**Club Elevate Manual **

**Practice**

Team practice is where we become physically and mentally stronger volleyball players.  Since our practice time is limited, we must make the most out of the hours we have together.  It is a place to focus on improving our weaknesses, creating toughness (physical and mental), challenging ourselves, staying focused, and learning how to play as a team.  Coaches will bring our correct attitude and effort every day and we know that you will do the same.

Make sure you come to practice prepared.  You not only need to be physically prepared, but mentally prepared as well. Leave outside distractions at the door and focus on volleyball for the next 1+ hour. Pettiness, negativity, and drama only serve to distract from practice. Please make sure you are eating properly and staying hydrated before practice so you will have the energy you need to perform.

**CLINICS**

Club Elevate will have clinics for all ages on Fridays during the season. Please help me spread the word of my club so I can potentially have more teams in the future.

Clinics are a separate opportunity to get more touches for the Club but it is NOT a necessity nor will it give the athlete more playing time just for signing up!

**Fundraising and Team Bonding**

Fundraising and team bondings are mandatory for this club. We believe that we are only as good on the court as we are off the court. It’s also important to leave your mark on the club. Fundraising will help keep this club affordable and get us what we need. (resistant bands, workout equipment, practice shirts, etc (affordable prices while still getting top quality coaching and resources.)

**Competitions**

 Our priority at Club Elevate is to create a healthy and competitive playing environment.  On game day, the players that are able to contribute positively and execute what is asked of them will see court time.  All-out effort in practice is expected 100% of the time and is not grounds for playing time. You have a chance each and every time you touch the ball to show the coaching staff that you are improving and that you can contribute to team success on match day.  If a player would like to discuss playing time, she is welcome to set up a meeting with the coaches. Playing time is not something that will be discussed between parents of players. There will be a depth chart that will be used to show the levels and rankings of each athlete before each tournament.

 Starters and subs are all expected to stay engaged during all warm-ups and match-time activities. You never know when you may be called upon to step up and must be ready at all times. Be aware of game strategies in your position and previous information shared during timeouts and between sets. Being able to compete is the reward after putting in the hours of hard work at practice and an opportunity to show ourselves what we are capable of.

**24 Hour Rule**

There is a 24- hour rule in place to protect both the coaches and parents from saying things with heightened emotions after a game/loss. Parents will NOT discuss playing time or coach’s strategy at a tournament. Take 24 hours to access the situation and if the parent still feels the need to talk to the coach, then an email may be sent.

**Attentiveness**

Maintain eye contact and an affirmative demeanor when any coach, leadership committee member, or teammate is speaking during meetings, practices, or matches.  Do not let your attention wander, or let personal feelings get in the way of the message. Please be sure you are not talking while a coach or teammate is talking, their thoughts and time are just as valuable as your own.

**Responsibility/Accountability**

We strive to create an atmosphere of responsibility and accountability for the players.  Each player is expected to take on the responsibility of the program, your equipment, your mental and physical health, and attitude. You are expected to hold yourself and your teammates accountable for all of your responsibilities.  This is not my program, it is yours. Your life is not mine, you take control. The lessons and values you learn while wearing the Elevate uniform will help you treat your future responsibilities with the respect that they deserve and require. Allowing any of these responsibilities to slack will jeopardize you and your teammates’ success. .

We handle team confrontations and issues in a responsible and respectful manner. We recognize that everyone handles confrontation and uncomfortable issues differently, but we know it is important for us to deal with these situations when they arise. We will always work to use “I” statements, to call in instead of calling teammates out, to reflect and acknowledge our bad days, and to listen and hear our teammates when they call us in. If there seems to be a recurring issue, then we look to get coaches involved.

**Competition Protocols**

* The team will enter and exit tournaments in matching attire.
* All members will have matching tops at all times. Team issued sweats are allowed during warm-ups.
* All jewelry will be off before entering the gym.
* Always bring all jerseys, spandex, socks…etc.
* All players must understand scouts, in-game strategy, and be alert at all times whether on the court or on the bench.
* All players are expected to look for any edge or weakness of opponents and give feedback during matches, during time outs, and between sets. Help your teammates!
* Have some fun!

**Practice Protocols**

* DON’T BE LATE.
	+ We will hold each other and ourselves accountable.
	+ Should someone show up late the following will take place:
		- Each situation will be handled on a case by case basis
		- There will be a physical consequence

Player and Parent Financial Agreement for Club Elevate Volleyball Club.

I agree to participate with Club Elevate volleyball during the 2024-25 Season. Player and Parent agree to pay a $300 Initial Deposit per player to Club Elevate Volleyball Club upon acceptance of their team placement to hold their roster spot for the 2024-25 club season, which will be applied to their total team fees for the season. Player and Parent also understand that the $300 deposit is nonrefundable should the player or parent change their mind and opt not to participate in the program. Club Elevate Volleyball guarantees a roster spot to Player and Parent for the 2024-25 season.

Furthermore, Parent and Player agree that Club Elevate Volleyball is providing a service, rather than a product, and therefore waives the right to dispute any payment for services made via check, credit or debit card to Club Elevate Volleyball Club.

Parent and Player understand that the following items are INCLUSIVE of their Team Club Elevate Volleyball team Fees:

● Uniform

● Tournament Fees

● Coaching Fees

● Practice Court Fees

● Equipment Fees

● Administrative Fees

● Coaches Travel, per diem and expenses

Parent and Player understand that the following are NOT INCLUDED of their Club Elevate Volleyball Fees:

● Player and Parent travel expenses associated with tournaments (hotel lodging, airfare, fuel, food, etc.)

● Travel to and from Practices and Tournaments

● USAV and/or AAU Player Membership Fees

Parent and Player further agree to sign and participate in:

● Club Elevate Volleyball Parent Contract

● Club Elevate Volleyball Parent and Player Code of Conduct

● Club Elevate Volleyball Club Waiver and Release of Liability

● All Club Events including but not limited to the Player/Parent Meeting, all practices and tournaments, and all team meetings

Player and Parent understand that by signing this contract, the player is required to participate with Club Elevate Volleyball for the 2024-25 club season and that Club Elevate Volleyball guarantees a roster spot to Player and Parent for the 2024-25 season. Player and Parent understand and agree that by signing this contract they cannot tryout or participate with any other club team or program from the date of this contract being signed through JUNE 1st2025

I have read and agree to the conditions set forth above by Club Elevate Volleyball.

By signing this contract you agree to all of the above statements and will abide by this manual in order to be a part of Club Elevate.

Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent (s) Guardian (s) Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent (s) Guardian (s) Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_