

Introduction

CUVC is pleased to welcome you to the new Club Season. We are looking forward to another great season. For the season to be as successful as possible, we want to ensure that all of us – Directors, Coaches, Parents and Athletes – have a common understanding of where we are going. Our goal is to compete with the best clubs in the country, and this begins with how we treat each other, officials, and opponents; the policies set forth herein are meant to help us all toward that end. Please don't hesitate to ask your Coach or the Club Director if you have any questions about any of the following guidelines.

General Policies for ALL Athletes – ALL Teams

1. All Athletes must be members of and adhere to the USAV Code of Conduct.
2. All Athletes are expected to attend ALL events scheduled for their team.
3. All Athletes are responsible for their own uniforms. The Club does not carry uniforms in stock for lost uniforms – any replacement cost is your responsibility.
4. All Athletes are encouraged to get baseline concussion testing prior to the start of all practices.

Travel Policies

1. ***ALL Teams are REQUIRED to stay in our hotel block for all Qualifiers and USAV Nationals. This is not optional so please do not ask your coaches for permission to not participate in the block.*** By signing this contract, you acknowledge and understand that you will be held accountable for your portion of your team contract. If the club or the team incur fines on your behalf, you will be responsible for payment of those fines. If you would like more information regarding Tournament Stay and Play Policies - please go to www.bigsouth.us and click on the hotel page. You will be able to see both the Loyalty and Regular hotel requirements which we agree to when we decide to participate in the tournament.
2. Once hotels are reserved, we will not change dates of hotel stay due to wave times. We cannot predict the wave times for each team and must confirm hotel reservations far in advance of any tournament. For example – Big South posts its waves and your player doesn't have to play until 3pm on Friday - Yes – you are STILL required to stay Thursday night.
3. Any parent providing transportation for a tournament is under the direction of the Coach insofar as when and where athletes are required to be.
4. Transportation to and from all practices, Club-sponsored clinics, airports and tournaments is the responsibility of the parents, unless otherwise specified.
5. No Athlete may drive to or from an out of town tournament without permission from the Director.
6. When at lodging locations, there shall be no display of disrespect toward any Club (CUVC or other), Coach, Athlete, Parent, Chaperone or Hotel Guest/Employee. When you wear the CUVC Uniform it is important that you represent yourself and the club in a respectful manner.

Attendance Policies

CUVC will enforce the following practice and tournament attendance policy for every athlete. This is not intended to prevent an Athlete from playing another sport while participating with CUVC. However, missing practices and tournaments may affect playing time.

1. General Policy. It is the responsibility of the Athlete or the parent to notify the coach of any scheduled team event that the Athlete will be missing with at least one week notice for practices and two week notice for tournaments. Absences from practices leading up to a tournament will constitute sitting out the first 25 points of the next match per missed practice. Coaches have the discretion to make exceptions with this policy on a case by case basis as they see a need.

a. Practice

- i. All Practices are Mandatory. There are no exceptions for schoolwork, homework, special projects or papers. It is the Athlete's responsibility to balance schoolwork with practice.
- ii. Practices during finals week: Athletes are expected to be at practice during finals week(s). Different school systems have differing finals schedules, making it impossible to schedule around finals, which could lead to having to take as many as three consecutive weeks off. Moreover, studies indicate that physical activity during periods of intense study is good for cognitive function. Most importantly, athletes have had access to their finals schedule since the beginning of the school year; failure to prepare on the athlete's part is not the fault of the coach or her teammates. Coaches are instructed to allow players to leave no later than 9:00 pm if the player has a final the following day.
- iii. Missing more the ½ of a practice counts as an absence. Flexibility will be extended to school departure time and school location as well as location of residence in relation to practice site.
- iv. All absences from practices will be evaluated by the Club Director and the Coach with proper documentation on a case by case basis.

b. Tournaments

- i. All absences from Tournaments will be evaluated by the Club Director and the Coach with proper documentation on a case by case basis. Missing a tournament may result in loss of playing time for the next tournament.

Athlete/Parent Conduct at a Tournament/Practice Site

It is the intent of CUVC to be a leader in the Volleyball Community. It is also the intent of CUVC to lead by example, which means that both the Athlete and the Parent(s) of an Athlete are expected to lead by example. These guidelines are set forth to protect the safety and integrity of you, your parents, the Coaching Staff and CUVC. Please be aware that all circumstances are not accounted for and in the event of an undue circumstance, the Director will enforce appropriate action. We wish to set the standard for other programs to mirror.

NOTE: All Policies listed here, where appropriate, are for the Athlete AND Parents,

1. Equal playing time is NOT guaranteed. Coaches evaluate athletes during practices on a weekly basis. Playing time at Tournaments is earned at Practice. If you have a question about your playing time, the *player* should set up a time with your Coach to discuss the situation per the grievance/escalation polices listed below.
2. "Conduct unbecoming an Athlete/Parent" will not be tolerated at any CUVC function/event. This covers a wide variety of circumstances; athletes and/or parents should never have to ask whether or not an action was inappropriate.

3. Parents are to be supportive of their Athletes during Tournaments and not question them or their teammates regarding their play or their playing time.
4. Parents are not to “Coach” their Athletes during Tournaments. The Athletes need to be focused on what the coach has to say and not be distracted by parents.
5. Our policy while at a tournament is “All Team All the Time.” When we are in the gym for a Tournament, Athletes are responsible for staying with their Team at all times (Coaches have discretion in this area). If friends attend a Tournament, an Athlete’s priority is with their team.
6. Leaving a tournament prior to the conclusion of the tournament is grounds for immediate removal from the team. No player is ever to leave a tournament without the permission of the coach.
7. Pack Policy: For the safety of the players and for the accurate keeping of time, while at convention center style tournaments, tournaments held at universities or other large venues players need to travel in packs of two or more. No player should ever be left alone or travel on her own.
8. CELL PHONE POLICY:
 - a. Tournaments and Practices: No Cell phones can be “On” in the gym during any Practice or during a tournament. A tournament consists of several matches per day – just because you are not playing does not mean that you do not need to be focused on the game. Phones are a distraction and therefore, they will not be allowed to be in use during a practice or tournament. In the event that a player takes a cell phone out of a bag while at a tournament site, the coach has the right to confiscate the phone and will return the phone to the parent either at the end of the tournament or at the next practice. For multi-day tournaments, players are free to use their cell phones once they have left the playing site.
 - b. Team meals: No Cell phones are to be in use during team meals.
9. Proper Nutrition: Practices are very demanding on your physical abilities. Tournaments are an all-day (and sometimes several days) affair and it is important to stay hydrated and fueled with proper foods. Travel volleyball is a big financial commitment; playing poorly because players have fueled their bodies with terrible foods (i.e., pizza, nachos, fried foods, soda) should be considered unacceptable. Please remember that food options at convention centers or universities are generally of extremely low health quality. Therefore, players and teams are encouraged to pack healthy lunches and snacks that will help them perform at their maximum level!
10. For many Tournaments, Teams will be responsible for officiating, scorekeeping and judging lines. Each Athlete in the Carolina Region is required to attend a CRVB Refing clinic. Our officiating policy is that we want to officiate all matches the way in which we would want to be officiated. Therefore, attendance to the refing clinic held at CUVC or completion of the online officiating clinic is MANDATORY for every player.
11. No Team Member is permitted to leave a Tournament site until ALL officiating responsibilities are completed. You must have verbal permission from your Head Coach before you may leave.
12. You are always to support your Teammates while on the Team bench, whether you are playing in a game/match or not. Poor bench behavior includes not expressing verbal/vocal support for your teammates, conducting side conversations that take attention off the match, disrupting the match with inappropriate discussion with the Coach or Coaches or questioning your playing time or status during the match.
13. Parents are to be supportive of the entire Team and all CUVC Teams while at Tournaments. Parents are not to engage in any behavior that would reflect negatively on CUVC. Guidelines for Parents are no different from Athletes in this regard. Berating of an official, line judge, or scorekeeper by any parent or athlete may result in immediate expulsion from the tournament.
14. Only the Head Coach or the Team Captain, under the direction of the Head Coach, may question any official.

15. Athletes are required to wear some combination of the CUVC Uniform package, including jersey, warm-up shirt, training shirt, hoodie and warm-ups at all tournaments. We want college coaches, our competition, parents and spectators to recognize the CUVC brand.
16. CUVC will set the color that teams will wear while at multi-day tournaments in which we have multiple teams participating. Individual teams WILL NOT change their uniform selection to compensate for an athlete who forgets her uniform.
17. ALL Athletes are REQUIRED to wear CUVC practice t-shirts during team practices. CUVC will set the shirt color for each practice day and will be posted on the front page of the website. Players will not be allowed to practice if they are out of uniform and will be considered as absent.
18. If CUVC Teams are playing at the same tournament site, teams and parents are encouraged to watch and cheer for our other teams.

Grievance/Escalation Procedure

The **Athlete** must first ask for a meeting between the Coaches and herself to discuss the issue at hand. The coach is always to have another coach or director with him/her during this meeting.

1. If the issue is unresolved after the player meets with the coach, the Parent may ask for a meeting between themselves and the Coaching staff to discuss the issue. All meetings involving Parents and Coaches will also include a Liaison from the staff of CUVC to help facilitate a healthy conversation. The meeting should take place at a location considered adequate for a private discussion agreed upon by the Parent, Coach, and Liaison. ***Please note: Parents are not to approach a coach about a meeting or a grievance while at a tournament. Furthermore, parents are not to approach the Director about a grievance with a coach while at a tournament, or at any point prior to having a meeting with the coach.***
 - a. **PLEASE NOTE:** Failure of the player to discuss an issue with a coach, or a player leaving out specifics while in a player/coach meeting, does not constitute an “unresolved” issue. A parent saying they need a meeting because the player was “afraid to discuss x” does not necessitate escalating a grievance.
2. If the issue is unresolved, the Parent must ask for a meeting with the Club Director, Parent, Athlete and Coach. A scheduled time away from practice or a tournament is appropriate. The Decision of the Club Director will be considered FINAL. If necessary, members of the CUVC board will be asked by the Director to be present. NOTE: Requesting a meeting with the Director and/or board members does not guarantee that such a request will be granted. The Director will work with the board to decide if such a meeting is warranted.
3. **Under no circumstance is a grievance to be addressed via email or text message.** You may request a meeting via email but you may not discuss your issue via email. Email is an easy way for an issue to escalate unnecessarily and therefore CUVC’s policy is firm in this matter. Failure to adhere to this policy could result in suspension or removal of a player from a team.
4. **At all points during this process, CUVC retains the rights to remove a player from a team if the words or actions of a player or that player’s parent warrant such a removal; the board will have final determination as to whether an action constitutes such a removal.**

Social Media

Players or parents are never to make disparaging remarks, whether vague or explicit, about a player, coach, or team via social media (Twitter, Facebook, Instagram, etc.). In addition, players should refrain from any and all posts that include inappropriate comments in general, as this may be cause for player discipline. Just because you are able to share your thoughts with the world does not mean the world needs to know all of your thoughts. Comments made via social media can damage team chemistry and

cause permanent rifts in relationships, both intentional and unintentional. Coaches and the Director retain the right to bench, suspend, or remove players from a team for inappropriate comments. All players will be required to list their Twitter and Instagram accounts at the bottom of this agreement and allow @carolinaucv to follow them.

Financial Obligation

1. Though club fees have the option of being collected in monthly installments, it is important to understand that execution of this document obligates the Parent for the FULL amount of the club fee and uniform costs.
2. Club fees are due in accordance with the provided schedule when the Athlete and parent(s) accepts a position on a team OR having signed this agreement. If the gym is shut down for any of the reasons listed below, monthly installments are still due.
3. ***Fees paid/due to the club are non-refundable.*** This includes but is not limited to Player Injury, disciplinary reasons, acts of God, pandemics, epidemics, war, government regulations, natural or civil disaster/state of emergency or strikes. If you would like to insure your club fees against unforeseen circumstances, there are options available that provide this insurance for a small fee.
4. Any club fee schedule agreed to in writing must be adhered to. Unless arrangements have been made, failure to pay the balance of a player account by the agreed upon date/schedule will result in an Athlete not being allowed to participate in practice or tournaments until fees are paid as per agreement.
5. If a player's account is delinquent, the Parent will be responsible for all collection fees and costs resulting from collection efforts plus a 2% charge on the monthly balance owed. A returned check fee of \$30 will be charged for any returned check.
6. Any player removed for disciplinary reasons or any player who quits at any point in the season will still be accountable for all the previously agreed upon club fees.



FEE SCHEDULE

A Non-Refundable Deposit of \$625 is required within 24 hours of accepting a spot on a team for all teams.

Payment Plan Options:

We are happy to offer the following payment options for our families.

Payment Plan #1: Full Amount via CASH OR CHECK (Credit Cards are not an option for this plan). This plan offers a 3% discount. *If you opt to use a credit card to pay in full no discount will be offered.*

Payment Plan #2: 4-5 Payments (depends on when team finishes season) – Your Credit/Debit card will be required to be **on file** and will be automatically charged each month. If payment does not clear, then your player will not be allowed to practice or play until we receive payment.

**If you choose to pay by check to avoid processing fees – the check must be in our hands PRIOR to the 1st of the month as all invoices will be charged to the card on file if payment is not received in a timely manner. We must have time to input the check into the system prior to the 1st or it will automatically charge the card on file.*

- A. Deposit due online when registering for your team
- B. Payment #2 due by January 1st
- C. Payment #3 due by February 1st
- D. Payment #4 due by March 1st
- E. Payment #5 due by April 1st (National and Premier Teams only)