



## **Instinct VBC Club Policies**

### **1. Practices**

Attendance at practices is mandatory. Instinct strives to develop quality teams and elite athletes, so we need consistency at practices. In an unusual circumstance it is the athlete's responsibility to inform their head coach immediately of the situation. Attendance will be taken at all practices. If an athlete has an unexcused absence (determined at the coach's discretion), then they will be required to sit out a game of the following tournament. Reoccurrence implies in suspension from a match of the next tournament. Homework is not an excuse because athletes must learn to organize their time and plan ahead accordingly.

- Athletes must use Instinct VBC gear at all times.
- Athlete is expected to work hard in every task and give her very best effort.
- Athlete is to display a positive attitude toward practice, teammates, and coaches.
- No Jewelry in practice.
- Athlete's hair is to be pulled back out of face.
- Athlete must be on time - minimum 15 minutes prior to scheduled court time.
- Athletes must help maintain the cleanliness of the facility (pick up water bottles, etc...).
- Appropriate care must be taken of all equipment, recreation facilities and property.
- Athletes will be held responsible for any damage or loss through their negligence, at replacement cost.
- All cell phones and pagers must be turned off and put away before practice.

**1.1 CONSEQUENCES** - Any negative attitude or behavior by players or parents will warrant immediate removal from the gym, and could result in reduced playing time for players.

Athletes – If coaching staff determines that the athlete is not working hard, giving her best effort and/or showing a positive attitude towards the team and coaches, the athlete will be penalized in one of the ways described below depending on the gravity of the situation:

- Athlete will be asked to run laps around the gym while team trains.
- Athlete will be asked to sit down for a period of the training while her teammates suffer consequences (suicides, physical exercises, etc...).
- Athlete will be asked to sit down and watch the remaining of the practice without participation. Athlete is not allowed to leave practices without the approval from the head coach.

### **2. Extra/Optional Pre Season and In Season Training Sessions**

- Coaches salaries, the club budget and the club fees you pay, are all calculated using 2 practices a week from December until the end of the season (except holidays and Spring Break). Every time a team trains in November or in an extra day during the season (weekend or weekday that is not a regular training day) there is a cost that was not budgeted. The coach should be paid for his time and expenses and all facilities in the NTR want to get paid every time someone is using court space. In the past, our coaches have done all extra/optional sessions for free and the club has not charged for the court use. As our club and staff grow, we believe that it is only fair to get some compensation for the coaches' time and court rental
- We decided to charge a nominal fee of \$ 15 per kid for any extra/optional training in November and during season. Money collected will be used to cover court rental and nominal coaching fees



### **3. Tournaments**

- Tournament participation is also **mandatory**. We practice as a team and when an athlete misses a tournament, it affects the whole team. Tournaments give our athletes the chance to compete at higher levels, develop their court skills, and strengthen their knowledge of the game. They also expose our athletes to college recruiters. If an athlete misses a tournament and her absence is unexcused, she will be suspended from the next tournament.
- Athlete should properly represent Instinct VBC, coaches, parents and teammates at all times.
- Athletes are not permitted to leave early from tournament to avoid refereeing duties.
- Athletes must arrive to the tournament site on the time scheduled by the coach.
- Athletes must follow the guidance of our nutritionist for food selection before and during tournaments.
- Athlete is to be courteous to officials, opponents, and coaches.
- Athlete will not wear JEWELRY during matches.
- Athletes will wear uniforms / warm-ups at all times during tournaments.
- Athletes must wear Instinct VBC issued apparel when representing Instinct VBC.
- Teams, coaches, families and athletes are not allowed to make their own gear.
- Athletes are subject to a bag search at any time .
- Cell phones and pagers must be turned off and put away before tournaments.

### **4. Traveling**

- Athletes must travel to all tournaments with parents and stay in parent rooms.
- Parents are responsible for their daughters at all times.
- Instinct VBC will provide information about a room block for the team. Parents are responsible for making the travel arrangements. We prefer that the team stays at the same hotel, but you can make your own arrangements if you select to use Frequent Travelers Award Programs. However, you must make sure your daughter is ON TIME for every team event.
- If a parent cannot attend a travel tournament, then another parent can be given temporary guardianship.
- Club fees do not include any traveling expenses for athletes.
- Remember your number 1 priority on these trips is VOLLEYBALL.

### **5. Playing Time**

The team's head coach is responsible for the composition of the team and determining playing time. We **cannot** and **will not** guarantee playing time to anyone. It is in the best interest of the team we compete for championships and this may include some players not playing in some matches. The head coaches will make their decisions based on a player's attendance, effort and performance at practices, the importance of an event, attitude, and most importantly the team's needs. As parents, please understand our coaches will do their best to get everyone playing time, but our main focus at tournaments is the **team's** success. We will do our best to get our athletes the best training in the practice sessions and clinics, but we cannot guarantee playing time at tournaments to anyone. If you feel you must discuss your child's playing time with a coach we ask this **NOT BE DONE AT THE TOURNAMENT**. Several times we have seen games lost because coaches lost their objectivity as a result of a discussion with a parent influencing their decisions. Please save these discussions until after the tournament.



## **6. Instinct Volleyball Facility**

- Sport Support LLC, Instinct VBC, and Swisher Courts do not assume liability for property loss and/or injuries resulting from any activity.
- No video recording and/or pictures during practices.
- Athletes and families shall utilize all Recreational Facilities at their own risk.
- Possession or consumption of alcoholic beverages, including public intoxication is prohibited
- Smoking and the use of chewing tobacco is prohibited.
- No food, drink (except water and sports drink in closed containers), or chewing gum is allowed in any program areas.
- Weapons are prohibited
- Bicycles, rollerblades and skateboards are prohibited in all indoor facilities.
- Signs may not be posted on any wall without prior approval from Sport Support LLC.
- Appropriate athletic footwear is required in all activity areas. Shoes that leave black marks on wood floors, boots, sandals or open toed shoes are prohibited in all program areas.
- Siblings must be supervised by parents at all times.
- Parents should not stay at the gym next to the courts, Parents should stay outside the courts at Swisher Courts.
- Parents should NOT interfere with practices (coaching, talking, etc...)
- Parents, athletes and coaches can't market products and services without authorization.

## **7. Weight Rooms / Cardio Equipment**

- The Fitness room is for use of athletes only.
- Athletes must have a coach or assistant coach present in order to be in the fitness room.
- Spotters are required for all free-weight bench presses, shoulder presses, dumbbell presses, and squats.
- Athletes must clean equipment after every use.
- Users are required to have full-length towels on all machines-wash towels and hand towels will not be accepted.
- Appropriate athletic wear is REQUIRED for training. Clothing with exposed rivets, buttons, zippers, or other metal parts is not permitted (Gym staff have the authority to make decisions on apparel.)

## **8. Schedule Updates**

- Occasionally the facilities we practice have emergencies or close for inclement weather, so we have to cancel practices. We will post the cancellation on our website by 4:15 pm on the day in question. We will try our best to reschedule these practices at a later time.
- Tournament schedule is tentative until we receive final confirmation from the host organizations.
- We will post pool play, location and times in the website as soon as available. These are usually available 48 hours prior to the beginning of the tournament.



## **9. Parents**

Parents should cheer for their kids and team. Please refrain from using curse words at all times. We expect proper behavior at all times.

- Cheer your player on, be supportive of her, console her, but do it without judging her, the coach, officials or teammates.
- Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.
- Encourage your child to seek her own answers. Coaches respect players who come to them and privately question their playing time or role; it immediately indicates they want more.
- If you have real concerns, and your daughter has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story - a common occurrence). If you are trying to resolve a problem, help your daughter by being a role model in the problem solving procedure.
- Please think before criticizing anyone connected with your daughter's club or team. Criticism is contagious and often hurtful. The damage could be irreversible.
- Never approach a coach with complaints after a tough game. Wait and schedule a visit after everyone cools off. Most coaches are highly competitive, and just like players, do not like being confronted after a tough game.
- Understand the rules of the game and the coach's philosophy. Substituting in volleyball has consequences.
- Leave the Coaching for the Coaches. We have 40+ years of volleyball experience and we strongly believe in our philosophy

## **10. Problems and Meetings**

- Parents and athletes should not approach coaches about playing time during tournaments or practices.
- Your fees go to training and qualified instruction, not playing time. Concerns (other than playing time) are welcome and we are open to hear you, but you must schedule a meeting.
- Meetings must be scheduled via email and will be conducted before or after practices. Make arrangements with your coaches.
- We ask you to remain positive and supportive even when you do not agree with our decisions.
- The sequence of events is: (1) athlete-coach, if situation is not solved then (2) parent-athlete-coach; if situation is not solved then (3) parent-athlete-coach-director. Playing time is not a concern and will be ignored in case, in a meeting, it becomes obvious that it is the purpose of the gathering.



### **11. Consequences**

Situations in which parents and/or athletes violate club policies will be handled as described below. Alcohol and Drug use are not tolerated for any player. Player will be suspended for the season.

Parents or athletes will still be responsible for their financial obligation for the season since there is no way to recruit new players after the season starts and fees are calculated based on a full roster.

- 1<sup>st</sup> warning – no consequences unless situation is critical
- 2<sup>nd</sup> warning – suspension from activities for 1 week
- 3<sup>rd</sup> warning – suspended for the season

### **12. Post Season Play**

Post season play is mandatory if your team qualifies for Nationals. Wild teams have postseason included. Post season IS NOT included in the fees for all other teams, and an extra payment will be required to pay for gym rental, coaching, equipment, tournament fees and coaches traveling expenses. USAV Nationals is the priority, but the Wild team will attend AAU Nationals in case it does not qualify for USAV Nationals. There are no refunds for postseason. If a player or team decides not to participate, the club will offer postseason training on the scheduled dates, and no refunds will be issued.

### **13. Prom Policy**

- Instinct VBC understands the importance of Prom. However, It is not fair to a team to be disqualified from a tournament or not be given a chance to qualify for Nationals because a few players are absent. It is also not fair to those who are seeking college scholarships that must be seen by college recruiters. Therefore in the case of Prom falling on the weekend of a National Qualifying tournament or Regional tournament, we have implemented the following guidelines to allow SENIORS to attend their SENIOR prom.
- Each SENIOR will be allowed to attend their prom without punishment.
- They will need to be present the day prior and the day after the Prom (main evening).
- They will need to be present the day of the event until 12 Noon (if the tournament is out of town) and 2:00pm (if the tournament is within the DFW area.)

### **14. Private Lessons**

- All private lessons should be scheduled through the club.
- Coach is not allowed to provide private lessons to athletes on his/her team.
- Checks must be made to Sport Support LLC (not the coach).

### **15. Social Network**

- Instinct has a Facebook Page, Instagram, and Twitter, # @instinctvbc
- Instinct advised coaches not to accept athletes as Friends
- Watch what you post about your team, teammates, club



## **16. Financial Obligation**

Parents are expected to keep up with their dues and payment schedules.

Please know, once you commit to a team we incur several expenses whether you continue your season with the club or not. It is your responsibility to make sure these payments are made. Once you accept a spot in one of our teams, you are liable for the full amount. The payment plan is a courtesy to help families.

All payments are due by the 5<sup>th</sup> day of the month. If a payment is paid late there will be a \$50.00 late fee, and the athlete will not be able to participate in any sanctioned events until a payment is made. Also, if a check does not clear the bank, then you will be charged a \$30.00 transaction fee. If the problem occurs two times, you will be asked to pay by cash or a cashier's check. If an account is not paid in full, the athlete will not be allowed to tryout or participate with any other North Texas volleyball club until the account is paid (this is a North Texas Region policy), and the participant's name may be turned into UIL because they will have violated their "amateur status". The parent/guardian responsible for the player will also be responsible for any additional costs or expenses incurred by the club while pursuing collections. If for some reason the payment cannot be made by the date specified, please contact Eduardo Drownick or Cilene Drownick and we will try to work out the situation.

Please make all checks payable to **SPORT SUPPORT LLC**. Payments should be mailed in to:

Sport Support LLC - 1840 Andress Drive - Carrollton, TX, 75010

**DO NOT HAND ANY PAYMENT TO OUR COACHES. THEY ARE BUSY AND AT TIMES CHECKS GET LOST. HAND ALL PAYMENTS TO EDUARDO OR CILENE DREWNICK OR MAIL THE CHECKS IN.**

## **17. Collector**

**Instinct had hired a collector to handle these situations**