, or Paralympic Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C. §§ 220501, et seq. This definition shall also apply to the USOPC,

or other sports entity approved by the USOPC, when they have assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games.

Adult Participant Personal Care Assistant: An Adult Participant who assists an athlete requiring help with activities of daily living (ADL) and preparation for athletic participation. This support can be provided by a Guide for Blind or visually impaired athletes or can include assistance with transfer, dressing, showering, medication administration, and toileting. Personal Care Assistants are different for every athlete and should be individualized to fit their specific needs. When assisting a Minor Athlete, Adult Participant PCAs must be authorized by the athlete's parent/guardian.

Paralympic Sport Organization (PSO): an amateur sports organization recognized and certified as an NGB by the USOPC.

Regular Contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any Minor Athlete(s).

NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.

U.S. Olympic & Paralympic Committee (USOPC): A federally chartered nonprofit corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.

APPENDIX I

CHART OF POSSIBLE ADULT PARTICIPANTS IN USAV:

| Adult Participant | Regular Contact | Authority Over |
|--|------------------------|-----------------------|
| USAV Staff/Interns | X | X |
| USAV Board Members | | X |
| Region/Club Staff | X | X |
| Region/Club Board Members | | X |
| Coaches | X | X |
| Officials | X | X |
| USAV Members 18 years or over on teams with Minors | X | |
| Chaperones | X | X |
| Club Administrators | X | X |
| Arbitrators | X | X |
| Medical Professionals | X | X |
| Athletic Trainers | X | X |
| Independent Contractors | X | |

USAV Members 18 and over who are only participating in Opens (i.e., not also a club coach, chaperone, or board member) with no minor players are not required to take training.

10 Rules for Parents from USAV Florida Region

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their lives they can look to for constant, positive encouragement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but don't coach them on the way to the field, rink, pool, gym or track or on the way back, at breakfast, and so on. It is tough not to, but it is a lot tougher for children to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your children in a way that creates pressure. You fumbled too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. You both have clearly defined roles that should complement each other. Encourage your child to respect their coach...they will learn more in the process.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within their hearing distance.
8. Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your children under his/her leadership.
9. Always remember children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped...they are the best!"

11. Florida Region of USA Volleyball – 15014 US Highway 441 – Eustis, FL 32726

Steve Bishop, Executive Director – James Phillips, Commissioner Tel: (352) 742-0080 –
Fax: (352) 742-0088 – Web: <http://floridavolleyball.org>

Florida Region of USA Volleyball

SPECTATOR/PARENT CODE OF CONDUCT

IMPORTANT NOTICE -ENTRY TO THIS PRIVATELY SANCTIONED EVENT IS GRANTED AS A COURTESY. IF YOU ENTER/ATTEND THIS, OR ANY FLORIDA REGION SANCTIONED EVENT, YOU AGREE TO ABIDE BY THE FOLLOWING CODE OF CONDUCT GUIDELINES:

I WILL:

- 1.I WILL abide by the official rules of USA Volleyball.
- 2.I WILL display good sportsmanship at all times.
- 3.I WILL encourage my child and his/her team, regardless of the outcome on the court.
- 4.I WILL educate myself on the unique rules of this facility.
- 5.I WILL honor the rules of the host and the host facility.
- 6.I WILL generate goodwill by being polite and respectful to those around me at this event. 7.I WILL direct my child to speak directly with his/her coach when coaching decisions are made that may be confusing or unclear.
- 8.I WILL redirect any negative comments from others to the respective Event Director or Program Administrator.
- 9.I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
- 10.I WILL support the policies and guidelines of the team/club that I represent.
- 11.I WILL acknowledge effort and good performance, remembering that all of the players in this event are amateur athletes.
- 12.I WILL model exemplary spectator behavior while attending this event.
- 13.I WILL respect the history and tradition of the sport of volleyball by being a good ambassador

I WILL NOT:

- 1.I WILL NOT harass or intimidate the officials.
- 2.I WILL NOT coach my child from the bleachers and/or sidelines. 3.I WILL NOT criticize my child's coach or his/her teammates.
- 4.I WILL NOT participate in any game or game-like activities unless I have a current membership card with the Florida Region.
- 5.I WILL NOT bring and/or carry any firearms at any Florida Region event.
- 6.I WILL NOT bring, purchase, or consume alcohol at any Youth/Junior volleyball event.

Note: Any violation of this Code of Conduct will result in you being asked to leave the site/facility, and may result in you possibly being banned from attending future Florida Region sanctioned events. The Event Director has the final say regarding their individual event. Local law enforcement will be contacted if necessary to resolve any disputes or altercations. Questions or concerns may be directed to the Florida Region office.

Tampa North Volleyball

Club Release & Transfer Policy

If an athlete/family decides to depart Tampa North during the respective season, the following steps must take place:

1. **Release Policy:** The athlete/family in question must submit a written request for release to the Club Director, Brenda Winkeler, (tampanorthvbc@gmail.com) and to the Florida Region at (registrar@FloridaVolleyball.org) stating the reason for the request.
2. Tampa North will release the athlete immediately once the following item(s) have been completed:
 - a. Athlete returns all club gear provided to athlete this season.
 - b. Member must remit all financial obligations agreed upon contractually. Payment Option – Member pays full cost of season.
 - c. **Transfer Policy:** There are no transfers allowed in the Florida Region without extenuating circumstances. A player can represent only one club during the season. A change in geographical location of the family due to a change in job, military, scholastic or inner-collegiate status may receive special consideration. No player may participate in different Qualifying events with different clubs/teams. Proof of residency must be provided by the family at the time of the release/transfer request.
 - d. Once an athlete has participated in a **National Qualifier Event (Regional or NQ)** they may not be released for the rest of the season to another club. Please refer to the USA Volleyball (USAV) policy on releases on athletes that participate in regional or national qualifying/bid events. Please refer to the Girls' Junior National Qualifier/Spring Championships/Championships Manual.

Parent Name (Print) _____

Parent Signature _____

Date: _____

Tampa North Volleyball Parent/Player Contract

PLEASE INITIAL AT EACH CORRECT SPOT. BY INITIALING YOU ARE AGREEING THAT YOU COMPLETELY UNDERSTAND AND AGREE TO EACH STATEMENT.

****PLEASE READ EVERYTHING YOU ARE SIGNING SO THAT THERE IS NO CONFUSION****

Initial: _____ I understand that there are dues and fees (see Financial Agreement) associated to my athlete in order to play for Tampa North. I agree that I will pay the associated costs in full and understand that once I sign the contract that no refunds are given. The only exception may be in the case of a season ending injury. I understand that failure to pay the dues/fees on time will result with my athlete not being allowed to participate in team practice, tournaments or any Tampa North events until my account is brought current.

Initial: _____ I understand that we need to turn in the Florida Region Medical Consent Form , Parent/Player Contract, Parent/Player Handbook Acceptance Agreement and the Financial Agreement. I understand that if I do not meet the obligations defined above my athlete will not be able to participate in team practice, tournaments or any Tampa North events.

Initial: _____ I acknowledge that I have read and discussed with my athlete the **Player Code of Conduct**. I understand and agree to have my athlete abide by all of the standards outlined in the Player Code of Conduct.

Initial: _____ I acknowledge that I have read and discussed with my athlete the **Parent Code of Conduct**. I understand and agree to abide by all of the standards outlined in the Parent Code of Conduct.

Initial: _____ I understand my athlete must be registered with a National Governing Body (USAV and/or AAU) in order to participate with Tampa North. I agree that I will complete all the necessary steps in order to have my athlete properly registered for the season and that Tampa North has my permission to submit information on our behalf in order to complete the registration process.

Initial: _____ I understand that playing time is not guaranteed and must be earned with commitment and production. I understand that Tampa North fully expects that each athlete understands their playing time situation and is communicated to clearly by their coach.

Initial: _____ I understand that Tampa North has full discretion on placement of players onto teams. I understand that Tampa North also has full discretion on moving players up or down from one team to the other throughout the season.

Initial: _____ I understand that Tampa North can relocate, replace or dismiss a player if a player does not follow the Player Code of Conduct, which includes, but is not limited to, meeting the coaches or directors' expectations in attendance, commitment and/or behavior.

Initial: _____ I understand that communications with the team will be done through email/web site. It is the parent's responsibility to check email/web site on a regular basis. Handouts will NOT be used as a primary form of communication. Documents will be released in the Forms section of the website and can be downloaded and printed.

Initial: _____ I understand that all tournaments held outside of the Tampa North program are out of Tampa North's control. This includes tournament schedules, gym locations, and cancellation of the tournament. Tournament schedules, gym locations and cancellations will be communicated to all parents as soon as possible.

By signing this agreement, I am signing on behalf of both parents/guardians of our athlete.

PARENT/PLAYER HANDBOOK ACCEPTANCE AGREEMENT

By signing below, I acknowledge that I have received, read and discussed with my son/daughter the information in the Player/Parent Handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin his/her season with Tampa North until all required forms are signed and submitted. The forms include: Player/Parent Contract, Florida Region Medical Consent, Club Release Form, Financial Agreement Form, Player/ Parent Code Handbook Acceptance Agreement.

Player Name

Parent/Guardian Name