



PLAYER AND PARENT HANDBOOK

Attendance Policy:

Every effort should be made to attend ALL tournaments and practices, including Performance Training. Kingwood Revolution players are held to a high standard and we trust that you understand the importance of your commitment to the club.

All players are accountable to their coach and teammates. Coaches put a tremendous amount of time and effort into planning for each practice and it is vital to keep an open line of communication with the head coach. However, we understand that extenuating circumstances do occur, and in such cases, players should adhere to the following regarding absences:

- **WHENEVER POSSIBLE, CALL YOUR COACH 24 HOURS IN ADVANCE IF YOU WILL MISS A PRACTICE.** If a player becomes sick the day of practice, please email/text the coach. Please do not email or text the coach without a parent or guardian on the message as this is a SafeSport Violation.
- **NOTIFY YOUR COACH AT LEAST 1 WEEK IN ADVANCE IF YOU WILL COME LATE, OR LEAVE EARLY FROM A TOURNAMENT.** If the last match of the day is an officiating assignment, all players will be required to stay, even if she is "off" for the match. All tournaments missed will result in a fine of \$100/day unless you notify the coach by November 30th (end of the first month of current season's practice).

Absences from practices or tournaments for the following reasons will be excused without penalty:

1. Death in the family;
2. Illness involving fever or vomiting (within 12 hours of event);
3. Undergoing treatment for injury at a medical facility; or
4. Family emergency (as determined by coach's discretion)
5. Mandatory school event (for a grade)

Practice Expectations:

Arrive at the gym 10-15 minutes prior to the beginning of practice. If players are going to be late to practice, they must contact their coach ahead of time. Players will not have the option to make up the missed practice time. It is at the discretion of the coach as to what will be viewed as excused versus unexcused. All absences are subject to reduction in tournament playing time at the coaches discretion. Strength and Conditioning is mandatory and if missed can result in play time reduction.

Practice that is missed can be excused as long as timely notice has been provided and proper documentation is presented to the coach (ex. doctor's note). Players are responsible for notifying their coach in a timely manner of any future conflicts or absences that will occur throughout the season.

All players will have equal opportunity for practice time over the course of the club season. Kingwood Revolution intends to give all players an equal opportunity to improve every skill. Playing time is earned in practice and players who are consistently present at practice will have a better chance to earn playing time at tournaments.

All players are required to enter and leave the gym with cover shorts/pants. All players will wear Kingwood Revolution practice shirts to practices at all times. Each team will have a schedule for practice shirts and will coordinate accordingly. Cover shorts/pants must be worn entering/leaving the gym.

Please help keep the gym clean by picking up all trash when you leave. Only bottled water and drinks with a closed lid are allowed in the gym. No food or gum is allowed.

Cell phone use is not allowed at any time during practices. Players are not allowed to use their phone during practice unless they have permission from the coach to contact your parents. Phones must be on silent and should be in your bag. Parents will have the coach's cell phone number and can contact the coach in the event of an emergency.

Practice time is not social time. Players will be expected to listen when their coach is speaking. If players are constantly talking and not paying attention in practice, players may be required to do conditioning and/or asked to sit out or leave practice. If you are asked to leave practice, you will not be allowed back in practice until a parent/coach conference takes place.

Players should wait inside the gym or on the sidewalk outside of the entrance to the Kingwood Revolution Sports Facility to be picked up by parents. If a parent is late to pick up their child, players must notify the coach so they can stay with them until the parent arrives. Parents or guardians are expected to pick up their child when practice ends.

Tournament Expectations:

Tournament schedules will be released after the tournament host closes registration. Once the schedule has been received by the club director, coaches will receive a copy of the schedule which will then be released to the parents and players. Tournament schedules are typically released 2-3 days before the tournament date by the team's head coach. The schedule will include an address of the location, ticketing information, and playing schedule.

Players are expected to arrive on their assigned court no less than 45 minutes prior to the start of the teams first match or reffing assignment. Failure to do so can result in loss of playing time.

Players are required to enter all tournaments unified and with Kingwood Revolution gear. This includes tennis shoes (not their court volleyball shoes), socks, KRev pants or cover shorts, warm-up long sleeve shirt and/or KRev jacket, and KRev backpack. All backpacks must be packed with all jerseys no matter if it is a one-day, two-day, or three-day tournament. Failure to do so can result in loss in playing time.

Players are not allowed to leave the premises of the tournament at any time. If a player leaves the court, they must notify their coach and always use the buddy system and take at least two other players with them or be with their parents. Player's should never go anywhere alone or without informing a team coach.

Cover shorts or pants must be worn during a tournament except for when players are on the court for warm-ups or playing in a game. Only issued warm-ups or cover shirts and shorts can be worn during tournaments and warm-up time. Individual team t-shirts are not considered suitable tournament attire.

Do not leave at the end of the tournament until the team's reffing assignment has been completed and your coach has released you. All players on the team are expected to help with refereeing matches. This means working at the score table, down reffing, calling lines, rotating players from reffing, etc. Failure to stay until the coach releases you can result in loss of play time.

Players are expected to choose healthy food options for meals during a tournament. This means no fried foods, ice cream, candy, sodas, etc. Eating healthy will keep your energy level elevated and help you feel better through the entire tournament.

If your team is attending an out-of-town tournament, and your coach schedules a meeting or team meal, players will be required to attend. These team functions will usually take place at the hotel lobby, gym, or nearby restaurant.

Players are required to bring all uniform items received at the beginning of the season to every tournament. This includes player's warm-ups, **ALL jerseys**, socks, shoes, knee pads, spandex, and backpack. Playing time may be jeopardized if players forget any part of their uniform at a tournament. USAV rules state that any part of a player's jersey with a logo must match all other player's logos on the team. Ex: You cannot wear Nike shorts when the rest of your team is wearing Adidas shorts.

Players are required to sit with their team throughout the tournaments and scout the other teams. Scouting sheets will be provided by the coach. This will help facilitate team unity and volleyball education while at tournaments.

Players are advised to limit their communication with parents following matches. Please keep any interaction with your player positive and supportive. We ask you to trust and respect all decisions by our coaching staff and keep the energy positive for the players during tournaments.

Parents are expected to treat coaches, players, and referees with the utmost respect. Kingwood Revolution is against any disrespectful comments towards referees, coaches, and players from our club and the opposing teams. Referees have the right to penalize the team for a parent's actions. They can also request that a parent be removed from the tournament. Parents' inappropriate behavior, at the discretion of leadership, can result in players losing future play time. Please see the **Spectator Code of Conduct** at the end of this document provided by the region. We encourage that parents learn the rules for club prior to attending tournaments by going to <https://usavolleyball.org/resources-for-officials/rulebooks-and-interpretations/>

General Player Expectations:

Players should have a positive attitude and be a good teammate. Players are expected to always give their best effort in practice and tournaments. Be respectful to your coach and teammates and do not use any negative or hateful comments towards other teammates or coaches. This includes, but is not limited to, social media such as Facebook, Instagram, Twitter, Snap Chat, TikTok, etc.

Keep in mind your team goals for the club season. Work together as a whole to achieve those goals whether or not you are on the court all the time or some of the time. The only way to be successful as a team is to work together and support each other.

Players are to honor and respect the Kingwood Revolution name and players. Players are required to get prior authorization from the club director or club owner to post any video or image with the Kingwood Revolution brand on any social media platforms. Kingwood Revolution does not tolerate bullying in any form. Failure to get authorization for social media and/or poor sportsmanship in person and through social media can result in immediate termination from the club.

All scholarship athletes are required to be at all practices, tournaments and special events unless given permission from a Director. Athletes that receive a scholarship quit will owe the full amount of fees, not just what was discounted.

PLAYING TIME IS EARNED, NOT GUARANTEED. Coaches will do their best to play all players at a tournament, but it is the player's job to work hard and earn more playing time. Always talk to your coach about your situation and how things can improve if you are not satisfied. Players should schedule a time to meet with their coach either before or after practice but not during a match or tournament.

Player Issues:

If a player is having frustrations or concerns of any kind, Kingwood Revolution is set up the following protocols to follow:

- At any time before or after practice, a player may meet with the head and assistant coach for discussion.
- If after speaking to the coach, she does not feel like the problem has been resolved, then the parent may send a documented email with their concern to the coach.
- If needed, a meeting in person may be arranged with the parent, coach, and athlete. All meetings must include the athlete and discussions will only be about the documented concern and your player.
- A Director will be notified of concerns and meetings with the coaching staff. If warranted, a Director will be asked to sit in and help facilitate.

Issues to discuss with coaches include but are not limited to ways to help your child improve, concerns about your child's behavior, and other areas that are specific to your player's development as an athlete.

Issues that will not be addressed include but not limited to: coaching decisions, line-ups, and other athletes.

Parents should not call, text, or approach any coach to talk about playing time during a tournament or within 48 hours of a tournament. This is to allow time for emotions to cool down and help facilitate both parties to have a productive conversation. If a parent contacts the team's coach less than 48 hours following a tournament the coach will not respond and a director will be contacted. All parents, players, and coaches are expected to treat each other

with respect and work collectively to come up with a resolution.

Player Declaration:

1. I respond with "ACE" or "SIDEOUT" to a coach or player.
2. I pursue every ball and give 100% effort when I am on any court.
3. I always shag after my ball and ensure all volleyballs are in the baskets.
4. I run at all times during practice to ensure I maximize my time on the court.
5. I always respect every player, coach, parent, and official on and off the court.
6. I support my team with love, positive thinking and positive energy no matter what.
7. I put my team above myself and know that we are one unit.
8. I have a winning mindset and always pursue GOLD.
9. I am thankful to my parents and guardians for giving me the opportunity to train and play the sport I love.
10. I will hold myself and teammates accountable for all the declarations above. I know with these values, we will be champions.

I have read and understand the player rules and guidelines written above. I understand that as a member of Kingwood Revolution Volleyball Club, I am expected to abide by these rules.

Player Signature

Date

Parent Signature

Date