



Parent Handbook

I. Who We Are

Mission:

It is Spiked City DC's mission to not only provide athletes with a premier volleyball program that focuses on the technical and fundamental training needed to become elite volleyball players, but to also emphasize the intangible skill sets necessary to have positive impacts on their teams and in their schools and communities.

About Us:

With volleyball emerging as one of the most popular sports for girls nationally, it's only befitting that the Nation's Capital/Metropolitan Area stake its claim on developing some of the best talent in the country. However, in order to develop talent, it must first be recognized. Spiked City DC was born out of the concept that every girl has the potential to make a monumental impact in this world and participation in competitive volleyball is the vehicle utilized to achieve this goal.

II. Types of Teams

Regional Teams: practice 2x per week; Our 13U-18U teams will compete in 7 tournaments within the Chesapeake Region. Our 12U teams will compete in 5 tournaments within the Chesapeake Region. The season runs from November through April.

III. The Multi-Sport Athlete

Many players in the club are multi-sport athletes who compete in two or more sports at one time. Conflicts are to be worked out well in advance with your coaches. However, we expect Spiked City DC to be your first priority for all non-school related activities.

IV. Team Practices

Practice facility locations can be found on our website. All practices are closed. All regular season team practices will conclude by the end of April.

V. Practice Policies

Practices begin at the scheduled start time. Players' "practice prep" (shoes, knee pads, ankle braces, taping, hair, etc...) should all be in place and complete by the scheduled start time. This includes bathroom issues. **If an athlete cannot be at practice, the athlete must call the coach PRIOR to the start of practice.** The athlete must contact the coach directly at home/work/or cell phone number. Injured athletes who can attend school are expected to attend practice, even if they cannot physically participate in practice, to support their team and be available to help where they can.

VI. Uniforms

Required uniform packages will be made available to each team. Uniform package fees are included in the overall club fees. This includes a backpack, 2 jerseys, socks, sweatsuit, spandex, and 2 practice t-shirts. If, during the course of the season, any piece of an athlete's uniform or equipment becomes lost or damaged, it must be replaced immediately at an additional cost.

VII. Tournament Related Travel Fees

Lodging and travel for the coaches are included in the fees. Parents are responsible for transporting their players to and from the tournament locations. Travel arrangements must be made by parents.

VIII. Payment Responsibilities

No athlete will be allowed to participate during the current season unless fees are current. An athlete whose account becomes delinquent during the current season may be denied the privilege of playing in a tournament and/or asked to sit out a practice until the account is paid or arrangements are made for restitution. A player remains obligated for payment if they terminate their contract with Spiked City DC. Extenuating circumstances will be considered and costs prorated accordingly. Examples of extenuating circumstances would be moving out of the state, serious illness or injury. Costs such as USAV player registration, lodging costs, and uniform costs will not be refunded. Prorated costs will include the number of remaining tournaments, the ability of the player to continue to participate in practices, etc. The final decision on the amount will be determined by Spiked City DC. Our club is unable to provide financial aid.

IX. Tournaments and Travel: Participation

Players are expected to attend all scheduled tournaments. Conflicts should be brought to the attention of the coach at the beginning of the year. Conflicts may result in the athlete's court time being affected as the team prepares during practices leading up to an event. Missed events do not constitute a partial reimbursement of the participant's fees.

X. Team Officiating

Officiating is the shared responsibility of the entire team. All athletes are **REQUIRED** to help with line judging, score keeping, libero tracking, score flipping, and R2 officiating. No athlete may leave a tournament before their officiating assignment is complete. Scorekeeper and officiating clinics are **REQUIRED**. Information can be found on our website and by visiting www.chrva.org.

XI. Tournament Policies

* No food, drinks (other than water), glass containers, or chewing gum is allowed in any gym at any time. Team food and drinks can be kept in the lobby or outside the playing venue.

* Playing time for athletes is determined by the performance of the athlete during practices and previous matches, and is left to the discretion of the coach.

* Proper demeanor is expected of all members of the club (athletes, parents, and supporters); this includes treating members of the officiating crew with respect.

* Only Spiked City DC uniform pieces will be worn during tournaments

* All uniform pieces must be brought to tournaments. Uniforms must be clean.

* No jewelry may be worn once the player arrives at the venue for competition.

* Athlete may not leave tournament site until excused by the coach.

*When preparing for events teams will arrive early and set up an area at the arena, which will serve as “camp”. Playing shoes are not to be worn to and from events and should be carried in gym bags when not in use. Personal belongings must be placed in gym bags to prevent loss and theft. SCDC and its coaches are not responsible for lost or stolen personal items. We recommend all items of value remain at home.

*All athletes are required to assist with line judging, scorekeeping and officiating. It is important that in fulfilling these duties, athletes give their full, undivided attention to their assigned task. All players will be expected to participate in CHRVA Referee and Scorekeepers Clinics and take the applicable tests to promote certification.

*Keep socializing and distractions to a minimum when at the scorer’s table. NO iPods and cell phones are to be used while performing these duties. NO eating at the scorer’s table once a match has begun. Players are expected to wear Spiked City DC gear while performing these duties vs. other attire. In many tournaments, teams must work after they have played a match. When this happens, no player on the team may leave until all duties are completed. In the event of an emergency or other pre-arranged agreement (defined prior to the tournament) is made, coaches may dismiss players at their own discretion.

XII. Tournament Related Travel Policies

* Athletes will be courteous and respectfully obey all staff members. This includes all coaches, chaperones, and adults officially traveling with the team.

* Athletes must report any illness or injury to the coach and chaperone immediately.

* An athlete who damages any property at a playing facility will be personally responsible for damages.

* Athletes must dress appropriately at all times.

* Athletes found in possession of alcohol, tobacco, or illegal drugs will be sent home immediately at the expense of the parent/guardian. Violation of any travel policy may result in the athlete being sent home immediately. Further action by the club will follow.

XIII. ZERO TOLERANCE FOR BULLYING

All violations will be immediately addressed and could subsequently result in suspension or expulsion from the club. This includes any social media infractions i.e. inappropriate posts or videos. No refunds will be given.

XIV. Parents Code of Conduct

Spiked City DC will not tolerate hostile, aggressive confrontations by a parent towards an official, a director, a coach, an athlete, or another parent. Violation of this policy may result in the athlete being dismissed from the club. In such cases, no refunds will be issued. The influence, both good and bad, that a parent can have on their child’s introduction to or continuation in sports is often misunderstood or underestimated. Your valuable contribution to your athlete is appreciated by Spiked City DC.

XVI. Trust Rule

Spiked City DC Staff understands that something may come up during the season and create a payment challenge. Our expectation is that our parents communicate with our staff immediately to come to a solution. If a solution is reached, we require that none of the following occur:

- a. Bringing or sending players to practice or tournaments when they have been suspended for delinquent payments
- b. Avoiding staff emails, phone calls or letters when payments are past due
- c. Blatant disregard of agreed payment arrangements

Any of the above actions will void all payment arrangements, require full payment of season fees and may result in expulsion from the club.

XVII. Inclement Weather Policy

As our club season spans the winter season, we may experience inclement weather that could possibly cause our practices, meetings or tournaments to be canceled or end early. We will reschedule any canceled or shortened events as gym availability, previous schedules and time allow. Please keep in mind that rescheduling may not be possible in all instances. The following procedure will be followed if this becomes necessary:

During inclement weather, a decision will be made as soon as club directors receive information from the venue hosts and/or local media announcements. Notices will be posted immediately to our website home page and communicated through the coaches.

XVIII. Grievances

While we enter each season hoping for it to be smooth with no issues or conflicts that often does not occur. As a result we must have a grievance process to support a mature, thoughtful, deliberate, and timely resolution. The lines of communication will be strictly followed within the Spiked City DC VBC. If you or your daughter is having frustrations or problems of any kind, it is very important that your daughter speaks to her coach as soon as possible.

Approach the coach (face-to-face, e-mail, or phone call) to ask for a meeting time to be set.

Expect meetings to be at a location other than a tournament.

If after speaking to the coach and allowing the agreed to time to elapse from initial discussion with the coach to seeing resolution your and daughter does not feel like the problem has been resolved, then she should feel free to speak with the club director.

At no time should a parent approach and discuss any such issues with a coach on the day of a tournament. It is important, however, that if the issue relates to bullying, harassment, personal safety, or other discriminating behavior for your athlete or other athlete, then reaching to a member of the club leadership is permissible and necessary.

XIV. NUTRITION AND THE ATHLETE

Good nutrition is essential for the athlete to be able to compete at a consistent level, not to mention maintain a healthy body. Please emphasize the importance of healthy eating habits to your athletes especially when on the road. Multi-day tournaments can become grueling if the body isn't properly nourished.

XV. COVID-19

COVID-19 has been declared a worldwide pandemic by the World Health Organization ("WHO") and has been declared extremely contagious and capable of spread from person-to-person contact. It is

acknowledged by the CDC that an individual can be infected with COVID-19 without their knowledge and be asymptomatic. As a result, Spiked City DC has put in place certain preventative measures to reduce the risks associated with the spread of COVID-19. However, Spiked City DC cannot guarantee that such measures will prevent the spread of COVID-19 in connection with the activities. Further, participating in the activities could increase participant's risk of contacting COVID-19.

XVI. PURPLE CARD

The purpose and intent of the Purple Card Sanction Program is to effectively address and sanction any inappropriate or prohibited behavior exhibited by any CHRVA member or spectator attending or observing any CHRVA sponsored/sanctioned Junior activity. Additionally, this pertains to anyone involved in the actual CHRVA Junior activity, including the behavior of the participants immediately before and after the activity. This does not preclude the current yellow and red cards used by the officials during the tournament match for the match participants.

6.12.1 Prohibited Behavior

A. Prohibited behavior would include, but not limited to, any comments(s) made, or actions displayed, deemed by others as rude, profane, disrespectful, disruptive, or aggressive, which interferes with the normal progress of a CHRVA Junior activity.

B. Any behavior prohibited by USA Volleyball or Chesapeake Region Code of Conduct and Safe Sport policies.

C. Any misconduct deemed contrary to normally accepted behavior, which results in the unnecessary interruption of a CHRVA Junior activity.

6.12.2 Administration of the Purple Card Sanction Program

- CHRVA Commissioner will be responsible for the oversight of the program.
- CHRVA Junior Program Director will be responsible for the implementation of the program through the Tournament Host and Junior Club Directors.
- CHRVA Jr. Ethics and Rules Chair and Committee will oversee the disciplinary and sanctions of the program.

6.12.3 Application of the Purple Sanction Card

A. CHRVA will provide tournament hosts with a supply of purple cards.

B. During a tournament, if the host staff notices or is made aware of a spectator exhibiting unsportsmanlike or inappropriate behavior, the host staff will approach the spectator safely and give the spectator a purple card. Host staff will ask the spectator which team the spectator is affiliated. Host staff will explain that the behavior that is being exhibited is not appropriate and to cease.

C. At the end of the match, host staff will approach the coach of the team who the spectator was affiliated. Host staff will explain to the coach the appropriate behavior at a CHRVA event and the club is responsible for the behavior of the team's spectator.

D. Tournament host will report the purple card to the CHRVA Jr. Ethics and Rules Chair, CHRVA Program Director, and CHRVA Commissioner within 24 hours of the tournament conclusion.

6.12.4 Sanctions of the Purple Card Sanction Program

- A. 1st card received: Written email to the Club Director as a warning and to require the Club Director to speak to the team and parents about appropriate behavior.
- B. 2nd card same team, same season: Club will be assessed a fine. Fine must be paid within 14 days of notification. Team is precluded from playing unless fine is paid and received by CHRVA Treasurer.
- C. More than 2 cards in a season: Club will be assessed a fine. Fine must be paid within 14 days of notification. All Club teams are precluded from playing unless the fine is paid and received by CHRVA Treasurer.