

Juniors Travel Handbook



2024-2025 TRAVEL SEASON



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Letter from the Executive Director

DARCY CARROLL

Welcome!

I'm thrilled you've chosen the Richmond Volleyball Club for your child's volleyball experience. If you are new to the Richmond Volleyball Club ("RVC") Junior Travel Program, this handbook and our website will answer most of the questions you may have. If you've been with us before, welcome back! I hope that this handbook will provide any reminders you may need. Please save it and use it as a reference throughout the season. We strive to provide a program or team in which all levels of athletes may participate.

Whether you are looking for a team that requires a full commitment and travels to compete at the highest level or a team that is geared toward 1-2 times a week where you can enjoy other extra-curricular activities as well, we hope to meet that need. Your first step is to have a conversation with your child and understand what they want to achieve. Do they enjoy playing volleyball but also want to spend time doing other activities? Or, do they love hard work, competition, and are ready to eat, sleep, and breathe volleyball? What about you? Are you ready to commit nights and weekends driving your child to practices and tournaments? Or, do you have other children whose needs and desires you must consider or other commitments that demand your time? What about the financial aspect? The higher level of commitment, the greater monetary investment required, because travel to tournaments in other parts of the country can be expensive. Travel sports provide great experiences and opportunities as do playing sports recreationally – just be sure you and your child choose the level of commitment that is right for you. Whatever you decide, review this handbook and our website to explore the possibilities and choose the program that will be the best fit for you, your player, and your family.

Our most sincere desire is that you will encourage your child to participate in sports – we hope it's volleyball – but any sport provides enormous benefits and the opportunity to learn many life skills: time management, handling adversity, self-esteem, team work, good sportsmanship, proper health habits and more. Once again, thank you for choosing the Richmond Volleyball Club.

Have a great season!

Whitney Curtis



Juniors Programs Staff

Under the leadership of the Executive Director, Darcy Carroll, RVC Juniors Programs has dedicated full-time staff, a part-time assistant, and cross departmental support from the rest of the RVC staff.



CHRIS WAKEFIELD

Juniors Program Manager

Chris started his coaching career as a volunteer coach at Goochland High School in 2010. In 2011, he was named the JV Head Coach at Varina High School and then in 2012 became the Girls Varsity Head Coach at Godwin High School where he still currently coaches and has been named the Regional Coach of the Year three times. At RVC, Chris began coaching in 2011 and after working as the Girls 16 State Head Coach and the Girls 17 National Head Coach, he was named the Girls 16 National Head Coach in 2014 and continues to serve in that position where his teams have won multiple bids to the USA Volleyball Girls National Championships. In 2017 Chris started working in the RVC office part-time as a Juniors Program Assistant and joined the team full time in 2018 as a Juniors Programs Assistant Manager. He continues to work with the USA Volleyball High Performance team, most recently as the Assistant Coach for the USA Girls Select Continental Team that competed in the 2019 High Performance Championships.



ROSE WHITE

Coaching Development Lead

Rose has been playing volleyball for 23 years and coaching for 18. She was a division one setter who competed for California State University, Sacramento. Upon graduation she began coaching college volleyball and was an assistant at Florida International University and Morgan State University. She head coached programs at St. Mary's College of Maryland and Virginia State University. Rose has been coaching at RVC since 2017 and has worked with our national, state, middle school, camps, and beach programs. In addition she has been trained by Gold Medal Squared and has coached their summer camps for 10+ years. Rose's life long love affair with volleyball gives her a passion for helping players and coaches reach their full potential.



BRENDAN JUMP

Director of Programs

Whitney has spend most of her career in collegiate athletics at the Division 1 level. During her 10 years in the college athletic world, Whitney oversaw the External Relations team including marketing, ticketing, licensing, and communications. She also was the Sport Administrator for several athletic programs including the indoor and beach volleyball programs at Jacksonville University. Originally from the Richmond, VA area, Whitney has coached high school and club volleyball off and on for about 10 seasons.

History

In 1990, junior teams from the Richmond area started calling Richmond Volleyball Club (RVC) home. The first season, The Hitters of Richmond (THOR) was a USVBA organization run out of RVC's club with one girls team (started by Skip Weston) and two boys teams (started by Barbara Chilcoat and Rick George). At this time, junior tournaments did not exist, so the teams had to participate in USVBA adult men and women's tournaments. The following year, the name was changed to Club RVC West and consisted of five girls teams and two boys teams. In 1993, the program merged with RVC and officially became the RVC Juniors Program making it the first of its kind in central Virginia. Since then, competitive juniors volleyball has flourished and other clubs have started, but RVC remains the oldest and largest program in the area with over 30 teams annually, staying committed to providing young athletes the most competitive travel experience.

Diversity, Equity, and Inclusivity

Richmond Volleyball Club is dedicated to providing all participants with a welcoming and safe environment in which we value and respect each other's unique qualities and contributions. We are committed to embracing diversity, equity, and inclusion as organizational values to intentionally create a nurturing and learning environment focused on individuality, celebrating each other's differences, and joining together as a community. We are committed to the ongoing development of volleyball players and to the education of coaches.

"A good coach can change a game. A great coach can change a life."
-John Wooden

Check List

REGISTER ONLINE (STARTING JULY 22ND)

- Go to RVC.net/travel and create or log in to your existing SportsEngine Account. Register for tryouts and pay the \$75 non-refundable tryout fee.

(OPTIONAL) ATTEND PARENTS INFO MEETING

Sunday, July 21st at 6:00pm. More Parent Meeting Zoom dates to be announced at a later date and can be found on our website.

- We recommend parents who are new to the RVC Travel program or those with questions about the commitment involved with playing at a higher level attend
- Zoom link will be posted to website or emailed prior to meeting

ATTEND PRE-TRYOUT DAY

Drop-in **anytime** (wait times are usually shorter later in the session) during one of the orientation dates:

- **Sunday, August 18, 2024 drop-in between 1:30-3:30PM**
 - **Sunday, August 25, 2024 drop-in between 1:30-3:30PM**
 - **Wednesday, September 4, 2024 drop-in between 1:00-6:00PM**
 - **Sunday, September 29, 2024 drop-in between 1:30-3:30PM**
 - **Sunday, October 13, 2024, drop-in between 1:30-3:30PM**
 - **Sunday, November 3, 2024 drop-in between 1:30-3:30PM**
- All Pre-Tryout Days will take place at the Byrdhill Gym
 - Please try on last year's uniform so you know your sizing. First time players, please attend.
 - Bring completed Financial Agreement (found on our website)

ATTEND TRYOUTS

Girls 15-18 all levels	September 7-8, 2024
Girls 14s all levels	October 5-6, 2024
Boys All levels Tryouts:	October 19-20, 2024
Girls 12s and 13s Tryouts:	November 9-10, 2024

- See website or registration confirmation email with each age group's specific times
- ****Those interested in playing Virginia Youth Volleyball League (VYVL) or Boys Youth Development League (BYDL), please attend the tryout of your specified age group****

Travel Program Overview

The Richmond Volleyball Club Juniors Travel Program is committed to:

- Promoting volleyball education and the growth of USA Junior Volleyball throughout Central Virginia.
- Providing the highest possible level of volleyball coaching for every participant.
- Exposing each participant to the highest possible level of competition in volleyball, including national and international play.
- Providing an avenue for the athlete to pursue an athletic scholarship.
- Providing a safe and inclusive environment for all players regardless of race, sexual orientation, socioeconomic status, color, religion, national origin, or gender identity.

MEMBERSHIP

Players must be an RVC member which is included in the team fee. In addition, players are required to become **a USAV member** (approximately \$55-60). USA Volleyball membership benefits include a one-year subscription to Volleyball USA (an online publication). USA Volleyball include secondary sports accident coverage when you play in sanctioned events. This year, the AAU membership is included in your team cost and will be taken care of by RVC staff.

TEAMS

There are four levels of travel teams (VYVL and BYDL are considered a developmental team but will tryout at the travel times for their age group) all with varying degrees of competitiveness, cost, and time commitment.

National Travel Teams: Teams may compete across the entire United States and may represent RVC in a National Championship. These teams generally compete at least every other week (January–June/July) and typically practice three times per week. Teams carry up to twelve players on the roster.

Zonal Teams: Teams will compete in tournaments within the Old Dominion Region and will also play in multi-day tournaments out-of-state. These teams generally compete at least every other week (January-May) and typically practice three times per week. Play may continue into June or July for National level competition. Teams carry up to twelve players on the roster.

State and Regional: Teams will compete in tournaments within Central Virginia including two to four multi-day events. State and Regional teams generally compete every other weekend (January-May) and practice two times per week. Tournaments are primarily scheduled on Saturdays starting at 9am. Teams will carry up to twelve players on the roster.

VYVL and BYDL: The Virginia Youth Volleyball League (VYVL) and the Boys Development Youth League (BYDL) are developmental leagues for players interested in a more competitive environment without the financial and time commitment of our travel teams. Players interested in these teams must attend the travel tryout for their age group. Please visit the VYVL or BYDL pages on our website for more information.

TEAM COST

Team cost will include uniforms, facility usage, equipment, coaches' education, coaches' pay and administrative costs. Each travel team player will also receive their own volleyball.

Team Cost will also include tournament fees and coach travel expenses (airfare, hotel, per diem, etc.) which are split evenly among the players on a team. A tentative tournament schedule is posted at the beginning of the season. Player and parent travel and hotel costs **are not included** in the budget. Parents are responsible for their own player's lodging at tournaments. **Tournament fees will apply whether or not the player participates in a particular event.**

VYVL/BYDL team fee already includes all tournament fees and coach expenses.

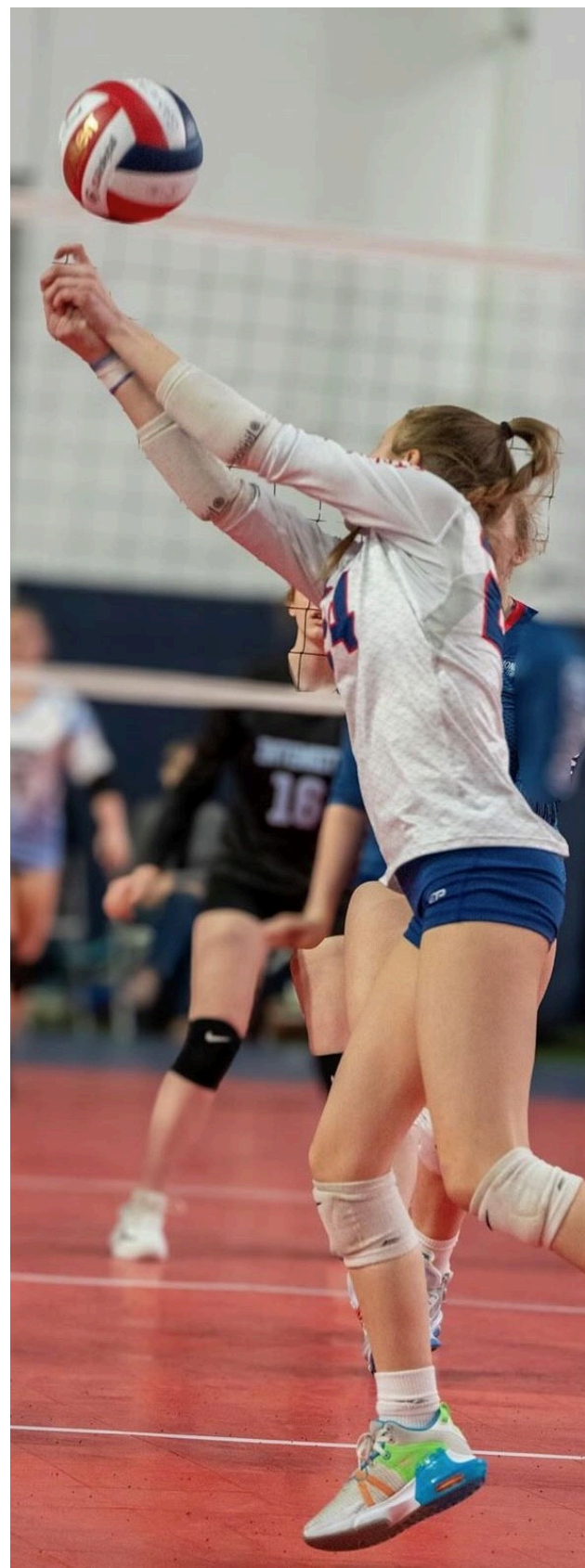
NOTE: Any player not in good financial standing may not be allowed to participate in any RVC program, event, or training until that standing is rectified. This includes sibling's accounts as well. **All past due accounts that are settled during registration will require a signed credit card authorization in order to participate in the upcoming season.**

PRACTICES

National, Zonal, and Boy's Travel level teams practice three times a week, State and Regional teams practice two times a week, and VYVL/BYDL teams practice once per week plus a skills clinic every other week, with practices typically an hour and forty-five minutes long. Practices will be held at our RVC Stonebridge location. When offered a spot on a team, you will be informed days and times you will be practicing before you commit to the team.

Family/Friends will not be allowed in the gym for tryouts. So that coaches may concentrate fully on player evaluation and to limit building congestion, no spectators will be allowed in the gym during tryouts.

Family/Friends will not be allowed in the gym for practice. So that players are not distracted by their family or friends and may fully concentrate on their coaches and to limit congestion during practice and during change-over between practices, no spectators will be allowed in the gym during practices.



RVC Stonebridge
200 Karl Linn Drive
N. Chesterfield, VA 23225

COACHES

Each travel team will have at least one, but usually two paid RVC coaches. Coaches are typically local high school coaches, RVC junior alumni, and/or previous college players. All coaches are required to be IMPACT certified, SafeSport certified, and background checked, along with training in basic first aid and concussion awareness. RVC also actively promotes coaches' education by demanding increased accreditation for higher-level coaches.

IMPACT Certification: Increased Mastery and Professional Application of Coaching Theory (IMPACT) is a 4-hour course from USA Volleyball emphasizing drill development, principles of learning skills, resources, and ethics.

SafeSport Certification: The [U.S. Center for SafeSport](#) is focused on ending all forms of abuse in sports and this 90 minute training focuses on awareness, recognizing red flags of emotional, physical, and sexual misconduct, and then what to do if abuse does occur.

Other: RVC provides additional and ongoing opportunities for our coaches continuing education through USA Volleyball, Gold Medal Squared, Art of Coaching, American Volleyball Coaches Association, and more.



Financial Commitment

As a 501(c)3 nonprofit organization, Richmond Volleyball Club strives to make all its programs as cost conscious as possible. This means we are not profit motivated and try to make every dollar we receive benefit our members. **We understand participating in a competitive travel sport is a commitment – both in time and finances, so we want to be as transparent as possible about the expected costs so that you can make an informed decision.**

WHAT YOU WILL PAY

- 1. \$75 Non-Refundable Tryout Fee** when you sign up online through your SportsEngine Account
- 2. \$700 Team Spot Acceptance Fee (except VYVL/BYDL)**
 - This fee will be due in order to accept a spot on a team after tryouts.
 - Fee also includes:
 - \$75 RVC Junior Membership (valid through September 20, 2025)
 - Portion of team cost (remaining amount depends on team level)
- 3. Approximately \$55-\$60 USA Volleyball Membership** after committing to a team, but before the first practice
 - USAV Membership paid directly to USAV on their website.
- 4. Remainder of team cost for travel (varies depending on team level for travel)**
 - There are payment options available when registering for your team:
 - Pay in one lump sum
 - Four equal payments made in December, February, April and June
 - Seven equal payments made monthly December - June
 - Payment option must be selected by December 1st, 2024
- 5. VYVL/BYDL will have the option of paying in full upon accepting their team placement or dividing it into two separate payments- half due when accepting spot on team and the other half due December 15th.**



FINANCIAL AGREEMENT

In order for your player to be eligible to try out with RVC, you must turn in a signed Financial Agreement contract (Appendix B) during a Pre-Tryout Day. **Please read through the document carefully.** Part of what you are agreeing to when you sign the Financial Agreement is:

- You will **not receive paper statements** for the player's expenses throughout the season or tournament invoices.
- All payments will be made through your player's SportsEngine account. There are three payment options: pay in one lump sum in December, four equal payments (made in December, February, April, and June) or seven equal monthly payments (December through June). This team registration and payment plan **MUST** be completed in SportsEngine by December 1st, 2024. No refunds will be given at the end of the season unless AAU entry fee is awarded to the team or travel cost is less than expected.
- Players are responsible for sharing all team expenses (coach's travel expense, coach's meal expenses, van rentals, hotel rooms, tournament registration fee, etc.), **regardless of whether or not an individual participated in a particular event***.
 - **You understand that minor injuries are a part of playing sports and you will be responsible for all tournament fees even if your child does not attend. Fees will only be adjusted if your child sustains a season-ending injury (causing player to miss 16 weeks or more of the season) and a doctor's note is provided to the Juniors Program Manager within 7 days of the injury.*
- You are responsible for keeping a valid **PARENT/ GUARDIAN email address as the primary email address** on your player's account in order to receive timely information about your player's team and billing.

2024-2025 Travel Season Team Cost

Range shows 12-10 players

Team	Tryout Fee	Team Cost*
Girls 18 National	\$75	\$3725-\$4037
Girls 16-17 National	\$75	\$4387-\$4832
Girls 14-15 National	\$75	\$4222-\$4634
Girls 14-17 Zonal	\$75	\$3640-\$3979
Girls 13 Zonal	\$75	\$3328-\$3605
Girls 13-17 State	\$75	\$2776-\$2991
Girls 12 State	\$75	\$2634-\$2821
Girls Regional	\$75	\$2295-\$2447
Boys Travel	\$75	\$2990-\$3237
Boys Regional	\$75	\$2215-\$2355

**\$700 deposit due when accepting spot on roster and will be subtracted from the Team Cost.*

Remaining Team Cost/Payment Plan due by December 1st. This is all set up in your Sports Engine account. Parents have the option to:

1. Pay in full.

2. Pay over 4 months - December, February, April and June. Charged on the 1st day of each month.

3. Pay over 7 months - December thru June. Charged on the 1st day of each month.

*****Team Cost may decrease before payments start based on actual cost of expenses.*****

Team Cost include - RVC Membership, Admin Fees, AAU Membership, Uniform Package Tournament Entry Fees, Practice Fees, Coach Salary & Coaches Travel/Hotel/Expenses.

Team Cost **DOES NOT** include - USAV Membership, parent/player travel cost (transportation/hotel/meals etc).

Refunds are given if:

An event is **CANCELLED** or **TEAM** does not attend an event (if RVC is able to recover expenses for the event)

The AAU Nationals entry fee is awarded to the team.

PAYMENT OPTIONS

You will have three payment options (with a completed financial agreement, Appendix B) when registering for your team in SportsEngine:

- 1) Pay in one lump sum in December
- 2) Pay in four equal payments (made in December, February, April, and June)
- 3) Pay in seven equal monthly payments (December through June).

Your payments are set up in SportsEngine with an auto-withdrawal. If your card is declined, you have 30 days to submit a valid card number. After 30 days, your player is removed from the roster and not allowed to practice or participate in tournaments with no adjustments of fees.

Other Payment Option: If you do not wish to provide your social security number, then your other option is to pay the team costs upfront at the beginning of November by filling out a Credit Card Authorization form during a Pre-Tryout Orientation.

PAYMENT PLAN

Any questions regarding fees/expenses should be directed to our office and not to your coach. Please contact our Director of Administration, Patti Nelms, by phone (804-358-3000 ext. 10) or e-mail (administration@rvc.net). Check your inbox to ensure you are receiving our emails and they are not being directed to any SPAM folder. Please make sure to provide a valid email during the online registration process that is **checked regularly**. **It is your responsibility to make timely payments whether or not you receive reminder emails from RVC and SportsEngine.**

Families with outstanding balances at the time of registration for the following season will not be permitted to register for RVC Juniors. All past due accounts that are settled during registration will require a signed credit card authorization to participate in the upcoming season.

Financial Assistance

We hope that any parent that feels financially unable to allow his/her child to compete at a certain level will bring this situation to the attention of the Junior Programs Manager (juniors@rvc.net) or the Outreach Coordinator (outreach@rvc.net) so we may be able to suggest ways for overcoming this barrier. RVC may be able to offer financial assistance through our Robison Fund. Applications are typically due prior to registration but may still be available later. It is our goal that the cost of playing is never a barrier.

ROBISON FUND ATHLETE GRANTS

Athlete grants are available through the Roger Robison Fund for players who require financial assistance in order to participate. Grants may cover partial season costs depending on the team level a player makes and their financial need. RVC grants more than \$60,000 worth of financial assistance annually to players across all our junior programs. To be eligible a player must meet the following requirements:

To qualify for a Robison Fund Athlete Grant: the family and/or student must be receiving assistance through a government sanctioned program OR have other extenuating circumstances - we recognize that there are many other situations that may create financial need (medical bills, etc.)

And meet ALL the following criteria:

- Be enrolled in school (kindergarten through 12th grade)
- Attend all practices and tournaments unless excused
- RVC account remains in good standing

More information, deadlines, and the application can be found on the RVC website at <https://www.rvc.net/page/show/7662807-financial-grant>

If in doubt about eligibility, please apply!



SPONSORSHIPS

Coaches, players or parents are not allowed to solicit sponsorships on their own. RVC has sponsorship agreements with certain partners that guarantee exclusivity. Sponsorship is not granted on a team-by-team basis.

DONATIONS

Richmond Volleyball Club is a 501(c)3 non-profit organization. Donations made to the organization (RVC) are tax deductible. However, no monetary donation can help a particular team or an individual if a tax benefit is desired. RVC accepts donations in the form of cash, check and credit card contributions.

We are committed to the goal that no player shall be prevented from being part of RVC Juniors for lack of funds.

To that end, we will work with you to identify the most appropriate level for your player and to structure payment plans and fundraising opportunities so you can be a part of the Richmond Volleyball Club. Many players' families offset a significant portion of the fees through individual or team fundraising or by taking advantage of other opportunities to earn income. Please contact our office for other ideas or approval for team ideas. Parents and/or players may coach, set up/tear down additional courts, referee, work in concession, and/or work as a tournament director. Please contact the office if you are interested.



Tryouts

Each year, we have a very large and diverse group of players trying out for RVC teams representing a variety of playing experience. There are a multitude of factors considered during tryouts for team selection. **Players should never assume because they were on a travel team one year they will automatically be on a travel team the following year.**

PRIOR TO TRYOUTS

In order to be eligible for tryouts, players must first be registered online through SportsEngine, and then, at least a parent/guardian, must attend a Pre-Tryout Day in order to turn in paperwork (your Financial Agreement) and receive a tryout t-shirt. Please try on last year's uniforms so you know your sizing. First time players please attend one of the Pre-Tryout Day dates. You do not need to attend more than one PTD. During the online registration, **you must indicate the highest team level a player is willing to commit to while taking into consideration both financial and time commitments.** Please choose carefully. If you indicate your child can commit to a National or 1's team and he/she is selected for that team, then we expect acceptance. If your child declines the spot on the team, we will do our best to put him/her on the next lower level team. In very rare instances, this is not possible. Accuracy is key to avoiding this circumstance.

SCHEDULING CONFLICTS

We understand there can be a lot of commitments with a limited amount of time. Depending upon the level being played, it can be tough to do volleyball combined with other activities. The best thing for you to do is to communicate during registration (or by emailing juniors@rvc.net) any potential conflicts. For our top level teams (National, Travel, and Zonal) the expectation is that the team comes first above all of your other non-school extra curricular activities. For lower level teams (State, Regional, VYVL/BYDL) coaches may be more flexible, but missing practices may affect a player's playing time during tournaments. If your child is participating in other activities, he or she may want to consider playing on a team with a lower time commitment.

MOVEMENT BETWEEN TEAMS

Occasionally we will move a player from one team to another. Movement is at the sole discretion of RVC. Players who move from or move to a travel team will have their dues prorated, subtracting or adding, as appropriate. We will not move a player to another team until we discuss the move with the player's family.

TRYOUT PROCESS

We will make every effort to ensure a fair tryout process for everyone given time and staffing constraints. Attendance at both days of tryouts is highly encouraged to maximize the time and reps for your player with our coaching staff.

- Please arrive 15-20 minutes early to allow for check in. Check in at the front desk when you enter, and we will double check that the tryout number we have on file matches the tryout shirt. **Do NOT wear tryout shirts from previous years.**
- Athletes will participate in drills during the entire time slot, so please plan accordingly.
- Families will not be allowed in the gym during tryouts so that coaches may concentrate fully on player evaluation and limit building congestion; no spectators will be allowed in the gym during tryouts.
- We have spread the age divisions for tryouts. Having less age groups in the building at a time will allow RVC staff to more closely monitor the evaluation process.
- Coaches at this point may have conversations with players about position switches. This usually happens because a player has a chance to make a higher team at another position.
- Sunday will be the coaches' time to review those evaluations, adjust, and build rosters.
- Each child will be evaluated by at least two coaches. These coaches will not share notes or influence each other during the tryout. Once evaluations are complete, the coaches will then share information with each other to determine the best team for your child.





PLAYING UP AN AGE GROUP

A player interested in trying out for a team one age group higher than their age group **must meet one of the eligibility requirements below**. In addition, player may be asked to attend one or both tryout sessions. See RVC Juniors Tryout Schedule for dates, times and locations. **In all cases, requests to try out for a higher age group must be approved by Juniors Management.**

A player may try out for a team one age group higher than their playing age only if ONE of the following conditions is met:

- The player participated on the top team of the age group higher than his or her playing age the year before. One exception being 14's because there is no national level 13's team. A player who plays up at 14 National does not automatically qualify to play up the following year.
- The travel team level desired by the player is not offered at their playing age.
- Players new to Richmond Volleyball Club need approval from the travel program manager. cwakefield@rvc.net

The above conditions allow for the opportunity to try out for a higher age group. It does not guarantee acceptance to the higher age group nor is it implied that you will always be allowed to try out/play in a higher age group.

Exceptions: *Solely at the discretion of RVC, players may be asked to play up in age in certain situations if their experience allows. For example, RVC may request players to play up to fill out a team roster.*

Team Selections

For travel team age groups with multiple team levels (National, Travel, Zonal, State, Regional), the highest-level team will be formed first. Once the entire roster for the highest level is confirmed, spots will be offered to players for the following level, and so on and so forth. Here is what to expect in the selection process:

1. Selections will be posted on the RVC website (www.rvc.net) and emails will be sent to everyone that tried out in that age group letting them know invitations have been sent. This email will be sent to the **billing email address provided** during online registration. Once this email is received please check the website for your child's tryout number.
2. If your child's number is posted you should receive a confirmation email with a link to pay a \$700 deposit to secure that spot. If for some reason the parents see their child's number but do not get an invitation, they are instructed to call the office. Players will have 24 hours to accept a spot on the team. If a player turns down a spot or the 24 hours expires, the link in the email will expire and the spot will be offered to the next person on the list.
3. The next person has 24 hours to accept the spot on the team. This process will continue with each player having 24 hours to accept or decline a spot until the roster is full.
4. Once the entire team is confirmed, an email will be sent informing everyone in the age group the team is set and the next level has been announced and invitations sent. Parents will then check the website as indicated above and the same process is followed. This will go on until all teams are filled.

This means that confirming a full team can happen as quickly as in 24 hours, or can take multiple days. If a player has any questions or concerns regarding their offered spot, he or she should contact the Travel Program Manager at cwakefield@rvc.net (please do not contact the coach).





Tournaments

WHAT TO BRING

It is critical for players to remember their uniforms, knee pads, court shoes, water bottle, volleyball and lunch when preparing for a tournament. Many sites sell food, but occasionally food is unavailable. Be aware that many venues do not allow outside food or drink. Please plan accordingly. Each player on a travel team will be issued a volleyball (except VYVL/BYDL). Players are solely responsible for their ball and are **required to bring their volleyballs to tournaments and any other time if instructed to do so by their coach.**

WE TRAVEL TO TOURNAMENTS TO COMPETE; EVERYTHING ELSE IS SECONDARY.

To make sure we can prepare the players to compete during a tournament we must have as much rest as possible. Depending on time of play the next day, coaches will recommend a time for players to be in bed.

TEAM TRAVEL POLICIES

1. Players **MAY NOT** drive to any event outside the Richmond Metro area. Tournaments are long, exhausting, and can result in sleep deprivation. No player should be behind the wheel after a tournament.
2. Coaches may not drive players home from practice or tournaments unless accompanied by another non-related adult.
3. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player (unless the coach is the parent, guardian, or sibling of the player).
4. Players may not leave the competition venue, hotel, restaurant, or any other place at which the team has gathered without permission from their coach or parents/guardians.
5. Players should report any illness or injury to the coach immediately. In the case of illness, the player may possibly be quarantined to ensure it is not spread across the team. In the case of injury, medical attention will be sought if necessary and/or rest to prevent further injury.
6. Individual meetings between a coach and a player must be held in public settings or with additional adults present.
7. Players will be courteous and respectful to all RVC and hotel staff members. This includes the club director, program manager, coaches, and/or other adults traveling with the team.
8. Players must remain quiet and use appropriate language at all times in public places including hotel lobby, dining area, hallways and rooms so other guests are not disturbed.
9. A player who damages any property at the lodging or playing facility will be personally responsible for damages and membership may be suspended until damages are paid in full. In some circumstances the player may be dismissed from RVC.
10. Any player found in possession of alcohol, tobacco, illegal drugs or engaged in inappropriate or unlawful behavior will be immediately disqualified from further participation in the event or activity and released to the custody of their parents. In the event the player is not accompanied by his/her parent(s) or legal guardian, the player will be sent home as soon as possible and safe to do so, at the expense of the parent or guardian.
11. Any individual(s) who fail to comply with the signed travel contract (Appendix A) and the USA Volleyball Code of Conduct (Appendix C) will be immediately disqualified from further participation in that event or activity. RVC management will then review the incident to determine further disciplinary action as soon as possible.

These policies and more are part of the Athlete Travel contract signed during registration. A full copy of the contract is re-printed at the end of this handbook for your information (Appendix A).

Playing Time

Each year we make every effort to communicate how Richmond Volleyball Club handles the sensitive subject of playing time. The following guidelines are intended to allow families to read, acknowledge and appreciate the complexities of club playing time and what development means at this level. These guidelines are intended to assist families in making sure they recognize that playing time is not guaranteed and that going to coaches directly on behalf of your daughter or son about playing time is not a preferred approach. We want your experience with Richmond Volleyball Club to be positive. Part of our club objective is to ensure that all parties are working toward the same goal of players improving over time, of producing winning attitudes, of encouraging winning team dynamics and allowing players to take responsibility for their own improvement. Please read below regarding our playing time guidelines here Richmond Volleyball Club:

1. Playing time is not a guarantee simply because club fees are paid. The fee provides a learning experience and a whole host of other benefits (practices, skill development, court time, etc)
2. Being part of the club is intended to provide each player with improvement opportunities through structured practices. We also believe players must show every effort to improve and work through the challenge of improving. We believe improvement happens at practice and expression of that development happens in matches.
3. Winning is an important part of the club performance yet winning is not an at-all-costs benefit. If players do not show respect for winning and the desire to win by improving, working hard at practices, displaying a positive attitude toward the game, coaches and teammates, the ability to win is reduced. Playing time is likely to be adjusted for skills and attitude performance at practices and at games.
4. RVC coaches are encouraged to coach to win. That includes playing the best players during most situations and in particular, during the elimination phase of tournaments. Coaches are also encouraged to find opportunities for each player to be on the court for matches and opportunities for each player to contribute to the team's success. It is the coach's decision when those opportunities present themselves
5. Playing time is not negotiable with the coaches or club administrators. We have worked hard to secure experienced coaches for the program and trust his/her decisions. Everyone benefits from his/her coaching and playing experience including those players that may not be playing in that particular game or situation. Parents are asked to not discuss playing time directly with a coach. The issue of coaches being confronted on playing time by parents is very complicated. We (all of us) need a solid cadre of coaches to be successful in club volleyball. If coaches believe Richmond Volleyball Club parents are unwilling to allow coaches to make decisions about player assignments on the court, we will risk the long-term availability of quality coaches, which will not benefit anyone.
6. Players are to make the effort to discuss playing time directly with the coach. Players understanding what they can do to improve their performance and skills to give them more playing time is a positive first step in achieving that goal. We believe this can be a very healthy experience for the player to get feedback from the coach. A meeting between the player, parent and coaches can happen about playing time, however that meeting should be led by the player/coach and not the parent. We ask all parents and players to please accept these expectations.

Grievance Procedure

If you have a concern regarding a coach's professional behavior (such as a repeated tardiness, excessive schedule changes, lack of communication, bullying or harassment, etc.), please share those concerns as quickly as possible via email to juniors@rvc.net or with the Executive Director, director@rvc.net.

When you have a problem that is specific to your own player, we encourage you to talk to the coach first. All concerns should be addressed by the player speaking to or asking to meet with their coach about the matter. However, if the matter is not resolved or it does not involve a coaching decision, the following steps may be taken:

1. If the matter remains unresolved, the parent/guardian and player should schedule a meeting with the coach. An in-person meeting with the coach should be set up either through email or over the phone. Please note that no meeting should take place during or at a tournament. It is our policy there be a 48-hour "cooling off period" after any tournament before a meeting should take place. The recommended time for a parent/guardian or a player to meet with a coach about a problem is a pre-arranged time usually either before or immediately after a scheduled practice (but after the "cooling off" period). It is RVC's requirement that the player be present and aware of any meetings with the coach. It is at the coach's discretion to determine if it is unnecessary or inappropriate to include the player. Once again, this is the coach's decision — not the parents.
2. If a family member approaches a coach during a tournament, we have instructed the coach to politely refuse to discuss any controversial matter, to refer you to the Juniors Programs Manager, and to move away from the family member.
3. If the matter is still unresolved, then the parent/guardian should schedule a meeting with the player, coach, and Juniors Programs Manager. The Juniors Programs Manager will not engage in discussions about coaching decisions.
4. If the parent/guardian and/or the player are not satisfied by the action taken by the Juniors Programs Manager, they may request that the Executive Director review the matter by writing an email addressed to director@rvc.net. The Executive Director may, at his/her sole discretion, review or refuse to review the matter. The Executive Director will not review coaching decisions, training regimes, or skill development.



Parent Role

Allowing your player the opportunity to learn how to communicate their concerns with their coach in a positive, productive manner is the best thing you can do for your player. Often, this is a player's first opportunity to express themselves to an authority figure, so parents are asked to take a supportive and encouraging role while letting their player handle the conversation directly. Undermining a coach's authority can damage the player-coach relationship and cause conflict and confusion for the player. Parents should resolve themselves to help their player best by not speaking ill of the coach, encouraging their player to have those important conversations with their coach, and helping them set goals to achieve more opportunities to play.

Family Code of Conduct

It is our desire to establish boundaries and guidelines, and more importantly, create a framework for appropriate family and spectator behavior. To that end, we have adopted the Sport Parent Code of Conduct developed by the National Youth Sports Safety Foundation (Appendix D).

We expect all families and spectators to follow the code of conduct. Families and spectators who do not follow the code of conduct may be asked to leave the venue, and in some cases may be suspended from attending future events. We appreciate your support in helping us keep the fun in sports.

In addition, Richmond Volleyball Club will not tolerate hostile, aggressive confrontations between a family member or player and: any official, any other parent, any coach, any player, regardless of whether the coach, player or other parent is a member of RVC or not. Violation of this policy may result in the player being dismissed from RVC. However, all financial obligations will remain in force.

Inclement Weather

In the event of bad weather, decisions are made on a case by case basis whether to cancel a practice and will be made by RVC and/or the coach with a goal to hold as many practices as possible. Even though RVC may be open and holding practices during inclement weather, parents should make their own decision regarding road conditions and personal safety. If roads are hazardous in your area, please carefully consider whether to attend practice. Tournament cancellations or postponements will be announced as early as possible, but this depends on the conditions and tournament directors. Cancellations by RVC will be posted on the RVC website when possible and RVC's Facebook page. Call your coach or RVC if you are uncertain as to whether there is a change.

Harassment Policy

The Richmond Volleyball Club prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, and hazing, all as described in the USA Volleyball SafeSport Handbook. Harassment is defined as any unwanted physical or verbal conduct that offends or humiliates the recipient, that interferes with their ability to play and learn or leads to adverse consequences, and that any reasonable person ought to have known would be unwelcome. It does not include the legitimate exercise of coaching authority regarding performance feedback, game evaluations, or valid disciplinary measures. It may create an intimidating, hostile, or offensive team setting. Examples of harassment include, but are not limited to, racial or sexual slurs, name calling, racist or sexist jokes, negative stereotyping, physical assault, bullying, threats, demeaning pictures, posters and graffiti.

Harassment includes the following categories of behavior, whether the behavior occurs one or many times:

1. **Discriminatory behavior:** Discrimination refers to treating people differently, negatively, or adversely because of one or more of the following: race, color, ancestry, place of origin, political belief, religion, age, sex, sexual orientation, marital status, family status, or physical or mental disability.
2. **Personal harassment:** Personal harassment includes objectionable conduct, comment, or display made on either a one-time or continuous basis that demeans, belittles, or causes personal humiliation or embarrassment on the part of the recipient. It may or may not be linked to discriminatory behavior.
3. **Sexual harassment:** Sexual harassment refers to any conduct, comment, gesture, or contact of a sexual nature, whether on a one-time basis or a series of incidents, that might reasonably be expected to cause offence or humiliation or that might reasonably be perceived as placing a condition of a sexual nature on participation. Examples of behavior that can constitute sexual harassment include, but are not limited to
 - a. unwanted touching, patting or leering
 - b. sexual assault inquiries or comments about a person's sex life
 - c. telephone calls or other forms of communication with sexual overtones
 - d. gender-based insults or jokes causing embarrassment or humiliation
 - e. repeated unwanted social or sexual invitations
 - f. inappropriate or unwelcome focus/comments on a person's physical attributes or appearance
4. **Bullying:** Bullying consists of behavior to attack and diminish another by subjecting the recipient to unjustified criticism and trivial fault-finding, humiliating the recipient (especially in front of others), and/or ignoring, overruling, isolating and excluding the recipient.
5. **Poisoned team environment:** A poisoned team environment is characterized by an activity or behavior, not necessarily directed at anyone in particular, that creates a hostile or offensive environment (whether on the court, at tournaments, or in meetings). Examples of a poisoned team environment include but are not limited to: graffiti, sexual, racial or religious insults or jokes, abusive treatment of a player or parent, and the display of pornographic or other offensive material.

REPORTING HARRASMENT

If you see a Richmond Volleyball Club employee behave in a way you believe appears to be inappropriate, or if you experience behavior from a coach or administrator that you believe is inappropriate, report it immediately to the Executive Director (director@rvc.net or 804-358-3000). All complaints will be investigated. Any employee found to be in violation of the harassment policy will be subject to discipline, which may include dismissal. There will be no retaliation against any complainants or any witnesses who participate in an investigation of a harassment charge.

SafeSport

The [U.S. Center for SafeSport](https://www.uscenterforsafesport.org/) is an independent nonprofit committed to building a sport community where participants can work and learn together free of emotional, physical and sexual abuse and misconduct. They endeavor to make athlete well-being the centerpiece of the nation's sports culture through abuse prevention, education, and accountability.

SAFESPORT HOTLINE

Access live, confidential help over the phone at 866-200-0796. Get confidential, one-on-one support through a secure instant-messaging platform at www.safesporthepline.org.



Communication

RVC's primary way of communicating with parents/players is through the primary email address on a player's SportsEngine account. The RVC website (www.rvc.net) and social media channels (Facebook, Instagram, Twitter) may also be utilized for last minute updates (such as weather-related closures or delays) and event reminders. Coaches may choose to communicate with their team in a variety of ways which may include email, text messaging, or group chats (i.e. GroupMe). A coach will discuss with their team and parents at the beginning of the season what communication avenues will be used throughout the season. These apps should only be used for team communications. Players should not use them to share non-volleyball-related content. Parents/Guardians should monitor these as they would any other social media as our coaches do not monitor and may not be aware. Inappropriate content or messaging may result in player suspension.

MISSING PRACTICES/TOURNAMENTS

If you cannot attend a practice, players need to inform the coach at least 24 hours in advance. If you will not be participating in a tournament, you should give adequate notice so that a substitute may be found (a general guideline is three weeks).

PLEASE NOTE: Even if you are unable to participate in a tournament, you are still financially obligated to share in team and coach's expenses unless excused by the Juniors Programs Manager and have **WRITTEN** support for the excused absence. Verbal approval is not enough, and coaches do not have authority to waive fees.

TEAM PAGE/WEBSITE

If the team parent or another parent volunteer creates and manages a team site, account, or other centralized, web-accessible page (Google Drive, Trello, Facebook, etc.) for the purposes of team communication, please keep that group private. In order to protect the RVC brand, these groups may not use the RVC logo or contain the words "RVC" or "Richmond Volleyball Club" in the group name.



Appendix A

ATHLETE CONTRACT

My main goal is to become the best player I can be. Only I am responsible for my behavior and work ethic. I am fully committed to RVC Juniors and therefore will:

- Commit to all obligations of the team once I accept a position on the team.
- Promise to make every effort possible to attend every practice.
- Conduct myself in a manner to bring credit and prestige to myself and the program.
- Budget my time to meet all the responsibilities of work, learning and other personal areas.
- Personally notify my coach 24 hours in advance if I cannot make it to a practice or three weeks in advance if I cannot make it to a tournament.
- Be on time for practice - Lombardi time (15 minutes early).
- ABSTAIN from alcohol, tobacco, and illegal drugs.
- Communicate, both on and off the court, with my teammates and coaches for mutual understanding.
- Recognize the unique aspects of volleyball yet learn from my mistakes and never make excuses or lay blame.
- Respect my coach and teammates at all times. Do not share inappropriate content or media on team chats/messages. Doing so may result in suspension from team.
- Clean our tournament area and practice facility of all trash. Leave the area as I found it, if not better.
- Realize that a team is made up of individuals and everyone cannot start. Accept my role on the team and what it takes to be the best.
- Be accountable to my team, coach, and club.

Any player found in possession of alcohol, tobacco, illegal drugs or engaged in inappropriate or unlawful behavior will be immediately disqualified from further participation in the event or activity and released to the custody of their parents/guardians. In the event the player is not accompanied by his/her parent(s) or legal guardian, the player will be sent home as soon as possible and safe to do so, at the expense of the parent or guardian.

Contract continued on next page

Appendix A

ATHLETE CONTRACT (CONTINUED)

WE TRAVEL TO TOURNAMENTS TO COMPETE; everything else is secondary.

- Athletes MAY NOT drive to any event outside the Richmond Metro area.
- Athletes will be courteous to and respect all staff members. This includes parents/guardians and/or other adults traveling with the team.
- Athletes may not leave the competition venue or any other place the team has gathered at any time without permission from their coach or parent/guardian.
- Athletes must report any illness or injury to the coach immediately.
- An athlete who damages any property at lodging or playing facility will be personally responsible for damages.
- Athletes must remain quiet and use appropriate language at all times in lobby, dining area, hallways and rooms so other guests are not disturbed.

Richmond Volleyball Club is dedicated to providing all participants with a welcoming and safe environment in which we value and respect each other's unique qualities and contributions. We are committed to embracing diversity, equity, and inclusion as organizational values to intentionally create a nurturing and learning environment focused on individuality, celebrating each other's differences, and joining together as a community. We are committed to the ongoing development of volleyball players and to the education of coaches.

Any individual(s) who fail to comply with the signed travel contract and the USA Volleyball Code of Conduct (Appendix C) will be immediately disqualified from further participation in that event or activity. RVC management will then review the incident to determine further disciplinary action as soon as possible.

Appendix B

FINANCIAL AGREEMENT

I have given permission for my child to participate on a RVC juniors travel team. We have discussed the risks, commitments and sacrifices involved and are committed to the program. I understand and accept the financial obligations of participating, with the following in mind:

- As a benefit of playing with RVC, I may choose one of two payment options – 1) credit option which allows me to choose my payment option through SportsEngine (pay in full, pay in 4 installments or 7 installments). This option is ONLY available if my SSN is provided below or – 2) lump sum payment option wherein I will pay the entirety of the team cost for the season upfront. The team costs are listed on the RVC website. This payment will be charged on November 1st for the 14-18 age group and November 15th for 12 and 13's from the credit card authorization form turned in at a Pre-Tryout Orientation.
- By signing this contract, I acknowledge that I will not receive paper statements. I understand that payment terms will be made through SportsEngine. It is my responsibility to keep a valid email address on file through my SportsEngine account at all times. I acknowledge that email reminders about my payment plan may be redirected to my "spam" or "junk" folder, and RVC cannot be responsible for misdirected email. I further acknowledge that I am responsible for the team costs, even if I do not receive an email reminder.
- The \$75 try-out fee includes administrative and try-out costs. It is non-refundable if we choose not to participate regardless of the reason or are not selected for a team.
- Once selected for a team, players will be sent an email to the billing email on the player's SportsEngine account and given 24 hours to accept their position. In order to accept a spot on a team, players will pay a \$700 (\$945 for VYVL and BYDL as well) non-refundable team fee deposit to secure their place. The team registration and completed payment terms must be submitted by December 1st through your player's SportsEngine account.
- Included in the team cost are: uniforms, practice facilities, equipment, coach's education & salary, program administration, a volleyball and travel costs for the travel teams. To reduce costs, VYVL and BYDL teams will not receive a volleyball.
- Team cost also includes your player's portion of all team expenses (Coach's travel expenses, Coach's meal expenses, van rentals, hotel rooms, tournament registration fees, etc.), regardless of whether or not an individual participated in an event.
- I understand that I am obligated to pay all team costs incurred by RVC, the only exception may be if my child sustains a season-ending injury (16 weeks or more). In that case, I must submit a doctor's note and obtain an excused absence, in writing, from the Juniors Programs Manager. The manager can be reached at juniors@rvc.net. I understand that my child's coach does not have the authority to waive or dismiss fees. Requests for excused absence must be received within 7 days of the injury.

Appendix B

FINANCIAL AGREEMENT (CONTINUED)

- Team cost and budgets do not include the cost of parent or player travel; please realize we budget solely for the cost of the players to participate in the tournaments.
- Parents are responsible for travel arrangements to and from tournaments for their athletes. Parents are also responsible for the lodging for their athlete.
- Payments will be made through your athlete's SportsEngine account. This is the account you set up for USAV membership as well.
- There will not be refunds issued at the end of the season unless your team's entry fee for AAU's is awarded or travel costs are less than expected.
- Players will immediately become ineligible to participate (practices/tournaments etc.) if any payment is 30 days past due and will remain so until the account is brought current. You have 30 days to submit a new credit card for your auto-withdrawal in SportsEngine.
- Delinquent accounts may be asked to submit checks in advance or provide a credit card authorization for payment.
- I will also be responsible to pay all expenses, including attorney's fees which are 33.3% and all costs of collection incurred by RVC in seeking to collect any amounts payable hereunder which are not paid when due.
- Additional Obligations:
 - As a parent, I agree to always show proper sportsmanship as outlined in the parent/player handbook.
 - Team selections are made by a group of coaches; I trust their judgement and will support my child and the team selection.
 - Coach must be notified within one week of the distribution of the team's playing schedule of any non-emergency conflicts (you will still be charged for any missed tournaments).
 - If your player decides to stop playing at RVC during the season for any reason, you must notify the Juniors Program Manager in writing. You will still be responsible for all team fees and tournament expenses for the entire season.
 - I give permission to RVC to use my child's picture or likeness, which may be taken at any activity or event, for use in advertising, promotional materials, website displays or publications.
 - This agreement may be cancelled if the athlete becomes disabled or so severely injured while participating in an RVC activity that he/she cannot practice or compete for more than (4) consecutive months or the Athlete's estate cancels the agreement in the event of the athlete's death.
 - We take commercially reasonable precautions to secure social security numbers. Only employee and necessary service providers have access.
 - All parties financially responsible for the player's expenses must sign this document. If payment option 1 (credit) is chosen, then social security numbers (SSN) must also be given for all financially responsible parties
- Parent/Guardian Signature: _____ Date: _____

- Parent/Guardian Print: _____
SSN: _____
-
- Parent/Guardian Signature: _____ Date: _____

- Parent/Guardian Print: _____
SSN: _____

Appendix C

USA VOLLEYBALL CODE OF CONDUCT

THE FOLLOWING ACTIONS ARE PROHIBITED:

1. Violation of any anti-doping policies, protocols or procedures as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), Federation Internationale de Volleyball (FIVB), US Anti-Doping Agency (USADA), or the United States Olympic Committee (USOC). Violations of this provision will be adjudicated only by USADA or the proper anti-doping authority, not USA Volleyball (USAV).
2. Possession, consumption or distribution of alcohol and/or tobacco if illegal or in violation of USA Volleyball (USAV) or Regional Volleyball Association (RVA) policy.
3. USAV prohibits the possession, consumption or distribution of alcohol and/or tobacco by anyone registered as a junior volleyball player at the event venue of an USAV/RVA sanctioned junior event.
4. Use of a recognized identification card by anyone other than the individual described on the card.
5. Physical damage to a facility or theft of items from a room, dormitory, residence or other person. (Restitution will be part of any penalty imposed.)
6. Possession of fireworks, ammunition, firearms, or other weapons or any item or material which by commonly accepted practices and principles would be a hazard or harmful to other persons at USAV/RVA sanctioned events.
7. Any action considered to be an offense under Federal, State or local law ordinances.
8. Violation of the specific policies, regulations, and/or procedures of the USAV, RVA or the facility used in conjunction with a sanctioned event. (It is the responsibility of the individual to be familiar with applicable specific policies, regulations and procedures.)
9. Conduct which is inappropriate as determined by comparison to normally accepted behavior.
10. Physical or verbal intimidation of any individual.
11. Actions that will be detrimental to USAV or the RVA.

USA VOLLEYBALL DISCIPLINARY POLICY:

Penalties are only applied after affording the participant due process as may be required by the Ted Stevens Olympic and Amateur Sports Act (TSOASA), USOC, USAV, and RVA. Appeals, other than for doping violations, may be made in accordance with procedures set forth in the bylaws and operating codes of USA Volleyball and the RVA as printed in the current Official USA Volleyball Guide and RVA Handbook, respectively.

Appendix D

SPORT PARENT CODE OF CONDUCT

The following is derived from the National Youth Sports Safety Foundation

Children's sports are supposed to be fun – for the children. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults.

That is why the National Youth Sports Safety Foundation (NYSSF), a non-profit educational organization dedicated to promoting the healthy development of youth in sports, in conjunction with the Massachusetts Governors Committee on Physical Fitness and Sports, convened a consensus meeting with representatives from more than thirty sports, medical, educational and professional organizations to create the following Code of Conduct for parents and spectators to abide by at every game.

Parents, fans and coaches who follow this simple code can help reinforce what sports are all about: BEING FUN FOR EVERYONE.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

As a parent or spectator:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.

Appendix D

SPORT PARENT CODE OF CONDUCT (CONTINUED)

10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Game forfeit through the official or coach
- Parental season suspension

For more information visit www.sportsmanship.org



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