

PROGRAM POLICIES AND GUIDELINES

Practices are mandatory and we expect all athletes to attend practice unless they are ill or have a scheduled conflict. If you are unable to attend practice, the athlete must contact the coach. More than 3 unexcused absences could result in suspension and/or termination of the program.

The practice environment is a place to work and improve your skills. Our goal is to make you a better player and with that improved team play will follow. We will recognize the following rules which are consistent with USAV protocol:

1. Any and all jewelry is prohibited.
2. Make-up and nail polish will be removed for practice and competition.
3. Volleyball shoes will be worn inside the gym, and NEVER outside.

All Junior National program athletes, ages 12-18, are allowed 3 study days per year. All Regional program athletes, ages 12-17, are allowed 2 study days per year as they have less time committed to the program. These study days are to be taken during Monday-Thursday, and not on Friday, Saturday or Sunday. To schedule a study day, you MUST inform your coach a MINIMUM of 3 hours in advance of the practice.

All practices are closed to the public, except for the first practice of each month, which will be open to parents to observe. Parents are welcome to sit away from the courts, but cannot be viewable to the athletes. We want our players to have the freedom to make mistakes and not feel like they are being watched over at all times.

All Junior National program athletes are expected to make all National Qualifier events. We ask that you do not take family vacations during these times in which will cause your son/daughter to miss practices or competition in preparation of these important events. It is unfair to a team when any member is missing for a prolonged period of time and team is preparing for an important competition. Teams will recognize Winter, Spring and Summer breaks away from competition dates that will be posted on the website under practice schedules.

If/When we travel by air please wear appropriate attire. Team warm-ups will be acceptable. Bring your uniform with you on the plane in your carry on. When line-judging or at a playing site players should wear Powerhouse warm-ups, sweats or T's – NO High School wear and NO college wear.

All athletes will have the option of staying with their parents (or another adult with parent consent) or in a team room provided by Powerhouse VBC. Notices will be sent home shortly after team selections and final schedules are announced. All athletes are required to pay for their respective team travel fees, which cover the costs of registrations, travel expenses for staff and stipends. Athletes wishing to stay in team rooms provided by Powerhouse VBC will equally split the travel cost of the room among the athletes staying in the room, and those fees must be paid by the respective due date communicated on the sign-up.

All athletes must complete officiating duties prior to leaving an event.

No person of the opposite sex is allowed in the rooms at anytime; including coaches, parents and any miscellaneous persons of the opposite gender. If there is an emergency, the coach or parent may enter as long as is accompanied by either the chaperone or another adult of the same gender of the players.

Tournaments typically run from early morning until late afternoons. Players should remember to pack a healthy lunch, and are responsible for eating appropriately for an active day. Junk food is HIGHLY discouraged (and will probably be consumed by the coaches). All athletes must abide by the Powerhouse Food Guidelines unless otherwise specified.

Parent contact will be limited at tournaments and qualifiers. We will not permit lengthy conversations between parents and their athlete at events. Parents are prohibited from talking to coaches, officials, line judges and/or scorekeepers at tournaments.

Players MUST wear Powerhouse apparel (practice shirts, spirit wear, warm-ups, etc.) with jeans when they go out on trips.

Curfew is STRICTLY enforced for the entire team. Failure to comply may result in dismissal from the tournament, and/or is subject to discipline set forth by the coach/Director.

Failure to follow these policies will result in the athlete not being allowed to compete, dismissal from the program or event completely, and/or disciplinary action if the coach/administration deems it appropriate.

PARENT AND PLAYER CONTRACT

The parent/guardian is committed to the financial support of Powerhouse Volleyball for the entire 2007-2008 season, and understands that there are no refunds regardless of how long the athlete is in the program. The parent/guardian agrees that all dues, fees, and fines must be paid in full and on-time regardless of duration of the athlete's participation and court time, and understand that if payments are not received on-time, the athlete will not participate in practice or events. The parent/guardian agrees that in the event of a default, Powerhouse is entitled to receive the entire contract balance due as liquidated damages. The parent/guardian agrees that the team cost for out-of-state travel and two day tournaments will be paid by ALL members of the team with NO exceptions, and if it is not paid before the tournament the player won't be allowed to attend and will have to pay before the next tournament. The parent/guardian also understands that if a traveling event is changed, the fees will change with it. The parent/guardian agrees to provide all transportation to and from practices and tournaments. **Parent Initial _____**

The parent/guardian completely understands that if outstanding dues, fees and fines are not paid by the 5th of each month, Powerhouse VBC LLC will charge those dues, fees and fines to the credit card on file. If the credit card is declined or a check does not clear, the athlete will be suspended until all dues, fees and fines are paid plus a \$25 administrative fee. **Parent Initial _____**

The parent/guardian/athlete completely understands and will adhere to all of the Powerhouse Program Policies and Guidelines, and we will instruct all family and guests to abide by all rules and regulations of Powerhouse and USAV. **Parent Initial _____**

The parent/guardian/athlete understands that playing time is not equal, and understands that Powerhouse will not discuss why or how teams were selected. We also understand that Powerhouse is not only doing what they feel is right for each individual, but also for each team. We also understand that playing club ball provides the athletes with the *opportunity* to participate in practice and tournaments, though it does not *guarantee* play in tournaments. **Parent Initial _____**

The parent/guardian understands that they are prohibited from talking to coaches, officials, line judges and/or scorekeepers at all tournaments, and interaction with their athlete at tournaments will be strictly limited. The athlete understands that they are prohibited from talking to boyfriends/girlfriends while at tournaments, interaction with their parents will be limited, and no non-Powerhouse athletes/friends are permitted near the court and/or score table. **Parent Initial _____**

The parent/guardian/athlete understands that the illegal transportation, possession, sale or use of alcoholic beverages and/or illegal drugs or substances banned by the USAV will result in immediate dismissal and an ineligible declaration from USAV registration beginning from the date of the infraction to one year as per the USAV Code of Conduct. **Parent Initial _____**

The parent/guardian/athlete understands that if an athlete is having problems with another player, staff, or team THEY (the athlete) must speak to their coach immediately. We understand that all athletes MUST speak with their coach directly about a grievance before the coach or Director will address the issue with the parent. We recognize that Powerhouse has a 24 complaint policy in which we will not contact the Director and/or staff member within 24 hours of our complaint. **Parent Initial _____**

The parent/guardian/athlete understands that abusive or vulgar language will not be tolerated, and could result in the immediate termination of participation in the Powerhouse program without refund. **Parent Initial _____**

The parent/guardian/athlete understands that players must wear Powerhouse practice apparel or spirit wear (not game jerseys) to every practice, and all shirts are required to be tucked in. We understand that spandex is required to be worn at its appropriate length, and that long white socks are REQUIRED to be worn as part of the team uniform. We understand that failure to comply may result in dismissal from practice, or is subject to discipline set forth by the coach/Director. **Parent Initial _____**

The parent/guardian/athlete understands that players should arrive at practices 15 minutes early and be READY to participate in practice at the scheduled time, and that failure to be ready for practice may result in dismissal from practice, or is subject to discipline set forth by the coach/Director. **Parent Initial _____**

The parent/guardian/athlete understands that players are required to have their USAV-approved ball at every practice and tournament, and the ball should be clean and represent Powerhouse in a professional manner. Only the players name should appear on the ball. Powerhouse reserves the right to enforce athletes to bring a ball that represents the club in a professional manner. **Parent Initial _____**

The parent/guardian/athlete understands that multi-sport athletes are excused from practices and regional events for high school athletic events only (if and only if there is a direct scheduling conflict), and not other high school extracurricular activities. Athletes must provide coaches their athletic event schedules, including practice schedules. If high school practices do not conflict with club practices, athletes are required to be in attendance. **Parent Initial _____**

The parent/guardian/athlete understands that all players are expected to manage their time, and we recognize and will adhere to the Powerhouse study days rule, as outlined in the Program Policies and Guidelines. We recognize that non-athletic extra curricular activities are NOT acceptable absences. **Parent Initial _____**

The parent/guardian/athlete understands that all athletes are REQUIRED to attend any and all local competitions unless written explanation is provided to the Coach AND Director TWO WEEKS in advance of the first day of the event. If no written explanation is provided, the family is fully responsible for the cost of the event, plus an additional \$75 administration fee. **Parent Initial _____**

The parent/guardian/athlete understands that all athletes are REQUIRED to attend any and all traveling events unless written explanation is provided to the Director THREE MONTHS in advance of the first day of the respective competition. If no written explanation is provided, the family is fully responsible for the cost of the event, plus an additional \$125 administration fee. **Parent Initial _____**

The parent/guardian/athlete understands that athletes caught stealing property from Powerhouse, its players or from other clubs and their players will be fined \$250 and could be dismissed from the organization. **Parent Initial _____**

The parent/guardian/athlete expressly agrees that Powerhouse shall not be liable for any damages arising from personal injuries sustained by the athlete in, on or about the facilities, including tournament sites. Parent/guardian agrees Powerhouse will not be responsible for any loss or theft of personal property. The parent/guardian and the athlete assume all responsibility for any injuries, damages or losses which may occur in or about the facilities and does hereby fully and forever release and discharge Powerhouse, its owners, coaches, staff and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether same be known or unknown, anticipated or unanticipated, provided that nothing herein contained shall release or discharge Powerhouse from the willful and wanton acts or mission of Powerhouse, its agents or employees. **Parent Initial _____**

The parent/guardian/athlete understands that Powerhouse may exercise the right to move an athlete from team to team at the discretion of the Club depending upon the specific team needs. The parent/guardian expressly agrees that Powerhouse shall not guarantee placement on a collegiate team. Parent /guardian expressly agree that Powerhouse shall not guarantee collegiate scholarship monies. **Parent Initial _____**

Upon review of the above, the parent/guardian and the athlete agree to support Powerhouse and abide by its guidelines and rules. Parent/guardian and the athlete understand that once registered with and having competed with Powerhouse, the athlete is unable to transfer to another club and is committed to this club until the end of the season. **Parent Initial _____**

I have read the Powerhouse Program Policies and Guidelines and the Powerhouse Parent and Player Contract and I agree to abide by their specifications. I have read and discussed the above with my parent/guardian and understand the commitment I am making to Powerhouse, its athletes and staff.

Athlete name

Athlete signature

Parent name

Parent signature