

ST7 TRAINING CENTER, LLC



PARENT / ATHLETE HANDBOOK 2017 - 2018 CLUB SEASON Revised August 2017

Email: st7volleyball@gmail.com Web: www.st7volleyball.com Ph: 786-479-8237

"Train a child in the way he should go, and when he is old he will not turn from it" Proverbs 22:6

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1.0 INTRODUCTION

1.1 ST7 History

Established in 2013 by Samuel Torres, a passionate and dedicated PE teacher, volleyball coach, and professional athlete, ST7 Training Center has continued to thrive and grow. Coach Sammy's vision of a training center where he can share his passion for volleyball and teach the fundamentals and skills necessary to succeed to young athletes in a healthy and encouraging environment has now grown to include two locations; one in Eustis and a second in Tavares. ST7 Training Center now offers training programs for every age and level of athlete including: club teams, mini club teams, ST7 Sports Performance Training, sand training, skills clinics, and more. ST7 remains grounded in the principles of discipline, respect, and the belief that one should "train a child in the way he should go and when he is old he will not turn from it." Proverbs 22:6

The "S" and "T" in our name refer to our founder and director, Samuel Torres. "7" was the jersey number he wore during his career as a volleyball athlete. It is called a training center because we strongly believe that our training is not just about volleyball; we want to promote a healthy lifestyle involving volleyball and physical training.

1.2 Memberships

ST7 is a member of both USAV and AAU and participates in tournaments with both organizations.

2.0 ADMISSIONS

2.1 Admissions Policy

Athletes are evaluated based on skills, fundamentals, teamwork, communication, attitude, discipline, and leadership for team placement. Athletes are also placed based on available space, their character and a genuine desire by the parents to have their child / children in ST7, a club focused on both the athletic and personal growth of its athletes. Only those athletes whom we feel will thrive in our program and whose parents agree to cooperate with the club policy will be admitted. ST7 has the right to cancel any camp, clinic, lesson, or club team due to a lack of enrollment.

2.2 Sign up Procedures

Each prospective athlete and his parents / legal guardians must do the following prior to tryouts:

1. Register Online at www.st7volleyball.com
2. Prepay the try-out fee online through PAYPAL at www.st7volleyball.com.
3. Obtain an AAU Membership Card.
4. Fill out the Florida AAU Volleyball Program Medical History and Release Form. This form needs to be notarized before the Try-outs day.
5. Fill out the 2017-2018 USAV Youth & Junior Volleyball Player Medical Release Form. This form needs to be notarized before the Tryouts day.
6. Fill out the ST7 Player Information Sheet.
7. Sign the ST7 Waiver and Liability Release Form.
8. Sign the ST7 Photo & Video Release Form.
9. Check Age Definition to determine the player's age group. Playing age is defined as the athlete's age as of September 1st. You are responsible to verify your child's playing age. To determine age group please visit st7volleyballclub.com or contact us by email for more information.
10. Make a copy of your athlete's birth certificate to bring with you to try-outs.
11. Upon acceptance, we will request to provide more documents. We will provide a list.
12. Upon acceptance, both athletes and parents / legal guardians must sign the ST7 Statement of Cooperation.

2.3 Re-sign up Procedures

Current athletes must follow the regular sign up procedures mention in 2.2 section. The tryouts fee will have a discount for current club team athletes if the try-out fee is pre-paid online or in the gym during regular practice hours. If not pre-paid online or in the gym, ST7 current club members will pay the standard try-out fee. ST7 reserves the right to refuse re-enrollment to athletes with poor discipline, attendance records or conduct detrimental to the team. Re-enrollment may also be refused to athletes or parents / legal guardians who have demonstrated disharmony regarding the purpose, objectives, standards, policies, rules or regulations of the club. In addition, athletes will not be re-enrolled until all financial obligations are brought current. Any athlete who left a previous season without completing their financial obligations will have to pay at least half of the upcoming club season's fees in order to be re-signed.

3.0 TRYOUTS

3.1 Try-outs Registration

Each participant of the try-outs must submit the following documents and forms the day of the try-outs:

1. Submit the AAU Membership Card.
2. Submit the Florida AAU Volleyball Program Medical History and Release Form. This form needs to be notarized before the try-outs day.
3. Submit the 2017-2018 USAV Youth & Junior Volleyball Player Medical Release Form. This form needs to be notarized before the try-outs day.
4. Submit the ST7 Player Information Sheet.
5. Submit the ST7 Waiver and Liability Release Form.
6. Submit the ST7 Photo & Video Release Form.
7. Submit a copy of the athlete's birth of certificate.
8. Pay the appropriate try-outs fee if not pre-paid online.
9. Visit www.st7volleyball.com for more documents required for try-outs.

3.2 Tryouts Evaluation

ST7 coaching staff will be evaluating skills, fundamentals, teamwork, communication, attitude, discipline, leadership, and others.

3.3 Team Assignments

ST7 will be posting the athletes names that were selected to participate in the club teams within 24 hours after the last try-out. We will post the team, the practice location (Eustis / Tavares), the tentative tournament schedule, coach, and club payment package for your athlete's team. You must visit our website www.st7volleyball.com to verify if your child / children were selected. All parents / legal guardians of athletes who have been selected must contact the Director by email at st7volleyball@gmail.com within 24 hours of the posting and pay the first confirmation payment by the designated due date (August 30th for 15U - 18U, October 11th for 10U - 14U) in order to confirm their commitment to ST7.

4.0 FINANCIAL POLICIES

4.1 Payment Policy

Tuition payments may be made online, in the gym during regular practice hours, or mailed to ST7 Training Center, LLC (314 Belle Ayre Dr. Mount Dora, FL 32757). A \$20.00 LATE CHARGE will be added to the account if not paid by the 5th of the month. Accounts delinquent after the 20th of the month will subject the athlete to removal from team practice and tournament(s) until payment is received. All parents / legal guardians will receive an invoice with a final total cost to be signed with their commitment papers. After each payment is received by ST7, a statement will be sent to the parent/legal guardian with the payment history and remaining balance for their information. This statement is not a bill, simply a statement of remaining balance. If at any time the set payment schedule can not be followed please contact our Administrator and we will be happy to work out a new payment schedule with you.

4.2 Returned Checks

A \$50.00 charge will be assessed for returned checks. If this occurs more than one time, cash or money orders will be required.

4.3 Travel, Hotel & Transportation

ST7 will NOT pay for travel fees for athletes. Hotels are also the responsibilities of the parents / legal guardians. Transportation to all practices and competitions is the responsibility of the athletes and their parents / legal guardians.

5.0 REFUND POLICIES

5.1 Try-out Fee

Try-out fees are non-refundable.

5.2 Private and Semi Private Lessons

Private and semi private lessons are not a requirement but can benefit your athlete and their volleyball skills. However, taking private and semi private lessons will not guarantee playing time.

5.2.1 CANCELLATION POLICY: In order to cancel or reschedule a lesson, ST7 Volleyball MUST be notified 24 hours in advance. If notified 24 hours in advance, ST7

Volleyball will gladly reschedule your lesson or refund your payment. If ST7 has not received notice 24 hours in advance, the full cost of the lesson will not be refunded nor will the lesson be rescheduled. We must schedule and pay our coaches for their time and cannot rebook that time slot for that coach if given less than 24 hours notice. We appreciate your understanding and attention to this matter.

5.3 Club Season and Mini Club Season

ST7 Volleyball teams practice and play several times during the entire length of the volleyball season. Attendance on these days is extremely important. If an athlete does not notify the coaching staff prior to an absence it will be considered a cut. Cuts may result in dismissal from the program without refund. All athletes must follow the Attendance Policy. There will be NO REFUNDS after Volleyball Season has started due to violation of the Attendance Policy. Therefore, ST7 Volleyball defines the start of the season as the team's first practice and not the team's first tournament.

There will be NO REFUNDS if an athlete or parent / legal guardian seeks to question a coaching decision. For purposes of this provision, a coaching decision includes, but is not limited to, competitive team selection, playing time, position assignments, starting assignments, rotations and strategy. Any violations of the playing time policy can result in dismissal from the team with NO REFUND.

5.3.1 Refunds will be provided as per the following provisions: ST7 Volleyball has the right to cancel any camp, clinic, lesson, or club team due to a lack of enrollment. A full refund will be provided.

5.3.2 Withdrawal two weeks prior to the start of the volleyball season: a full refund will be provided (less administration fees and uniform cost if ordered). The beginning of the volleyball season is the first day of practice.

5.3.3 Withdrawal from the volleyball season within the first five months of the season due to personal injury incurred while playing or practicing with ST7

Volleyball: may receive a prorated refund based on review from ST7 Volleyball Administration. Refunds will be based on total paid to club less uniform fee, tournaments attended, equipment, gym rental, administration fees, coach's salary, and other expenses incurred by the club to the date ST7 receives a physician's orders. ST7

must receive a physician's note specifying the injury and limitations given to the athlete by their physician. If athlete is on a monthly payment schedule, they may receive a reduced club fee total based upon the same stipulations found above. Club fees necessary to cover uniform fee, tournaments attended, equipment, gym rental, administration fees, coach's salary, and other expenses incurred by the club to the date ST7 receives a physician's orders will still be owed. *** If injury is not incurred while playing or practicing with ST7 Volleyball there will be no refund or club fee reduction.

5.3.4 Disciplinary

Refunds will not be given for athletes or parents / legal guardians discharged from the club for disciplinary reasons or any other actions that the ST7 Administration understands is unacceptable.

5.3.5 Code of Conduct and Policies

Any violation of the Parent / Athlete Handbook, Code of Conduct and/or written policies by parents / legal guardian or athletes can result in dismissal from ST7 with NO REFUND.

5.3.6 Withdrawal from Club

Withdrawals from the club team must be made by the parent or legal guardian through the Administrator. A withdrawal letter to ST7 must be completed and signed by the parent or legal guardian. If an athlete is withdrawn to play for another club, they may request a release. All club fees must be paid in order to be considered for a release. If an athlete is withdrawn due to a dispute about playing time, the parent / legal guardian is still responsible to pay the remainder of the club fees owed. There will be NO REFUNDS if the athlete is withdrawn to play for another club. If an athlete is withdrawn due to a dispute about playing time NO REFUND will be provide.

6.0 ATTENDANCE

6.1 Attendance Regulations / Team Player's Commitment to the Team

Being a member of ST7 Volleyball requires a commitment to being the very best person I can be on and off the court. In order to establish strong team ties with my respective teammates and coaches, I must realize the importance of regular attendance. Attendance is critical as volleyball is a pure team sport, and teams cannot function well

without all their members. ST7 Volleyball teams practice and play several times a week during the entire length of the volleyball season. Attendance on these days is extremely important.

6.2 Planned Absences

The following absences are excused only if the athlete or parent / legal guardian notifies the Director in writing by note or email **two weeks prior** to the practice or tournament to be missed. **Text messages will not be accepted as written notice.**

Our planned absence policy includes:

- Family wedding or other important family activity.
- Religious activity.
- Scheduled school activity.
- One planned absence per club season due to vacation or trip, not to exceed 3 consecutive practice days.

6.3 Excused Absences

The only absences that are considered excused without a 2 week prior notification will be personal illness, death in the immediate family or any unforeseen circumstance, provided that a parent / legal guardian contacts the Director of the Club by email at st7volleyball@gmail.com prior to the practice or tournament within a 24 hour period.

Excessive excused absences will be discussed with the athlete and parent / legal guardian to determine commitment to the program. Poor attendance may result in decreased playing time to include limited to no playing time for one or more tournaments. Final decisions on specific consequences will be decided by the coach and Director on a case by case situation. **No text messages will be accepted as notification.**

6.4 Unexcused Absences

Unexcused absences are to include any situation that has not been given prior approval or falls into examples given in 6.3. In the event of weather, ST7 will notify all athletes and parents / legal guardian if any practice must be cancelled due to weather. If ST7 does not cancel due to weather, it is not an excused absence. Any athlete with over 3 unexcused absences can be dismissed with NO REFUND.

6.5 Tardiness

Athletes who report after the practice time are tardy and must report to the Administrator for a tardy slip. Three tardies will equal one unexcused absence. Please

see section 6.4 for our Unexcused Absences Policy. Athletes who arrive tardy need to be ready with shoes, kneepads, etc. to begin practice immediately upon arrival.

6.6 Absence without Notification

If an athlete or parent / legal guardian does not notify ST7 by email at st7volleyball@gmail.com or note prior to an absence it will be considered a cut. Cuts may result in dismissal from the team with NO REFUND. **No text messages will be accepted as notification.**

6.7 Withdrawal from Club

Withdrawals from the club team must be made by the parent or legal guardian through the Administrator. A withdrawal letter to ST7 must be completed and signed by the parent or legal guardian. If an athlete is withdrawn to play for another club, they may request a release. All club fees must be paid in order to be considered for a release. If an athlete is withdrawn due to a dispute about playing time, the parent / legal guardian is still responsible to pay the remainder of the club fees owed.

7.0 COMMUNICATION

7.1 Official Communications from ST7

All communications will be official if they come from ST7 Administration.
NO PARENTS OR COACH will send any official communications for ST7.

7.1.1 Written Communication

ST7 will send all written communication in the form of an email or newsletter given out at practices or meetings.

7.1.2. Remind

Remind is an application for athletes and parents / legal guardians. Remind provides an easier way to stay informed outside of the gym. Athletes and parents / legal guardians can download the app and opt-in to receive message faster with push notifications, so you will never miss a beat. Remind offers a mobile messaging product that is free and simple to use, while keeping important safety considerations. For example:

1. Phone numbers are kept private: Phone numbers are never visible between ST7, athletes and parents / legal guardians.
2. Messages are one-way only: ST7 saves time by broadcasting messages to their entire team or a minimum of three athletes. No 1:1 messaging is permitted.

3. Access your message history: Messages can't be deleted.
4. Safety features for athletes under 13: With improved privacy flows for athletes under the age of 13, parents / legal guardians are now notified when their child signs up for Remind.

7.2 Tournament Schedules

Most of the tournament schedules are available the Wednesday before the tournament. With other tournaments, like one day tournaments it could take until the day before. ST7 Administration will be emailing the respective schedule as soon as they have the information. Once you have the schedule these are subject to change. Sometimes as close as the night before the tournament. Any changes will be communicated by ST7 Administration via email and Remind.

8.0 TECHNOLOGY

8.1 Electronic Communications and Social Media Policy

Instagram, Facebook, Twitter and other forms of Social Media

Social Media Conduct: ST7 expects its members to conduct themselves with respect and dignity on and off the court, this includes conduct on all forms of social media. We expect any postings that include our club's name or logo to be positive and a representation of our club's mission. Any athlete found with a picture, message, etc. that is deemed inappropriate to the purpose and mission of ST7 and its athletes will be in direct disobedience to this ruling and will be subject to immediate disciplinary action up to and including suspension or expulsion from the club or participation in any tournament.

Coaches with any form of social media are expected to maintain strict privacy settings. Coaches shall not "accept" or "friend" ST7 athletes and parents. A professional relationship must be maintained with all athletes and parents and social media can blur those boundaries.

8.2 Email and Similar Electronic Communications

Athletes and parents/guardians of ST7 may NOT exchange emails and communicate directly via email, etc with coaches. All ST7 related emails from coaches or to coaches will come through our ST7 administration. If a coach needs to communicate with a parent/guardian or athlete for any purpose they may contact the ST7 administration and the ST7 administration will forward the message on to its intended receiver. If a parent/guardian or athlete needs to contact a coach they may contact the ST7 administration and the administration will forward the message on to the coach. Athletes and parents/guardians MAY exchange emails and

communicate directly with one another. This policy only pertains to communication between ST7 coaches and ST7 members.

8.3 Texting and Similar Electronic Communications

Texting is NOT allowed between coaches and ST7 athletes/parents. All text messaging will occur through the Remind app or directly from the ST7 director. This policy only pertains to communication between ST7 coaches and ST7 members. ST7 athletes, parents/guardians may text one another directly.

8.4 Violations

Violations to ST7's Electronic Communications and Social Media Policy should be reported to the ST7 director. Complaints and allegations will be addressed under the ST7 Disciplinary Rules and Procedures and can result in immediate disciplinary action up to and including suspension or expulsion from the club or participation in any tournament.

9.0 BULLYING

9.1 Bullying

Bullying has become a major challenge for youth across the country. There are laws against bullying in each state and even on a federal level. Bullying will not be tolerated at ST7 Volleyball. Any form of bullying will be considered in direct disobedience to this ruling and will be subject to immediate disciplinary action.

10.0 DISCIPLINE SYSTEM

10.1 Coaching Staff Authority

All ST7 coaching staff have the authority to administer appropriate disciplinary actions during all ST7 activities in response to any actions taken by athletes and/or parents/legal guardians that ST7 finds inappropriate. The Director will be notified by the coaching staff of any disciplinary actions that have been taken. The Director then has the final decision on any further disciplinary action needed.

10.2 Philosophy of Discipline

Discipline is often confused with punishment. However, it is a key aspect in the education and formation of every human being. We found a relationship between discipline and disciple, one guides the other. Discipline is instruction and direction, a disciple is one who receives instruction and direction. Our philosophy is to educate and promote respect in every situation. It is disciplining our disciples in

order to help them achieve a healthy balance in their life both on and off the court. "Train a child in the way he should go, and when he is old he will not turn from it." **Proverbs 22:6**

10.3 Parental Involvement and Support

Each year, athletes and parents / legal guardians must sign a Statement of Cooperation. This agreement states that parents / legal guardians will support the discipline and regulations of the club. In the case of a disagreement, parents / legal guardians are expected to contact the Director with any concerns so as not to undermine the authority of the club. This may result in disciplinary action for the conduct of the athlete and parent / legal guardian. Parents / legal guardians and athletes must wait 24 hours after disciplinary action has been taken to contact the Director and schedule an appointment.

10.4 Response to Discipline

When athletes are disciplined, they should never confront the coach in front of other athletes. If the athlete feels a misunderstanding exists, he / she should obey the coach without protest and take the following steps to satisfy the matter:

1. Discuss the problem with parents / legal guardians and ask the parent / legal guardian to contact the Director for discussion and clarification. Parents / legal guardians and athletes must wait 24 hours after disciplinary action has been taken to contact the Director and schedule an appointment.
2. Any direct confrontation or disrespect will be sent to the Director and the Director will have the final decision.

10.5 Prohibited Articles

Cigarettes, lighters, alcoholic beverages, narcotics, knives, guns, explosives of any kind.

11.0 APPEARANCE AND DRESS STANDARDS

11.1 Practice Dress Code

At the beginning of the season, ST7 will provide each athlete with a ST7 practice shirt. This shirt will be their practice uniform. It is required that all athletes wear this practice uniform shirt to all team practices. If an athlete shows up for team practice without their ST7 practice uniform shirt they will be asked to either purchase a practice uniform shirt for practice or they must sit and watch practice from the stands. Headbands can not be used for team practices, tournaments, lessons, clinics, etc.

11.2 Uniforms

Every athlete is responsible for all of their gear and uniforms and is expected to care for them properly. Also understand that each athlete must dress appropriately for all tournaments and be in the correct uniform. Appropriate dress is defined as the following: upon arrival at a tournament, all athlete's should be wearing their full uniform with their warm up pants, jacket (fully zipped) or warm up shirt on, uniform shoes, socks, and backpack. No headbands are to be worn at tournaments. It is also the responsibility of the athlete to have both uniforms with them at all tournaments. Athletes are expected to have their uniforms nice and clean as well as their tennis shoes. If athletes are found to not be in appropriate dress, to have a dirty uniform, or be missing any part of their uniform it is at the coach's discretion to decide if the athlete can participate in the tournament and/or have playing time decreased. If an athlete loses any gear it is the financial responsibility of the parent / legal guardian and athlete to purchase replacements.

12.0 RULES AND CODE OF CONDUCT

12.1 Director Code of Ethics

The ST7 Volleyball Director is expected to conduct himself in a respectful and honorable fashion and to enforce the same conduct to ST7 Volleyball coaches, chaperones and volunteers. The Director will follow the seven principles by which ST7 Volleyball was built upon: Discipline, Leadership, Honesty, Commitment, Dedication, Respect and Teamwork.

12.1.1 The Director will follow the following guidelines:

1. The Director will abide by all local, state and federal laws.
2. The Director will be registered and background screened while representing ST7 Volleyball .
3. The Director will require all adults affiliated with ST7 Volleyball to be registered and background screened prior to participating in any ST7 Volleyball sanctioned activities.
4. The Director will require all coaches to abide by ST7 Volleyball Parent / Athlete Handbook.
5. The Director will only place athletes with coaches whose backgrounds have been previously screened and approved and have IMPACT and SAFE SPORT certification.

6. The Director will provide all athletes, parents, coaches, chaperones and volunteers access to the ST7 Volleyball Parent / Athlete Handbook.
7. The Director will post all forms on ST7 Volleyball's website, including: Attendance Policy, Refund Policy, Photo & Video Release Form and the Director Code of Ethics.

12.2 Athletes Code of Conduct

1. I will conduct myself in a positive manner at all times as I respect the team and club.
2. I will support my teammates and work together with them to be the best we can be.
3. I will continually strive to improve myself and my team's performance with a good and positive attitude.
4. I will not use profanity.
5. I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, administrators, officials at every moment.
6. I will treat other athletes, coaches, parents, fans and officials with respect regardless of race and gender.
7. I will demand a sport environment that is free from drugs, tobacco, and alcohol.
8. I will do my best to remember that youth sports are supposed to be FUN and that winning and losing are part of everyone's experience.
9. I will respect and adhere to the rules governing eligibility and competition.
10. I will place the emotional and physical well being of my teammates and opponents ahead of my personal desire to win.
11. I will express my concern through the proper channels in a respectful manner.
12. I will complete any required training in a timely manner.
13. I will stay positive and not have emotional outbursts of on the court for this only serves to distract myself, my coach, and my team from our goal.

12.3 Athletes' Rules for Practices

1. I will help with equipment set up and removal at all practices.
2. I will follow Athlete's Code of Conduct and Practice Dress Code.
3. I will not use my cell phone at practice and only during breaks at tournaments. Cell phone use at practice is strictly prohibited. Cell phones are expected to be kept in their bag, out of site. If a parent / legal guardian needs to contact an athlete, they may contact our administration and they will have the athlete contact the parent / legal guardian immediately.
4. I will follow Attendance Policy. I will be ready for practice with my shoes, ST7 practice uniform shirt, knee pads, and hair done by the very minute practice is scheduled to begin.

5. Practice is vital to the success of the team. I will take practice seriously, and conduct myself in a respectful and disciplined manner.

12.4 Athletes' Rules for Tournaments

During competition we expect the following:

1. I will play with integrity despite the outcome. I must learn that both winning and losing are part of the game and accept both gracefully. I will be humble in victory; gentle in defeat.
2. I know that playing time is not guaranteed. At the tournament I will understand that the coaches are doing their best to distribute playing time but the main focus is team success.
3. I will be responsible for team and individual equipment at tournaments. I understand that all athletes on the court are required to wear matching uniforms (except the libero jersey). I will be sure to take care of my uniform as we do not have replacements and they are difficult to replace in a timely manner. Loss of a uniform will most likely result in a my inability to play in tournaments.
4. I will treat everyone with respect and dignity. I understand that before a match my coach and the captain will go over and shake hands with the Ref. After a match, win or lose, good or bad officiating, the captains and coaches must go over and shake hands with the UP Ref, it is a sign of good sportsmanship and respect for the officiating staff.
5. I will remain with the entire team when assigned to referee a match. The scorekeepers will be at the table, the line judges will meet with the Ref, and the rest of the team will shag balls for the competing teams as they warm up their hitters. These are small gestures, but they will be noticed and appreciated.
6. While at tournaments and other events, I will stay together as a group with my team and be prepared to play, or perform officiating duties at a moment's notice.
7. While in hotels, I will respect the property and privacy of others in the hotel. Loud or rowdy behavior will not be tolerated.
8. I will clean my area at any gym we visit for tournaments or games.
9. I will not use my cell phone during games and refereeing assignments. My cell phones will be left in my bag, out of sight. If I must be contacted during a game or refereeing assignment my parent / legal guardian may contact the administration and they will contact the athlete. I may use their phones during breaks in the tournament.
10. I will not use alcohol and drugs. I understand that alcohol use at all tournaments, hotels, or anywhere is both illegal and strictly prohibited while I am representing ST7.
11. I will arrive **ONE HOUR** prior to their first game or refereeing assignment at all tournaments.

12.5 Parents' Code of Ethics

Our actions are the reflection of who we are. It is our interest to represent our club with integrity.

1. I will promise to help my child to enjoy the volleyball experience.
2. I will teach my child to respect the coaches, teammates, away team athletes, referees and fans.
3. I will promote an atmosphere free of drugs and alcohol.
4. I will put my child's physical and emotional well being ahead of personal desire to win.
5. I will encourage great sportsmanship and demonstrate support for the athletes, coaches, parents, and referees.
6. I will emphasize that my child participate in a healthy and safe atmosphere.
7. I will leave the coaching to the coach of my child and not coach my child from the sideline during practice or tournaments.
8. ST7 Parents should NOT be standing behind the referee.
9. I will be careful to not make negative comments about referees, athletes, coaches, parents, opposing teams, fans, or ST7.
10. I will trust ST7 in their coaching decisions and will not undermine this trust in word or action.
11. ST7 approves and supports 10 Rules for Parents of Athletes and Spectator / Parent Code of Conduct of The Florida Region of USA Volleyball. Please see attached.
12. I will look at the other team parents, athletes, coaches and staff of ST7 as a family to ensure that we all enjoy and live an excellent experience.

13.0 PLAYING TIME POLICY

13.1 Playing time is Never a guarantee.

ST7 Volleyball is about playing with integrity despite the outcome. We strive to make our atmosphere organized, respectful and encouraging. Our coaches strive to enjoy their practice, establishing excellence in the quality of teaching and remaining consistent throughout the season. We need the parents / legal guardians support to have a successful season. **Playing Time is never a guarantee.** Keep in mind that the club season fee provides a learning experience, equipment, practices, excellent training, tournament entry fees, uniforms packages, administrative expenses, coaches registration in both AAU & USAV, coach's travel & lodging and coach's salary. ST7 provides each member the

opportunity to improve through structured practices. When playing in ST7 Volleyball athletes will not always play the same amount of time. **We can NOT guarantee playing time.** If an athlete has a minor role in the team, that athlete is still part of the team. The athlete must accept the role and do the best with a positive attitude. Volleyball is a pure team sport. We play for the team and for the benefit of the team. Coaches are under no obligation to play all athletes. **Do not attempt to contact the coach to discuss playing time or any concern at a tournament.** The coach has the final decision in this matter and ST7 Volleyball will uphold the coach's decision. No grievance will be accepted that seeks to challenge a coaching decision. For purpose of this provision, a coaching decision includes, but is not limited to, competitive team selection, playing time, position assignment, starting assignments, rotation and strategy.

13.2 Parent-Coach Conferences

Parents or guardians wishing to have a conference with a coach and/or Director need to make an appointment. Do not attempt to contact the coach to discuss playing time or any concern at practices or tournaments. You will need to wait 24 hours after the situation to contact the Director to make an appointment.

14.0 DISPUTE AND GRIEVANCE POLICY

All athletes and parents / legal guardians in the ST7 Volleyball programs are expected to behave according to ST7 Volleyball Rules and Code of Conduct (all the sections included in 12.0 of the ST7 Parent/Athlete Handbook). Furthermore, any conflict that may arise between athletes or/and parents/legal guardians will be resolved by applying the ST7 Volleyball Rules and Code of Conduct.

ST7 Volleyball recognizes that there may be rare instances when these conflicts cannot be resolved directly by the parties or through the informal intervention. For those situations, if any should occur, ST7 Volleyball has instituted a formal Grievance Procedure. All athletes and Parents/legal guardians should be aware that the Grievance Procedure is NOT a substitute for direct conflict resolution between the parties; it is a secondary procedure to be employed only in the unlikely event that the parties cannot amicably and responsibly resolve their dispute through direct communication.

14.1 Grievance Procedure

1. A grievance may be lodged by parent/legal guardian of the ST7 Volleyball program for any suspected violation of the ST7 Volleyball Rules and/or Code of Conduct, or for any suspected violation of local, state or federal law.
2. A valid grievance must be submitted in writing, and must explain the nature of the grievance, the circumstances surrounding the alleged violation, and the specific provision(s) of the Code of Conduct alleged to have been violated. The person filing the grievance must also identify all witnesses or other persons with knowledge of the alleged violation.
3. A valid grievance must be signed by a parent/legal guardian and submitted to the ST7 Volleyball Director.
4. No grievance will be accepted from any person who fails to file the written grievance within two weeks of the incident in question.
5. No grievance will be accepted from any person who himself or herself has not complied with Code of Conduct, including speaking to a coach about the incident in question, or has engaged in any threatening abusive or harassing conduct, including verbal abuse.
6. No grievance will be accepted that seeks to challenge a coaching decision. For purpose of this provision, a coaching decision includes, but is not limited to, competitive team selection, playing time, position assignments, starting assignments, rotation and strategy.
7. Details of the grievance are not be discussed with anyone other than the party(ies) directly involved with resolving the grievance.
8. Upon receipt, the program director will review the grievance and determine, in consultation with the ST7 Volleyball administration staff whether the grievance will be accepted or rejected. The person filing the grievance will be notified promptly whether the grievance has been accepted or rejected.
9. If the grievance is accepted, the program director will thoroughly investigate the incident and attempt to resolve the grievance with the parties amicably.
10. In the event that the program director is unable to resolve the grievance to the satisfaction of the parties, the grievance will be turned over to the ST7 Volleyball administration staff. The ST7 Volleyball Administration staff will evaluate the facts and circumstances surrounding the alleged Code of Conduct violation, conduct any further investigation he or she may deem necessary, and issue a recommendation to the ST7 Volleyball Director for resolving the grievance.

11. The ST7 Volleyball Director may accept the recommendation of the Administration staff or may decide that it is in the best interests of ST7 Volleyball to resolve the matter in any other manner approved by the Director and Administration staff.

12. Decisions of the Director and Administration staff are final and will be communicated in writing to the grieving party(ies).

13. It is anticipated that the process will take between two to three weeks from the time the grievance is filed to the time a final decision is rendered by the Director, assuming all parties are prompt and forthcoming in providing the necessary information. In the event of concern for physical safety, a more expedited process will be implemented.

15.0 COMMUNITY SERVICE

15.1 Care Enough to Share

We strongly believe in the power of giving. ST7 needs the help of every member of our program to be supportive during our community service. We would like to help those in need.

15.2 Community Service Hours

ST7 community service can be used to fulfill community service hour requirements at school as well. Our Administrator will sign any forms necessary for your athlete to submit to their school.

16.0 FUNDRAISING

16.1 Fundraising Opportunity

ST7 is committed to providing opportunities for our athletes to raise funds throughout the season to help with their volleyball club fees. It is the responsibility of each athlete to get involved in these fundraisers in order for both themselves and the club to benefit.

17.0 TRAVEL POLICIES

Travel, whether locally or nationally, is a routine part of our competitive volleyball season. ST7 has established the following policies to cultivate a positive travel experience, minimizing one-on-one interactions and reducing the risk of misconduct. Local travel includes travel to training, practice and local tournaments. Team Travel includes a coordinated overnight stay for an out of town tournament.

17.1 Local Travel

Transportation to all training, practices, and competitions is the responsibility of the athletes and their parents/legal guardians. ST7 will not sponsor, coordinate, arrange for, or pay for travel for athletes' local travel. In an effort to minimize one-on-one interactions, ST7 staff members and coaches should not drive alone with an unrelated athlete and should only drive with at least two other athletes or another adult at all times. If an ST7 staff member or coach is involved in the athlete's local travel, a parent release is required in advance.

17.2 Team Travel

Team travel is overnight travel that is coordinated by ST7 so that our teams can compete regionally, nationally, and internationally. While ST7 will coordinate the travel arrangements, ST7 will not pay for any travel expenses for athletes. For team travel, ST7 will coordinate hotel and flight arrangements, once arrangements have been coordinated, ST7 will communicate these arrangements with athletes and parents via email. It will be the responsibility of the athletes and parents/guardians to then finalize the booking of their travel arrangements. ST7 will provide a travel itinerary when it becomes available with a detailed schedule and contact person. No coach or staff member of ST7 will engage in team travel with unrelated athletes without the proper safety requirements in place including signed travel release forms from all unrelated athletes traveling with a coach or staff member. During team travel the following rules are to be adhered to by all athletes, parents/guardians, coaches, and staff:

- ST7 staff members and coaches should not travel alone with an unrelated athlete and should only travel with at least two other athletes or another adult at all times.
- Familiarize oneself with all travel itineraries and schedules before travel and ensure that the athlete and coach are on time to all team commitments.
- Adhere to curfew restrictions set in place by the director.
- Athletes are to not be alone in a hotel room with any adult apart from a family member.
- Athletes are to not be in a room of mixed gender unless with a family member.
- All ST7 coaches are expected to follow the law and not use drugs at any time.
- Coaches are to not use alcohol in the presence of minors or be under the influence of alcohol while representing ST7 Volleyball.
- Immediately report any concerns about physical or sexual abuse, misconduct, or policy violations to the ST7 director.
- All ST7 athletes are expected to follow the law and not use alcohol or drugs at any time.



**ST7 VOLLEYBALL STATEMENT OF COOPERATION
CLUB SEASON
2017 - 2018**

We know from experience that volleyball is in constant growth and today is one of the most exciting sports. A high level of commitment is expected from athletes and parents / legal guardians to make this ST7 Volleyball Club Season successful. All athletes and parents must sign this Statement of Cooperation and agree to its terms and content to play with ST7 Volleyball. To be a member of ST7 Volleyball and to participate in all activities the athletes and parents / legal guardians must agree to the following: I have read, understand and agree to abide by the ST7 Volleyball's policies and principles that are set forth in the Parent / Athlete Handbook, fee commitment, and this document. I believe that discipline is necessary for the welfare of each athlete and proper conduct of the club. I give my permission for ST7 Volleyball to enforce for my child(ren) those practice, tournament and club regulations in a manner consistent with Christian principles and discipline, understanding that ST7 Volleyball is a non-corporal punishment club. I agree to hold ST7 Volleyball and its agents harmless for liability in case of any actual or alleged injury to my child in case of normal routine club sponsored and supervised activities and for all things which the club has no control. I further agree to pay all legal fees (attorney, court, damages or other cost) incurred by ST7 Volleyball (ST7 Training Center, LLC) arising from any legal action brought against the club or its agents or employees from which the club is found not to be at fault.

I will fully cooperate with ST7 Volleyball, and adhere to all club plans, policies, and regulations. I will not undermine the club, its employees, or programs and will be careful not to make negative comments. I understand and agree with the Refund Policy and agree that I am responsible for the tuition payments as outlined in my initial invoice. I understand and agree with this Statement of Cooperation. I realize that violation of this Statement of Cooperation and/or the Parent / Athlete Handbook may result in immediate expulsion from my team with no refund of the club dues paid. I will do everything in my power, with God's help, to make this club season fruitful. With my signature, I commit myself for the 2017 - 2018 ST7 Club Season.

Parent Copy

10 Rules for Parents of Athletes



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!"

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 direct all concerns regarding officials to the Head Coach or Club Director for my team/club as opposed to contacting the Head Official directly.
10. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
11. I WILL support the policies and guidelines of the team/club that I represent.
12. I WILL acknowledge effort and good performance, remembering that all of the players in this event are amateur athletes.
13. I WILL model exemplary spectator behavior while attending this event.
14. 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.