



As a member of our SOMD VBC Program, you represent yourself, your family and the Club in promoting a positive image through your athletic achievement and personal conduct at all times, on and off the court. Poor sportsmanship will not be tolerated. We are proud of the traditions we have established and would like to continue a well-respected image. Positive attitude and being coachable are imperative to success.

PRACTICE

- **Practice times / schedules.** Each team will hold two practices per week: Tuesday/Thursdays.

	Tuesday	Thursday
14 Boys	5:45-7:45	5:45-7:45
12 Black	5:45-7:45	5:45-7:45
13 Black	5:45-7:45	5:45-7:45
14 Black	5:45-7:45	5:45-7:45
15 Black	7:45-9:45	7:45-9:45
16 Black	7:45-9:45	7:45-9:45
17 Black	7:45-9:45	7:45-9:45
18 Black	7:45-9:45	7:45-9:45

Times may change, so please check the practice schedule posted on the website:

- Please come to the facility ready to go, place your belongings in your assigned area then go to your assigned court if it is free. Please do not come onto the main courts to stretch or ball handle, if a team is still on the court.
- **Scheduled practice time** is **START** time and not arrival time. **Please arrive 5-10 minutes** prior to the start of each practice. Practice time is precious, so all coaches will begin training at their scheduled practice time.
- At the end of your practice time, please shag all balls and vacate your court so that the next team can promptly start practice. If you need to address their team following practice, please do it off the courts.
- Although COVID restrictions have been lifted, please remember, we are still all susceptible to COVID and the Flu. Please respect the fact that some players and coaches are still electing to

wear a mask. Everyone should take precautions regarding this and ensure proper spacing when receiving instructions, use hand sanitizer with need and wash your hands after practice.

SOMD VBC operates under the auspices of CHRVA. Therefore, SOMD VBC will adopt CHRVA's policies and guidelines. Please visit our website for [SOMD & CHRVA COVID 19 INFORMATION](#).

- **Practice shirt.** Please wear your SOMD practice shirts at all practices and all SOMD functions/tournaments.
- **Missed practice.** All players are expected to make every effort to attend every practice. If you cannot be at practice, regardless of the reason, it is the player's responsibility (not the parent's) to reach the coach(s) before the practice starts. **Notify your coach(s) if you cannot make a practice as soon as you know.**
- **Facility closings/ Emergency school closings.** In the event of a facility closing, information will be posted on the Club's website. The club directors and individual coaches will confer whether practices will be canceled due to inclement weather.
Please Note: Charles County emergency school closings **DO NOT** apply as The Capital Clubhouse. **The Clubhouse is part of the Charles County Government and NOT** the school system.
Please check the Club's website for cancellations: <http://www.somdvbc.com>

GENERAL RULES & CONDUCT (Practice & Tournaments)

- **Proper conduct.** Proper conduct is expected for all members of SOMD VBC at all times. This includes coaches, athletes, parents, and supporters. This also means treating supporters from other teams, other parents, and officials with respect. Improper conduct by an athlete or a parent is taken very seriously and is grounds for dismissal from the Club.
 - **Horseplay** by players or coaches at practice or tournaments is strictly prohibited.
 - **Emotional control** will be exercised at all times. Any overt display of displeasure or frustration will not be tolerated. Losses of emotional control during competition or practice will not be tolerated. Use of profanity from any athlete, coach or parent will not be tolerated.
 - **NO sitting** during practice unless instructed by the coach.
 - **Run** to the huddle or bench on all breaks or game time outs. Do not talk until the coaches are done addressing the team.
 - **Shagging** is not a rest period. Players must be positioned to protect teammates who are in a drill. **NEVER** allow a ball to roll on the court during a drill.
 - **Practice.** When other teammates are fatiguing in a drill, **EVERYONE** should be encouraging.
 - **Sportsmanship.** Excellent sportsmanship is expected at all times by everyone.
- **Injuries/Team or player concerns.**
 - **Concerns.** Refer any and all problems to your coaches or captains, so they can be resolved with minimal time and the least amount of stress to the team.
 - **Injuries.** All injuries **MUST** be reported to your coach as soon as possible so that appropriate action may be taken to ensure a full recovery. Please do not continue to play or practice if you are in pain or injured.

- **Equipment Loss or Damage.** Any athlete who loses or damages equipment owned by SOMD VBC during practices, tournaments or other functions, or at facilities 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.
- **Player's drop off / pick up.** Parents, please be mindful of your child's practice times. We start and end promptly. No player is to wait outside the Capital Clubhouse for a ride. Wait in the lobby with your coach until your parents arrive.
- **Electronic devices. NO** electronic devices (iPod, cell phone, etc.) are to be used during your assigned practice or tournament officiating responsibilities.
- **Substitutions.** Run to the substitution zone when you are instructed to go in or come out.
- **Bench players.** Must pay attention to the game so they are mentally ready to contribute.
- **Team members.** Do not criticize teammates, leave coaching to the coaches. Be positive through your speech and body language to all.

TOURNAMENTS

- Potential tournament dates can be found on Chesapeake Region Volleyball Association (CHRVA) website: <http://www.chrva.org> and Advanced Events Systems website: <https://www.advancedeventsystems.com>
- Please be aware that tournament sites/dates can change.
- **Tournament absence.** If a player **cannot** be at a tournament, the athlete is expected to call the coach as soon as the athlete knows they will be absent. It is the athlete's responsibility (not the parent's) to reach the coach before the tournament starts.
- **Tournament Day Overview.**
 - **Tournament dates.** Check your schedules as soon as a tournament date is announced and please report any conflicts to the coaches immediately.
 - **Transportation.** Athletes and/or parents are expected to provide transportation for their athlete to and from tournament sites and practices.
 - **Tournament arrival.** All players are expected to be in the gym, ready to warm-up, at the scheduled arrival time. This usually means the player needs to arrive at the site 30-45 minutes prior to the scheduled arrival time. **EARLIER IS ALWAYS BETTER.**
 - **Tournament time.** Start early and potentially end late.
 - **Game format.** Pool play (2-3-4 games) followed by single elimination later during the tournament.
 - **Work teams.** All teams that play in a tournament are **required to work**. When we are required to work the last match of the day, **ALL PLAYERS ARE REQUIRED TO STAY UNTIL THE WORK TEAM COMPLETES THEIR RESPONSIBILITIES.** Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed. Officiating is the shared responsibility of the entire team. Training prior to the start of the season for the line judging, scorekeeping, score flipping, and officiating will be done. Each coach will determine a procedure their team will follow with regards to officiating assignments.

- **Playing Time. PLAYING TIME WILL BE FAIR, BUT MAY NOT BE EQUAL...** This is dependent upon the coach and the team's needs, matchups, & level of competition. We are a competitive Club and at this age, we are not only developing the teams, but we are also attempting to win.
- **Player conduct.** Proper conduct is expected for all members of the Club at all times.
- **End of Tournament.** Players will not be allowed to leave the tournament site until excused by the coach. **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!**

PARENT(S) VOLUNTEERS

- We are looking for a parent (s) who would like to assist with organizing the team for tournaments, referee and score keeping training, fundraisers, team bonding, carpooling, etc.

CONTACT INFORMATION

Morris Davis, Director	director@somdvbc.com	301.503.2654
Michelle Ruble, Director	mmruble@csmd.edu	240.427.8689
Nila Straka, Director	nila.straka3@gmail.com	301.399.3566
Deana Shupe, Admin. HR	deanashupe@gmail.com	240.602-3495
Carol Ring, Admin. Secretary	carolu4@juno.com	301. 706-5971