



**PARENT & PLAYER
CLUB HANDBOOK**



Dear Player & Parent,

It is with great pleasure that I welcome you to Strikeforce!

Let me introduce you to a sports philosophy that is proud of its great heritage. Strikeforce volleyball brings 50 years of international volleyball tactical and technical development theory to the athletes we serve. Our training only enhances the overall performance of our athletes, but also enriches their character. Our principles are based around the personal development of the athlete's body, mind and spirit...creating "the complete athlete."

As part of the Strikeforce team, we ask you to please make sure you read the entirety of the Strikeforce Club Volleyball Handbook. All club parents and participants are expected to read the information in detail and to adhere to all club policies and regulations.

Our vision is to strengthen our role and enhance our work as the state's leading premier youth volleyball club program and we hope you will embrace that vision and make it your own.

Please note that all detailed club information including travel details etc. will be sent to you via email.

You are a viable part of our organization and we welcome you to the Strikeforce family!

Sincerely,

Dre & Kala Sloan

Founders & Club Directors
Strikeforce



CONGRATULATIONS!

YOU HAVE BEEN SELECTED TO REPRESENT STRIKEFORCE!

Dear Club Participant,

We welcome you to the Strikeforce family! You have been selected as a reward for your hard work, determination and diligence. You're physical, mental and technical growth has not gone unnoticed. We feel that you can or will continue to embrace the Strikeforce philosophy, and reach the standard of excellence that we have set out for you! As part of Strikeforce we hope you will continue to show those characteristics that are essential to our success:

WORK ETHIC!! PASSION!! MENTAL TOUGHNESS!! TECHNICAL PERFECTION!!

Our goal for you is simple...and that is to market and promote you, the team, and Strikeforce to the highest degree!

You are a viable part of this organization and we thank you for trusting us with your future!!

Sincerely,

Your Strikeforce Staff

STRIKEFORCE PHILOSOPHY

Strikeforce strives to provide athletes of all levels, a systematic developmental format of learning, designed to increase their performance levels! Our mission is to create the "complete athlete" physically, mentally and technically. This concept, and a commitment to those values, is the foundation of the Strikeforce philosophy.

ADMINISTRATIVE STAFF/EXECUTIVE TEAM

Dre Sloan – Head Coach & Club Director

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COACHING CODE OF CONDUCT

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal, as well as athletic development of their athletes. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channeled. Thus how an athlete regards his/her sport is often dependent on the behavior of the coach. The following Code of Conduct has been developed to aid coaches in achieving a level of behavior, which will allow them to assist their athletes in becoming well-rounded, self-confident and productive human beings.

STRIKEFORCE COACHES ARE COMMITTED TO:

1. Treat everyone fairly within the context of his or her activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
2. Direct comments or criticism at the performance rather than the athlete.
3. Consistently display high personal standards and project a favorable image of their sport and of coaching.
4. Refrain from public criticism of fellow coaches; especially when speaking to the media or recruiting athletes.
5. Abstain from the use of tobacco products while in the presence of her/his athletes and prohibit their use by athletes.
6. Abstain from drinking alcoholic beverages when working with athletes.
7. Prohibit the use of alcohol in conjunction with athletic events or victory celebrations at the playing site.
8. Refrain from the use of profanity, insults, harassment or otherwise offensive language in the conduct of his/her duties.
9. Ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the athletes and educate athletes as to their responsibilities in contributing to a safe environment.
10. Communicate and co-operate with registered medical practitioners in the diagnosis, treatment and management of their athletes' medical and psychological problems. Consider the athletes' future health and well-being as foremost when making decisions regarding an injured athletes' ability to continue playing or training.
11. Recognize and accept when to refer athletes to other coaches or sport specialists. Allow athletes' goals to take precedence over their own.
12. Regularly seek ways of increasing professional development and self-awareness.
13. Treat opponents and officials with respect, both in victory and defeat, encourage athletes to act accordingly. Actively encourage athletes to uphold the rules of their sport and the spirit of such rules.
14. In the case of minors, communicate and co-operate with the athlete's parents or legal guardians, involving them in management decisions pertaining to their child's development.
15. In an educational institution, be aware of the academic pressures placed on student-athletes and conduct practices and games in a manner so as to allow academic success.

RULES & REGULATIONS

While representing STRIKEFORCE, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with the Strikeforce Club Directors. Strikeforce is very proud of our image therefore requiring all athletes to look professional in your attire at all times. It's this simple: If it has the Strikeforce

on it or it is part of a Strikeforce team uniform, it is your obligation to represent this organization in a professional manner. Any athlete damaging equipment owned by Strikeforce or any facility used by the Club during practices, tournaments or other functions will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In some cases, the athlete may be dismissed from the Club. An athlete with a delinquent account during the current season may be denied the privilege of playing in a tournament and/or asked to sit out at practice until the account is paid or arrangements are made with the Director. A specified percentage (TBA) of the athlete's current season's account must be paid in full before the athlete will be allowed to participate in any tournaments. All athletes must have the following items signed by their parents or guardians before they will be allowed to begin formal training: Strikeforce Profile sheet, Registration & Liability Form, USA Volleyball Waiver Form and Medical Form. In case of inclement weather, a coach or someone from a phone chain will call your home to notify you of practice cancellations. We strongly encourage athletes who make an Strikeforce team to take this participation seriously. This means we expect Strikeforce practices and tournaments are of the highest priority.

FUNDRAISING COMMITTEE

A fundraising committee will be established to assist those interested in financial assistance. Detailed information will be available upon its establishment.

CLEANLINESS

The Strikeforce image should be one of professionalism and cleanliness. Equipment must be clean and functional for tournament play. Uniforms must be laundered and neat for tournament play. Help clean up our area prior to leaving the tournament facility.

PRACTICE RULES

How to be a Supportive Athlete? Be mentally and physically ready to take part in practice. Listen, Think, and Act with 100% effort. Don't distract your teammates. Accept responsibilities for your mistakes. Never put down fellow teammates or opponents. Keep your commitment to your team for the full season. **BE PROFESSIONAL AND TAKE PRIDE IN WHAT YOU DO!**

ATHLETES...YOU, are responsible for your performance! It is measured by your efforts both on and off the court during practices and competitions. Every practice is an opportunity toward excellence. Excellence comes by way of successful Performance in practice, and in competitions.

100% on time. Practice attendance is the expectation. We can't train you if you are not here. Also, arriving late to practice is not fair to your teammates. You must contact the coach in advance if you intend to miss a practice or a tournament.

100% intensity. Mental toughness and intensity is a "learned skill". Everyone is responsible for challenging and supporting each other during practice. The harder we work the better we become. Distracting others while at practice will not be allowed. If you have any questions ask your coach. Have a caring, supportive attitude.

100% focus and effort. Aggressive posture is the expectation on the practice and on the competition court. Problems related to Performance needs to be communicated with the coach at the beginning of any practice or tournament. Players must notify their coach immediately of any injuries or illness. Aggressive, positive errors are part of learning! Un-aggressive or thoughtless errors will be challenged for improvement.

Appropriate behavior when representing STRIKEFORCE will be expected at all times. Fellow players, coaches, Club staff, parents, and members of other clubs shall be treated with respect at all times. Jewelry or gum is not allowed during practice or at tournaments.

EXPECT SUCCESS, EXPECT TO LEARN! Expect our coach's best efforts and yours. Expect to have fun through hard work, discipline, consistency, and personal achievements.

DISCIPLINARY GUIDELINES

Athletes are expected to abide by the USAV Code of Conduct, Disciplinary Policies, Waiver and Release of Liability, and the Player Agreement they have signed. **Any athlete who willfully performs any act deemed detrimental to the Strikeforce organization, teammates, or any staff Strikeforce program. Club dues shall not be waived. Refunds will not be issued.**

Discipline: A form of corrective action deemed necessary to correct an individual problem. The athlete will be notified verbally, and be given a specific time to correct the deficiency. The athlete is expected to participate in team practices, team travel and tournaments even though player participation may be limited. If a player fails to make corrections to the deficient behavior or actions in the specific time period, they may have further discipline action taken, or suspension, or expulsion from the Strikeforce program.

Suspension: The individual shall not be permitted to take part in club or team activities for a specific time period. (# of days).

Expulsion: The individual shall be removed from the Strikeforce program. Action may be for the remainder of the year, or specific number of years.

Examples are as follows but no limited to: Being issued **3 warnings** or reprimands; being in possession or under the influence of alcohol or illegal drugs, or failure to remove themselves from the area where such activities are taking place; assaulting, originating gross behavior or harassing others; failure to abide coach's decision or acting with flagrant disregard for one's own safety or the safety of others; Violation of the USAV Code of Conduct or disqualification from participation by USAV.

SAFETY RULES

Safety awareness is as important to volleyball as learning the skills of the sport. Players need to follow all safety rules. These rules are for your safety and the safety of those around you. Horseplay is not permitted at any time, in any place. You need to properly warm-up and cool-down before and after every practice and match. You need to wear proper equipment such as kneepads, footwear, and gym cloths to prevent chafing, blisters, and floor burns. You are not allowed to practice or play when you are injured, and medical approval is required for participation following serious injury or illness. Joint injuries are expected to be taped if deemed appropriate by your physician's advice. You need to treat bruises, sprains, and floor burns with ice packs or cold water to reduce swelling and pain. First aid kits are available which include ice packs, band-aids, tape, elastic bandages, splint materials, and gauze.

PLAYING TIME

We DO NOT guarantee equal playing time on any team or at any event. Strikeforce has the philosophy that what you pay for is instruction time during practices. Playing time for athletes is determined by attendance, attitude, effort, Performance, athlete's potential, the team's needs at the moment, and the team's needs in the future. This is left solely to the discretion of the Strikeforce coach. The "coaching decision" is not up for debate or question. Athletes are encouraged to ask what they can improve on to get more playing time. (See Grievance Procedure)

TOURNAMENTS

Seating is sparse in most of the gyms so we recommend that you bring your own chairs. We strongly suggest that you pack a cooler for your athlete for the day of a tournament because they can run long. Some players bring pillows and sleeping bags so they can rest between rounds. Games, homework, books, etc. are all recommended for some of the longer tournaments. Arrive early so you can help set up your team area and get ready to warm-up. Except for starting times, most tournaments do not follow a set time schedule. Matches will begin 10 minutes after the end of the previous match. If the tournament is run well, it should be over around 6:00 p.m. But to be on the safe side, expect to be there all day.

Tournament Checklist: Following is a list of items you should or will need to have:

Mandatory:

- Team uniforms – jerseys (2), spandex
- Kneepads, volleyball shoes
- Athletic Bag, team Sweats
- Water jug
- Appropriate outerwear depending on weather
- Towels (1-2)

Should Have:

- Extra socks
- Cooler with healthy lunch & snacks
- Extra shoes / sandals for off court
- Personal needs (medicine, extra money, etc.)

Nice to Have:

- Books, Ipod
- Outerwear depending on weather
- Blanket / throw
- Camera
- Extra kneepads

TOURNAMENT RULES

All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time. This usually means the athlete needs to arrive at the site 15 minutes prior to the scheduled arrival time. Earlier is always better. Proper conduct is expected for all members of the Club at all time. This includes athletes, parents, and supporters. This also means treating supporters from other teams, other parents, and officials with respect. Athletes and/or parents are expected to provide transportation for their athlete to and from tournament sites and practices. If an athlete cannot be at a tournament, the athlete is expected to call the coach as soon as the athlete knows she will be absent. It is the athlete's responsibility (not the parent's) to reach the coach before the tournament starts. Athletes will not be allowed to leave the tournament site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed.

TRAVEL POLICIES

All Strikeforce athletes and parents are expected to abide by the travel policies below.

General Travel Policies

1. When traveling to tournaments, Strikeforce prefers that each player stay with her own parent or the team parent. The club or individual teams will reserve blocks of hotel rooms for most tournaments, however, it is the parents' responsibility to make a reservation and pay for all hotel rooms. We request that players and parents make an effort to stay at the designated hotel for each tournament. Hotel information will be available 3-4 weeks or more prior to each tournament and will be distributed to teams by the Team Parent.
2. When traveling to overnight tournaments, curfew will be 11:00 pm all nights before a match. If the coaching or administrative staff is notified of any disturbances by Strikeforce players, the offending player(s) will be asked to leave the site for the remainder of the tournament.
3. Transportation to and from all tournaments is the responsibility of the parent.

4. When traveling, there should be no display of disrespect towards any club, player, parent, coach, hotel employee, or other hotel guests.

Stay To Play Tournament Policies

Certain tournaments, including all National Qualifiers institute a Stay To Play policy. This policy requires all players, parents, coaches, directors and officials to stay in designated hotels in order to meet entrance requirements for the tournament. Teams who do not abide by the Stay To Play policy will not be allowed to play in these types of tournaments. For this reason, Strikeforce has the following policies in place:

1. Stay to Play tournaments will be designated at the time the tournament schedule is distributed.
2. No individual should make non-refundable travel arrangements for any Stay to Play tournament without consulting with the team parent, coach, or club director.
3. All players, parents, coaches and friends attending a Stay to Play tournament will be required to stay the designated hotel(s) for the entire duration of the tournament.
4. Any individual violating this policy will be subject to a fine, payable to Strikeforce of not more than the cost of 1 hotel room at the designated hotel for the duration of the tournament.

OFFICIATING

Officiating is the shared responsibility of the entire team. Each coach will determine a procedure their team will follow for officiating assignments. Every player is required to stay until the entire team can leave. Please do not ask the coach if you can leave early. You are expected to stay!

GRIEVANCE PROCEDURES (SEE "PLAYING TIME")

Strikeforce VA fully comprehends the value of parent involvement and encourages our parents to offer feedback whether positive or negative, but to do so in a respectful way. The below procedure is designed to help athletes and parents with questions, concerns, or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

1. 24-hour rule: If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24 hours after the conclusion of the event to discuss the issue with the head coach. We trust that parents will be timely in communicating with coaches regarding potential issues that would distract that coach from their primary objective of coaching the team.
2. Don't approach the coach immediately prior to the start of practice, the coach must focus on the athletes' and the training required during practice.
3. The athlete must first ask for a meeting with the coach to discuss the issue at hand. In the case of players on 13's or younger teams, the parents may request the meeting, in which the athlete, parent and coach must be present.
4. If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon by both the parent and coach – NOT at a tournament and/or practice.
5. If the issue is unresolved, the parent may ask for a meeting with the club director, the head coach, and the athlete. The meeting should take place at a location considered adequate for private discussion, agreed upon by the parent, coach, and director and during a scheduled time away from practice or a tournament is appropriate. The decision of the club director at this point is **FINAL**.

It is essential that our parents serve as a support system for our club, players and coaches. To ask this, we, as the club director, staff, and coaches need to be available to empower parents and athletes with information and ensure understanding. When all parties share time together, the potential conflict creates a greater opportunity to learn from each other different strategies in how all parties can communicate effectively and be more congruent in cultivating a positive experience for our athletes.

Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. Knowing when to communicate and how to communicate with your athlete's coach is a concern for almost every

parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time. At Strikeforce, we encourage the athlete to take responsibility for their participation. For this reason we expect the player to talk to the coach first, when she has a problem concerning her playing time, or if she is unclear about what the coach expects from her either in practice or in a competition. The appropriate way to do this is for the athlete to ask the coach what she needs to do to get more opportunities to play in matches. Most of the time, the player knows why they may not be playing as much as a teammate when the parent may not. Parents can best help their athlete by helping her set some goals to achieve more opportunities. When a parent has a problem please feel free to approach the coach privately after a practice or game. The coach will not be required to defend his/her thought process or conclusions in the determination of playing time, and it is improper for a parent to request that. Specifically, the procedures to follow if you are a parent, or you're an athlete as a member of an Strikeforce team, have concerns about Strikeforce policies or a coach's actions are, in this order: The athlete will speak or meet with the coach to discuss the matter. Parents should contact the coach via telephone to set a meeting. Meetings are to be at times and locations other than tournaments. The recommended time for a parent and/or athlete to talk to a coach about a problem is a previously arranged meeting time either before or immediately after a scheduled practice. In certain situations, Strikeforce may ask the athlete to attend the meeting also. Meetings should be previously arranged. Meetings will not be scheduled during a tournament.

Other Policies Regarding Grievances

Strikeforce will not tolerate hostile, aggressive confrontations between a parent and any official, or a parent and any coach, or a parent and any athlete, or a parent and any other parent, whether the coach, athlete or other parent is a member of Strikeforce or not. Violation of this policy may result in the athlete being dismissed from Strikeforce without refund. It is inappropriate for an athlete or a parent to approach other Strikeforce members about a problem the athlete or parent is having with an Strikeforce coach, about objections to coaching decisions, or about disagreements with an administrative decision. Asking uninvolved people to take sides in an issue is unfair to the third party and to the Club. For the psychological health of the team and the Club as a whole, grievances need to be handled between the parties involved and in the proper manner. If a player or parent is approached and asked to listen to, or express an opinion about matters between two other parties in the Club, it is strongly encouraged to refer the complaining party to take the matter up with the coach in question. Any member who, as a third party, hears remarks or stories about Strikeforce its employees or its policies, that cause the member to be concerned, is encouraged to contact the Head Coach and/or the Club Director immediately to determine the facts, or to alert the club administration to a situation we may be unaware of. It is detrimental to everyone involved to repeat complaints you hear or overhear to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the truth or the facts of the situation. Please refrain from negative comments around your daughter and the other athletes. Young players are vulnerable and if they hear complaining about the coach, the coach's style or Strikeforce, this can have an adverse effect on their Performance and/or attitude. If you, as a parent, are unhappy about something, you should follow the grievance procedure of this guide to resolve the matter. Repetitive complaining to the athlete(s) or other third parties that interferes with the Club's efforts to pursue its stated mission and purpose may be cause, in the sole determination of the Club, to ask a member to resign.



CLUB RELEASE POLICY

If an athlete/family decides to depart Strikeforce VA during the respective season, the following steps must take place:

Release Policy:

STEP 1

The athlete/family in question must submit a written request for release to the Club Director, Dre Sloan – strikeforceva@gmail.com and to the Florida Region at registrar@FloridaVolleyball.org stating the reason for the request.

STEP 2

Club will release the athlete immediately once the following item(s) have been completed:

1. Athlete returns all club gear provided to athlete this season.
2. Member must remit all financial obligations agreed upon contractually. Payment Option – Member pays full cost of season.

Transfer Policy: A player can represent only one club during the Season. A change in geographical location of the family due to a change in job, military, scholastic or inner-collegiate status may receive special consideration. No player may participate in different Qualifying events with different clubs/teams. Proof of residency must be provided by the family at the time of the release/transfer request.

Once an athlete has participated in a National Qualifier Event (Regional or NQ) they may not be released for the rest of the season to another club. Please refer to the USA Volleyball (USAV) Championship Manual on releases for athletes that participate in regional or national qualifying/bid events.

Parent Name (Print)

Parent Signature

Date:



MINOR ATHLETE ABUSE PREVENTION POLICIES

Covered Organizations/LAOs are required to implement the following athlete abuse prevention policies

To satisfy these requirements, USA Volleyball provides these policies to USAV member clubs. Clubs may choose to implement stricter standards.

SafeSport Club Policies

1. One-on-One Interactions, including meetings and individual training sessions (Clubs are required to establish reasonable procedures to limit one-on one interactions, as set forth in federal law)
2. Massages and rubdowns/athletic training modalities Locker rooms and changing areas
3. Social media and electronic communications
4. Local travel
5. Team travel

These policies shall apply to the following:

- 1) Adult members at a facility that is either partially or fully under the jurisdiction of a **FLORIDA REGION CLUB**
- 2) Adult members who have regular contact with amateur athletes who are minors
- 3) Any adult authorized by **FLORIDA REGION CLUB** that may have regular contact with or authority over an amateur athlete who is a minor
- 4) Adult staff and board members of a **FLORIDA REGION CLUB**

(Collectively "Applicable Adult" for the purposes of this policy)

POLICY 1 - ONE-ON-ONE INTERACTIONS

Observable and interruptible

- One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the jurisdiction of a **FLORIDA REGION CLUB** are permitted if they occur at an observable and interruptible distance by another adult.
- One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the jurisdiction of a Covered Organization/LAO are prohibited, except in the circumstances described in meetings with mental health care professionals and health care providers of this section and under emergency circumstances.
- Meetings between Applicable Adults and minor athletes at a facility partially or fully under the jurisdiction of a **FLORIDA REGION CLUB** may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult.
- If a one-on-one meeting takes place in an office at a facility partially or fully under the jurisdiction of a **FLORIDA REGION CLUB**, the door to the office must remain unlocked and open. If available, it will occur in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

Meetings with mental health care professionals and health care providers

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the jurisdiction of **FLORIDA REGION CLUB**, a closed-door meeting may be permitted to protect patient privacy provided that:

- The door remains unlocked and another adult is present at the facility.
- The other adult is advised that a closed-door meeting is occurring written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to the organization.
- **Individual training sessions**

- Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the jurisdiction of **FLORIDA REGION CLUB** if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Permission for individual training sessions must be obtained at least every six months. Parents, guardians, and other caretakers must be allowed to observe the training session.

POLICY 2 - MESSAGES AND RUBDOWNS/ATHLETIC TRAINING MODALITIES

Any massage or rubdown/athletic training modality performed at a facility or a training or competition venue under the jurisdiction of **FLORIDA REGION CLUB** must be conducted in an open and interruptible location. Any massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the massage or rubdown/athletic training modality in the room.

Locker rooms and changing areas

- **Non-exclusive facility**
If **FLORIDA REGION CLUB** uses a facility not fully under their jurisdiction (for, e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable Adults in categories 1 through 4 are nonetheless required to adhere to the rules set forth herein..
- **Use of recording devices**
Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under the jurisdiction of **FLORIDA REGION CLUB** is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by the **FLORIDA REGION CLUB** and two or more Applicable Adults are present.
- **Undress**
Under no circumstances shall an unrelated Applicable Adult at a facility under the jurisdiction of **FLORIDA REGION CLUB** intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.
- **One-on-one interactions**
Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full jurisdiction of **FLORIDA REGION CLUB**, except under emergency circumstances. If **FLORIDA REGION CLUB** is using a facility that only has a single locker room or changing area, separate times will be designated for use by Applicable Adults, if any.
- **Monitoring**
FLORIDA REGION CLUB will regularly and randomly monitor the use of locker rooms and changing areas at facilities under their jurisdiction to ensure compliance with these policies.

POLICY 3 - SOCIAL MEDIA & ELECTRONIC COMMUNICATIONS

As part of **FLORIDA REGION CLUB** emphasis on athlete safety, all electronic communications between a coach and athlete must be professional in nature and for the purpose of communicating information about team activities.

- **Content**
All electronic communication originating from Applicable Adults to minor athletes must be professional in nature.
- **Open and transparent**
Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), another Applicable Adult or the minor athlete's legal guardian will be copied.

If a minor athlete communicates to an Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult should respond to the minor athlete with a copy to another Applicable Adult or the minor athlete's legal guardian.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult will copy another adult. Minor athletes may "friend" the organization's official page.

- **Facebook, Myspace, blogs, and similar sites**

Coaches may not have athletes of **FLORIDA REGION CLUB's** Team join a personal social media page. Athlete members and parents can friend the official **FLORIDA REGION CLUB's** Team page and coaches can communicate to athlete members through the site. All posts, messages, text, or media of any kind between coach and athlete must be professional in nature and for the purpose of communicating information about team activities or for team-oriented motivational purposes.

- **Twitter, instant messaging and similar media**

Coaches and athletes may "follow" each other. All posts between coach and athlete must be for the purpose of communicating information about team activities.

- **Email and similar/electronic communications**

Athletes and coaches may use email to communicate. All email content between coach and athlete must be professional in nature and for the purpose of communicating information about team activities. Where the coach is a staff member and/or volunteer, email from a coach to any athlete we recommend come from the club website email center (the coach's return email address will contain "@CLUB.com").

- **Texting and similar electronic communications**

Texting is allowed between coaches and athletes. All texts between coach and athlete must be professional and for the purpose of communicating information about team activities.

- **Electronic imagery**

From time to time, digital photos, videos of practice or competition, and other publicly obtainable images of the athlete – individually or in groups – may be taken. These photos and/or videos may be submitted to local, state or national publications, used in club videos, posted on club or club associated websites, or offered to the club families seasonally on disc or other electronic form. It is the default policy of **FLORIDA REGION CLUB** to allow such practices as long as the athlete or athletes are in public view and such imagery is both appropriate and in the best interest of the athlete and the club. Imagery must not be contrary to any rules as outlined in **FLORIDA REGION CLUB's** Participant Safety Handbook.

- **Request to discontinue all electronic communication or imagery**

The parents or guardians of an athlete may request in writing that their child not be contacted by any form of electronic communication by coaches or Applicable Adults subject to this policy. (Photography or videography). The **FLORIDA REGION CLUB** will abide by any such request that their minor athlete not be contacted via electronic communication, absent emergency circumstances.

- **Misconduct**

Social media and electronic communications can also be used to commit misconduct (e.g., emotional, sexual, bullying, harassment, and hazing). Such communications by coaches, staff, volunteers, administrators, officials, parents or athletes will not be tolerated and are considered violations of our Participant Safety Handbook.

- **Violations**

Violations of **FLORIDA REGION CLUB's** Electronic Communications and Social Media Policy should be reported to your immediate supervisor, a **FLORIDA REGION CLUB** administrator or a member of **FLORIDA REGION CLUB's** Participant Safety Committee for evaluation. Complaints and allegations will be addressed under **FLORIDA REGION CLUB's** Disciplinary Rules and Procedure.

- **LOCAL TRAVEL & TEAM TRAVEL**

This policy shall apply to:

- 1) Adult members who have regular contact with amateur athletes who are minors
- 2) Any adult authorized by **FLORIDA REGION CLUB** to have regular contact with or authority over an amateur athlete who is a minor
- 3) Adult staff and board members of **FLORIDA REGION CLUB**

(Collectively "Applicable Adult" for the purposes of this policy)

POLICY 4 - LOCAL TRAVEL

Local travel consists of travel to training, practice, and competition that occurs locally and does not include coordinated overnight stay(s).

- **Transportation**

Applicable Adults who are not also acting as a legal guardian, shall not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must have at least two minor athletes or another adult at all times, unless otherwise agreed to in writing by the minor athlete's parent/legal guardian in advance of each local travel.

POLICY 5 - TEAM TRAVEL

Team travel is travel to a competition or other team activity that the organization plans and supervises.

- **Team/competition travel**

When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete must have his/her legal guardian's written permission in advance and for each competition to travel alone with said Applicable Adult.

- **Hotel Room**

Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player. (Unless coach is the parent, guardian or sibling of the player) However, a parent/legal guardian may consent to such an arrangement in advance and in writing. Furthermore, a parent/legal guardian may consent in advance and in writing to the minor athlete sharing a hotel room or other sleeping arrangement with an adult athlete

Coach or his/her designee will establish a curfew by when all players must be in their hotel rooms in a supervised location. Regular monitoring and curfew checks will be made to each room by at least two properly background screened adults. At no time should one adult be present in room with minor players, regardless of gender.

Team personnel should ask hotel to block adult pay per view channels.

- **Meetings**

Meetings shall be conducted consistent with the **FLORIDA REGION CLUB** policy for one-on-one interactions. Individual meetings between coach and player may not occur in hotel sleeping rooms and must be held in public setting or with additional adults present with one of those adults being the same gender as the player.



NUTRITION PLAN

Disclaimer: The information, including opinions and recommendations, contained in this handout is for educational purposes only. Such information is not intended to be a substitute for professional medical advice, diagnosis or treatment.

INTRODUCTION

Young volleyball players tend to have large energy needs, not only to support skeletal growth but also to meet the requirements of a heavy training schedule. The daily nutrition goal for volleyball players is to maintain an adequate energy intake to fuel practice, conditioning sessions, and competition. Sports scientists generally recommend a high-performance diet, consisting of 20% fats, 15% proteins, and 65% carbohydrates (measured in calories), with high school athletes needing a minimum of 2000-2200 calories per day. Vitamins, minerals, and water also provide additional nutrients and calories the body needs to function properly. Following a few simple guidelines and planning ahead gives athletes the nutrition they need to perform.

FAT

Fat intake recommendations: Desirable weight (in pounds) x 0.45 = number of grams of fat per day

Fat is an energy dense nutrient and is a good calorie source for active individuals. Saturated fats are classified as “bad” and include several meat and dairy products, as well as anything containing hydrogenated oil. “Good” fats can be defined as monounsaturated and polyunsaturated fats and should be included in every athlete's diet. Examples of good fat products are nuts and olive oil. Also eating fatty fish, such as salmon or tuna, may benefit the athlete's health and help prevent injury.

PROTEIN

Protein intake recommendations: Desirable weight (in pounds) x 0.9 = number of grams of protein per day

Protein is not the body's preferred fuel source during exercise, but athletes need protein for the growth and repair of muscle tissue during strength training and in boosting the immune system. Exercise can promote muscle protein loss due to reduced protein synthesis, increased protein breakdown and protein losses in urine and sweat. Foods like red meat, poultry, fish, dairy products, beans and nuts are all sources of protein for volleyball players.

CARBOHYDRATES

Weight (in pounds) x 3 = number of grams of carbohydrates per day

There are two kinds of carbohydrates, simple and complex. Simple carbohydrates are like sugars, which are found in fruits, sport drinks, candy and soft drinks. They can provide short bursts of energy. Complex carbohydrates are usually dense and are great sources of energy for muscle movement. Volleyball players should focus on consuming complex carbohydrates found in pastas, breads, vegetables, fruits, and dairy products to provide the energy needed to compete at a high level.

VITAMINS

Vitamins themselves do not provide energy, but rather are important for releasing the energy from carbohydrates, fats, and proteins. Generally, athletes get enough vitamins directly from their food. Vitamin supplements may be appropriate for athletes with extremely low calorie intakes or for those who avoid certain food groups.

MINERALS

Minerals serve a variety of important functions in the body. Two important minerals for athletes are iron and calcium.

Iron helps transport oxygen in the blood and utilization by the muscles. Young female athletes in particular are at risk for iron deficiency due to iron losses through menstruation and low iron intake. Animal iron sources (pork, chicken, and beef) are better absorbed than vegetable iron sources (beans, spinach, peas). Calcium helps maintain bone density and prevent stress fractures. During adolescence, an athlete's calcium needs are greatest because the bones are still growing. The Adequate Intake (AI) value for calcium per day is 1300 milligrams for young people, or at least 4 servings of calcium rich foods.

WATER

The amount of water you need each day depends on your body mass and gender. An easy formula is to multiply your weight by 18 for females and divide the number by 30 to determine the amount of ounces you need every day. Athletes should replace fluids by drinking according to a time schedule and not based on a response to thirst, as most athletes only replace 50% of their fluid lost during exercise. Sports drinks containing carbohydrates and sodium are recommended during intense exercise and also encourage players to drink more fluid.

HOW TO EAT

- Here are some tips on how to develop good eating habits:
- Be organized. Have suitable foods available at all times. Make use of portable foods such as cereal bars, fruit, and juice.
- Increase the number of times you eat rather than the size of meals.
- Make use of foods with less bulk (white bread, Cornflakes, Rice Bubbles)
- Drink high-energy fluids such as smoothies and milkshakes.
- Avoid letting yourself get too hungry. A small but well-timed snack will prevent you from over-eating later on.
- Eat slowly so you enjoy your food and can recognize when you have eaten enough.
- Drink water before and during your meal.
- Drink high-energy fluids such as juice and soft drinks in moderation.
- Include your favorite foods but in small quantities.
- Keep a food record to help identify when and why you eat - are you hungry, bored, tired, etc.?
- Include carbohydrates, protein and fat at every meal.
- Think of eating for exercise as a three-part process: pre-exercise, during exercise and post-exercise.
- Do not buy into eating plans that limit or eliminate nutrients.
- Listen to your body, and note how you feel and perform with eating changes.

PRACTICE DAY MEAL PLAN

A somewhat large pre-training meal should be planned during the day, depending on the time of practice. The purpose of the pre-training meal is to top off energy stores, preparing the volleyball player to enter the gym fully fueled. This meal should be consumed approximately 3 hours prior to warm-up, so it is easily digested and out of the stomach before training starts. The pre-training meal should be rich in carbohydrates with a high quality protein source. An example might include a grilled chicken sandwich with a baked potato topped with broccoli and salsa; a grilled chicken breast covered in marinara sauce atop a dish of pasta; or a turkey sub sandwich with a serving of pretzels. High in fat food like fast food should be avoided on a heavy practice day or a day of competition. These foods are slow to digest and will lead to stomach cramps.

If a snack is needed prior to practice, 50-100 grams of carbohydrate 30-60 minutes before exercise is good (a bagel, two granola bars or concentrated carbohydrate sports drink). Also start practice well hydrated, drinking at least 17-20 oz of fluid 2-3 hours before practice, and another 7-10 oz fluid 10-20 minutes before practice.

During practice, consume 30-75 grams of carbohydrates per hour (sports drinks can supply this).

After practice, within the first 30-45 minutes post-exercise, athletes should reload the muscles by consuming 0.75 grams of carbohydrates per pound of body weight in order to facilitate rapid recovery of muscle glycogen levels

with sucrose or glucose containing foods, such as fruit punch, sweetened cereals, crackers or gummy type candy, cereal bars, fruit, or yogurt. Recovery snacks should also be combined with fluid such as sports drinks to replace carbohydrate stored in muscle and electrolyte lost in sweat.

EVERYDAY MEAL PLAN

Breakfast Choices: (Choose 1 grain with a fruit and drink; a meat product can be added occasionally, such as bacon or sausage)

- ☐ Oatmeal
- ☐ Iron-fortified wholegrain cereals with skim or lowfat milk
- ☐ Fruit (banana, apple, grapes)
- ☐ Yogurt drinks / Smoothies
- ☐ Calcium fortified orange juice
- ☐ Waffles with syrup
- ☐ Pancakes with syrup
- ☐ Eggs and whole wheat toast with jelly (yolks can be drained for less cholesterol)
- ☐ Bagel with cream cheese or margarine

Midmorning and Afternoon Snacks: Snacks to throw in your backpack to munch on at school:

- ☐ Bagel
- ☐ Muffin
- ☐ Raw veggies
- ☐ Popcorn
- ☐ Juice box
- ☐ Nuts
- ☐ Dried fruit
- ☐ Trail mix
- ☐ Low-fat cookies
- ☐ Graham crackers
- ☐ Raisin bread
- ☐ Cheese sticks
- ☐ Fresh fruit
- ☐ Fig bars
- ☐ Cereal
- ☐ Granola bar
- ☐ Pretzels
- ☐ Peanut-butter crackers
- ☐ Refrigerated Snacks:
- ☐ The following items should be refrigerated. If that is not possible, keep them in an insulated lunch bag with an ice pack:
- ☐ Cottage Cheese and Fruit Fresh Veggies Milk
- ☐ Bagel with Cream Cheese Fruit Juice Yogurt

Vending machines: Almost everywhere you go, you can find a vending machine. It is not always easy to find nutritious snacks here, but some are better choices than others:

- ☐ Rice Krispie treats

- ☐ Cheese crackers
- ☐ Graham crackers
- ☐ Zoo crackers
- ☐ Peanut-butter crackers
- ☐ Dried fruits
- ☐ Chocolate milk
- ☐ Pretzels
- ☐ Juices

Lunch choices: (Served with a side of baked chips, pretzels, or crackers, fruit juice and/or skim/lowfat milk)

- ☐ A deli meat sandwich/sub on wheat bread with Swiss or provolone cheese and condiments
- ☐ (lettuce, tomato, light dressing) with a side of chips, pretzels, or crackers
- ☐ A tuna fish sandwich on wheat bread, prepared as the deli meat sandwich
- ☐ Macaroni and cheese
- ☐ Cheese pizza slices (drain or wipe off the oil/grease, stay away from fatty toppings like sausage and pepperoni)
- ☐ Chili with a roll and side of salad
- ☐ White meat chicken strips
- ☐ 2 Cookies (oatmeal-raisin or peanut butter vs. sugar or chocolate chip)
- ☐ 1 cup of Ice cream or yogurt

Dinner choices: (Served with a side of green vegetables and skim/lowfat milk)

- ☐ Spaghetti and meatballs (lean beef), parmesan cheese topping, with a side of French bread
- ☐ Pork chops with baked potato
- ☐ Grilled chicken with black beans and rice
- ☐ Roasted chicken breast with mashed potatoes and gravy
- ☐ Grilled fish filet
- ☐ Chili with beans and rice
- ☐ Roast beef slices with brown rice
- ☐ Chicken enchiladas with lowfat cheese and lettuce topping

Evening snacks:

- ☐ Strawberries with light cream
- ☐ 2-5 cookies with juice
- ☐ ½-1 cup of ice cream or yogurt
- ☐ Air-popped popcorn and peanuts with iced tea
- ☐ Graham crackers with juice
- ☐ Cottage cheese mixed with fruit

Fast-food picks:

Always go for the chicken strips and sandwiches first. If you are dying for a burger, take a single patty with cheese but try to do with a small fry, or a side salad.

PRE-TOURNAMENT DINNER

The evening before a competition is critical for loading the body with adequate carbohydrates like bread, pasta and rice with moderate protein like lean chicken, fish or beans and moderate fat like frozen yogurt or oatmeal cookies. A traditional Italian meal with pasta, pasta sauce with vegetables, meat (lean beef or chicken breast) and garlic bread will provide plenty of carbohydrates for the next day. Drink plenty of fluids the night before as well. And don't forget an evening snack. Cold cereal with low-fat milk or a turkey sandwich is great.

TOURNAMENT DAY MEAL PLAN

Tip: Only eat foods and fluids that you are familiar with – tournament days are not the time to experiment with new dishes!!

Tournaments require unique nutrition strategies because of the early competition times and the irregularity of time between matches. Keeping fueled during day-long matches is often a challenge. With anywhere from minutes to hours between matches, athletes can forget or be too nervous to eat or drink. Be prepared and plan!!

Breakfast:

- ☐ Try to eat 2-3 hours before playing time.
- ☐ Blueberry pancakes, waffles, or French toast with syrup
- ☐ Cereal with low-fat milk and sliced bananas, strawberries or blueberries
- ☐ Oatmeal with strawberries or blueberries
- ☐ Large glass of juice
- ☐ English muffins, wheat toast, or whole grain bagels with jelly or cream cheese
- ☐ Egg omelet with one whole egg and two egg whites
- ☐ Yogurt with fruit

During Games and Breaks:

There are 2 main nutrition goals during the match: 1) to maintain hydration and 2) to replenish the energy you use so that you don't run out before the victory! If there is less than a couple of hours between match, follow these simple suggestions to make the most out of your time:

Pack your snacks. Don't rely on tournament coordinators or concession stands to provide you with the appropriate foods to optimize your energy stores.

- ☐ High-Carbohydrate Snacks
- ☐ Graham crackers or low-fat crackers
- ☐ Low-fat granola bars
- ☐ Fresh fruit
- ☐ Dried fruit
- ☐ Trail Mix
- ☐ Yogurt with granola
- ☐ Applesauce or fruit cups
- ☐ Fruit snacks
- ☐ Gatorade
- ☐ Peanut butter and jelly sandwich
- ☐ Gatorade Energy Bars
- ☐ Bagels with peanut butter

Consume this snack as soon as you can after the game. This will ensure that you get the fuel in within that 30-45 minute window as well as make sure that your stomach is ready to go for the next match.

Rehydrate with at least some sports drink. The addition of sodium and potassium replace the electrolytes lost in sweat and increase the absorption of fluid into your system. Water might shut off your thirst mechanism before you are actually fully rehydrated. Sports drinks don't quench your thirst as quickly, causing you to drink more. Make it a goal to drink between ½ - 1 cup of a sports drink during each time-out or each time you come out of the game.

Lunch:

- ☐ Sandwich with turkey or chicken instead of high-fat meats like bologna or salami
- ☐ Salads with grilled chicken, three bean salads, or baked potatoes
- ☐ Sub sandwiches loaded with vegetables

Dinner:

- ☐ Soups like vegetable, chicken and rice, minestrone and split pea
- ☐ House salads with limited cheese, bacon bits, and dressing on the side
- ☐ Lean meat that is grilled, broiled, baked or blackened
- ☐ Rolls with little or no butter
- ☐ Brown rice or potatoes
- ☐ Green vegetables
- ☐ Low-fat desserts
- Don't forget an evening snack as well!

Stocking your kitchen with high-carbohydrate, low-fat foods can help you to eat healthier and save time and money. But these grocery staples must be individualized to your preferences and lifestyle, or the food will go to waste. Do you feel that you're in a "fast-food rut" and can't get out? Check out the following sample grocery shopping lists for your refrigerator, pantry and freezer for some new ideas.