

CLUB ACE LONG ISLAND



*Cali*

VOLLEYBALL

PARENTS and PLAYERS  
**HANDBOOK**



## OUR MISSION AND PHILOSOPHY

Welcome to the CALI volleyball program!

We are a USA Volleyball affiliated club for junior athletes ages seven to eighteen. Our coaches are driven to put athletes first, developing every player to the peak of their ability. We believe when you work hard and focus on fundamentals, combined with competitive, team-oriented play, individual skills improve and winning follows.

A fundamental approach to the game, the establishment of a strong work ethic and continuity in coaching staff are attributes which will make CALI a successful club experience for so many players over the years to come. CALI has a tradition of emphasis on fundamentals and sportsmanship. More importantly, CALI creates friendships which are built through years of working and competing together. CALI is dedicated to improving every athlete's volleyball skills both mentally and physically. CALI is proud to say that many of our players go on to play for Division I schools as well as D-II or D-III schools. However, some of our athletes participate so they can make their school's team. Whatever your desire, CALI's goal is to provide the tools the junior athlete can use to become a better all-around player. We look forward to your involvement with the CALI volleyball program!

## OUR PLAYER MOTTO

Believe in always doing your best,  
Believe in and listen to your coach,  
Believe in having fun while working hard,  
Believe in eating nutritious food, not junk!  
Believe in, support, and respect your teammates,  
Believe in yourself and maintain a positive attitude,  
Believe there is always another chance, shake it off and move on!  
Believe that the coaches and parents believe in you!  
Believe you can make a difference!

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CALI Volleyball offers several programs designed to meet the different individual goals for each player. The success of each team is measured not only on a winning season but also on the growth of each player. While we hope each team will have ample experiences winning matches, we also hope each team will learn from their losses. A team's cohesiveness on and off the court, coupled with a positive attitude and good sportsmanship, is as important to winning as are good technique and aggressive playing. We hope each team will form friendships, will have fun while playing, and will encourage each other during tournament play.

#### TRAVEL TEAMS

-General information. The Travel Team program is designed for players 12 through 18 years old who have experience playing and are highly committed to playing on a competitive team. Each Travel Team will be limited to between 10 and 12 players (up to 14 in the 12s and 13s). The number of teams at each age level is determined at the beginning of the season. Players must try out for a spot on a Travel team. The Travel Teams are competitive and play with the goal of earning a place to play in a national tournament. Some players will play more than others. Practices are the place where players can improve their individual skills, strength and strategic understanding of volleyball.

-Time commitment. The core season for Travel Teams runs for approximately 20 weeks from early December through first week of May. Travel Teams that have earned a place in a nationally ranked tournament will play an extended season through early July. Players on all Travel Teams commit to the entire extended season when they accept a position on the team. There are two practices per week with occasional open gym or position practices throughout the season\*. Each team will be scheduled for 6 to 9 tournaments during the season. This includes single day tournaments on Sunday or Saturday, and several multi-day overnight tournaments. Tournaments are nearly always scheduled on holiday weekends, 3 in addition to other weekends. Teams that travel to National Qualifiers, or other large national events, might miss a day or two of school, for travel.

-Included in fees. Club membership fees include coaching, practice facilities, and some administrative items. Each player will also receive two practice shirts, two spandex, socks, two uniforms jerseys, a warm-up suit, and a backpack or duffle bag. There is the possibility to buy extra gear (e.g. dig pink tournament jerseys). Players are responsible for all tournament and travel related costs for multiday competitions. Travel costs and hotels are not included. Fees do not include the cost of a season ending national competition, for those teams that earn a spot. Teams planning on attending a national competition engage in fundraising activities to cover the cost of attendance.

-Who should tryout? Any player interested in continuing her playing career in college should try out for the Travel Team program. This is the highest level of competitive play with the greatest time commitment. It gives players the opportunity to play against a broad range of teams from other regions and exposure to college coaches and recruiters.

\*Intense Travel Program - (2018/19) 13 Black/ 14 Black/ 15 Black/16 Black: 3 times volleyball practice per week

#### NATIONAL TRAVEL TEAMS

-General information. The National Team program is designed for players through 18 years old who have a good experience playing and are planning to play on a competitive team. Our National program is designed for those athletes that enjoy competition and training but don't have the time to commit on the same level as the Travel team. Each National Team will be limited to between 12 and 15 players. The number of teams at each age level is determined at the beginning of the season. Players must try out for a spot on a National team. The National Teams are competitive and play with the goal of going to one national tournament. We try to have equal playing time, but some players will play more than others.

Practices are the place where players can improve their individual skills, strength and strategic understanding of volleyball.

-Time commitment. The core season for National Teams runs for approximately 20 weeks from early December through first week of May. There are Two practices per week. Each team will be scheduled for 4 to 5 single day tournaments on Sunday or Saturday with one multi-day overnight tournament. The multi-day Tournaments are nearly always scheduled on holiday weekends, in addition to other weekends. Teams that travel to National Qualifiers, might miss a day or two of school, for travel.

-Included in fees. Club membership fees include coaching, practice facilities, and some administrative items. Each player will also receive two practice shirts, spandex, socks, two uniforms jerseys, a suit, and a backpack or duffle bag. There is the possibility to buy extra gear (e.g. dig pink tournament jerseys). Players are responsible for all tournament and travel related costs for multiday competitions. Travel costs and hotels are not included.

-Who should tryout? Any player interested in continuing her playing career in a good level volleyball tries out for the National Team program. This is a high level of competitive play with time commitment. It gives players the opportunity to play against a range of teams from the region and exposure some national level volleyball. It is a good opportunity to prepare for a full travel team in the next season.

#### ASPIRE TEAMS

-General information. The Aspire Team program is designed for players 11 through 16 years old who are interested in playing beyond the school season, with limited travel. Each Aspire Team will be limited to between 12 and 16 players. The number of teams at each age level is determined at the beginning of the season. Players must tryout for a spot on an Aspire team. The Aspire Teams are competitive; however less emphasis is placed on winning. All players will have some opportunity to play in each tournament; for around the same amount. Practices are emphasized as the goal of the program and are where players 4 can improve their individual skills, strength and strategic understanding of volleyball.

-Included in fees. In addition to all coaching, practice facilities, and tournament fees, each player will receive one jersey, spandex, practice shirt, and a bag. Please note that players are responsible for their own transportation and meals during tournaments, as these are not provided by the club.

-Time commitment. The season for Aspire Teams runs for approximately 20 weeks from December through the end of April or the first weekend in May. Aspire teams will have 1 weekly team practices on weeknights. They will participate in 3-4 single day tournaments, on Saturday or Sunday, during the season. Most Aspire Teams do not participate in overnight tournaments, although some teams can do so.

-Who should tryout? Any player with an interest in playing on their high school junior varsity and varsity teams, and committed to accelerating their individual game skills. This program is ideal for multi-sport athletes who do not have the necessary time to commit to the National Team program.

#### VOLLEYBEES

-General information. The VolleyBees program is designed as a fun and creative approach to learning the game of volleyball. Players will have the opportunity to develop their individual skills in a no pressure environment that promotes fun, fitness, team play, and an enjoyment of the game.

-Time commitment. The season for Volley Bees teams runs for approximately 16 weeks from January through April. There is one practices per week.

-Cost. VolleyBees is only \$600 to siblings of CALI Volleyball team members and is available for \$800 for others – see our website for details!

-Who should join? Players 6 through 11 years old with limited or no experience playing volleyball who want to have fun and begin to learn the game.

#### PAYMENT SCHEDULE:

50% Due on first team meeting/fitting day (November) 25% due on January 18th and 25% due on February 15th Payments (club fees and travel/hotel expenses) will be collected by our partner Groundworks on CALI's behalf. This is not an optional service. We will not be able to accept checks or credit cards starting January 1<sup>st</sup>, 2019.

Cali does not want to turn anyone away because of financial reasons. If you have a special situation, please come to talk to us and we will do the best possible.

## COLLEGE RECRUITING

While CALI Volleyball does not provide full-blown college recruiting services, we will help guide you through the process. CALI Volleyball holds information sessions during the season, designed to provide high school players and their parents with all the rules and options involved in the college recruiting process. What may seem like a difficult process will be easy to understand and enable interested players and parents to take the next steps. We also have a college recruiting coordinator on staff that can assist you in getting seen by coaches at major tournaments.



Emily Mansur is leading Club Ace Long Island as Club Director since the 2013/14 club volleyball season.

She was named Hofstra University's Head Volleyball Coach in Mai 2014 after serving as an assistant coach for one season. As Hofstra Head Coach, she started the 2014/15 season with the second-best start in the programs History and 10 consecutive victories which eventually lead the team to CAA conference champion (2014 and 2018) and regular season champion 2015 and 2018. Emily was names CAA 'coach of the year' in 2018.

2012/13 season she spent as an assistant coach of the professional-level Lusofona Volleyball Club based out of Lisbon, Portugal which qualified for the Portuguese Final Four. Emily comes with extensive experience coaching club teams as well as serving as an assistant coach for one season (2006) at Marist College. Under the club level she coached at Downstate Volleyball Club for seven years and CT Impact for two years.

A two-year captain for the Gaels from 2003 to 2004, Emily was a four-year starter as a right side and outside hitter, and setter. She was named to the all-conference first team in the Metro Atlantic Athletic Conference (MAAC) in 2003 and 2004 while earning the MAAC Setter of the Year Award in 2004.

She has played professional volleyball overseas (Germany) and on many club teams including those based out of New York and Brazil.

Emily who is fluent in Portuguese and English, graduated from Iona in 2005 with a degree in psychology. She is married with a son and currently resides in Island Park, NY.

## CLUB MOM – Andrea Murphy

The Club Mom/Dad are volunteer positions responsible for coordinating communications and information to team parent liaisons, chaperones, and parents in general, and assisting with logistics and problem solving.

## TRAVEL COORDINATOR – Shannon Morse

The Travel Coordinator is a position responsible for coordinating travel arrangements for all multi-day tournaments.

## SELECTION OF COACHES

CALI's staff features an outstanding and impressive group of professionals that are dedicated to teaching the sport of volleyball. They include former professional players, head coaches and assistant coaches from colleges and high schools as well as former and current collegiate players. CALI'S Directors select and assign head coaches per whom they feel will do the best job meeting CALI'S program and team goals and orientation. All CALI'S coaches have successfully passed USA Volleyball IMPACT training and many head coaches are CAP (Coaching Accreditation Program) certified. All coaches must pass a background check prior to consideration for a coaching position.

## INFORMATION COMMUNICATION

Coaches are responsible for enforcing all CALI'S rules and making sure that their respective teams understand all rules.

## PERSONAL CONDUCT

Each coach must maintain high standards of conduct and sportsmanship. CALI'S coaches are required to be good role models for players and to maintain personal conduct which is a credit to CALI and the sport of volleyball.

## GAME CONDUCT

Coaches must refrain from any conduct or display which may arouse players, team followers or spectators to engage in unsportsmanlike behavior. At all times coaches must respect game officials, opposing players, coaches and spectators.

## SUPERVISION

6 Coaches are directly responsible to the CALI's Directors for coaching performance and conduct during \_\_\_\_\_ CALI activities. If a coach displays attitudes, actions or conduct contrary to CALI rules, regulations or philosophy, it should be reported to the directors, who will in their discretion take the appropriate action.

## PARENT INFORMATION

### GENERAL RESPONSIBILITIES

Parents, guardians, or persons in charge of a CALI participant must abide by and uphold all CALI'S rules and procedures. They will respect the decisions of coaches and officials made in the course of performing their duties, and assume full responsibility that the player they register does the same. If the parent, guardian, or person in charge fails to do so, or the player they register fails to do so, they and/or the player may be removed and barred from CALI practices, games and events.

### DUES PAYMENTS

Fees are due according to the schedule outlined in the contract parents signed when committing their child to play on a team at the commencement of the season. All payments are done through check or cash. Dues are assessed based on the total expenses for the club. The club cannot operate and meet obligations if any club member defaults on the payment of dues. If a club member is delinquent in her dues, they will not be allowed to participate in practices or tournaments until their payments are current. A player who becomes injured or resigns during the club volleyball season, remains a member of the club team and is obligated to pay all club dues regardless of playing status. All fees paid to CALI Volleyball are non-refundable.

Registrants shall not be permitted to pay pro-rated fees. A \$45 fee shall be charged for any check or credit card payment that is returned unpaid, or for any late payment, and must be paid in full as a condition of the player attending practice and tournaments.

### TRANSPORTATION

Parents are responsible for arranging transportation to all practices and non-flying tournaments. Our primary practice facility is the Hofstra University, Hempstead, NY. Most single day tournaments are within the GEVA (Garden Empire Volleyball Association) region. GEVA is the local region of USA Volleyball (USAV, the National Governing Body of Volleyball) that is responsible for the promotion and growth of volleyball in New Jersey, Long Island, and the Greater Metropolitan Area of New York City (including Westchester, Rockland, Dutchess, Putnam, and Orange Counties). GEVA's junior tournaments are held on week-end days at various venues through-out the region and usually last all day.

A team can expect to play at least eight games per tournament; more should they advance to the playoffs. Playing venues may be as far as three hours away, and players generally need to arrive by 8:00am and play until 5:00pm (subject to variation depending upon the team's assigned pool play schedule). Players who have a senior driving license may drive themselves to practices and single day tournaments, with parental approval.

Travel tournaments generally include a one, two, or three-night stay and two to three days of play. Travel and National teams can expect to go to places such as Washington, DC, Baltimore, MD, Philadelphia, PA or Boston, MA. Parents are responsible for arranging transportation, unless the team is flying. Any Travel or National Team participating in a tournament more than an 8-10-hour drive will usually travel by bus or airplane.

#### CAR POOLING

CALI recognizes that parents may have other conflicting obligations which make it difficult on occasion to drive their player to practice. Parents frequently make car pooling arrangements for their player. It is recommended that players car pool with other members of their own team to tournaments. Teams play on different days, in different places, and according to different schedules. It does not always work logistically to make car pool arrangements with players on other teams. Players may not change who they are traveling home with unless you speak directly with the team chaperone. Given the cost of gas and tolls, please remember to offer to contribute to the driver's cost.

To assist you with making arrangements, all parents and players will receive a team roster with the contact information for each player on the team and their parent or guardian. If you have any questions or 7 difficulty making arrangements, please contact your Team Liaison or the Club Mom.

#### TOURNAMENTS

Parents are encouraged to attend as many tournaments as possible. Spectator seating is often not provided at the playing venues. It is recommended that you bring a folding chair for your comfort. Please note that coolers are generally not permitted in the venues. CALI tries to reserve a block of rooms for parents, at a reduced rate, at the same hotels the teams stay when traveling to a multi-day tournament. Parents planning to attend are encouraged to make reservations directly with the hotel as soon as possible because local hotels fill up quickly. Please do not be concerned if you stay at another hotel because parents rarely see their players outside of when they are playing volleyball. Parents are welcome though, to join their player's team for meals if logistics allow. Players are NOT permitted to leave the team to go with her parents or stay in her parent's room. At tournaments, players may only leave the team with the permission of the coach and chaperone and in groups of three or more players. Parents DO NOT count as one of the three. ALL players on the team must stay until the team is finished and dismissed by the coach. Please be aware that teams making it to the playoffs may have to work a match following their last time to play – ALL players must stay until that responsibility is completed! We realize that families may be anxious to get on the road to go home, but staying together until dismissal is part of the team experience and commitment.

#### COMMUNICATIONS

##### WEBSITE

The single best source for current information is the CALI WEBSITE. Information about practice and tournament schedules is posted there as soon as it becomes available and updated as necessary. Please check the website frequently at [www.clubacelongisland.com](http://www.clubacelongisland.com)

##### TEAM EMAIL LISTS

The Club Mom, Team Parent Liaisons, Directors, and coaches will frequently send email to the team providing important information. Email addresses for each player and parent were collected during the tryout and team commitment registrations for their respective team. If you need to make a change, please send an email requesting the change to [matthias.calivolleyball@gmail.com](mailto:matthias.calivolleyball@gmail.com)

##### TALKING TO THE COACH

Parents are encouraged to discuss the following with their player's coach:

- Ways to help their child improve,
- Concern's about their child's behavior,
- Coach's expectations for their child and their team,
- Team rules and requirements, - The college recruiting process.

Parents **can NOT discuss** the following with their player's coach:

- Playing time
- Strategies used by the coach during tournaments
- Other players.

Players are encouraged to discuss these issues with their coach directly. This is the best way for her to gain an understanding of what she needs to do to achieve her personal goals. It is very difficult to accept that your child is not playing as much as you hoped she would. Coaches are professionals. They make judgments and decisions based on what they believe to be in the best interest of the team. The coach must consider ALL members of the team, not just your daughter.

#### 48 HOUR RULE

If parents must discuss something, they can do so not earlier than 48 hours after the matter to deal with to the club director Emily or the club admin Joao. Please do not approach the coach as he/she will refer you to the club directors.

#### PARENT SPORTSMANSHIP

Most of today's youth sports parents are a supportive and caring group, but there's an increasing number who are disruptive with their negative attitudes and out-of-control behavior. What parents must remember, as difficult as it is amid the hoopla and excitement that accompanies watching a loved one play, is that youth sports are for the player and not the parents.

The following are some Do's and Don'ts to keep in mind for sports parents:

DO help make life easier for your coach, the players, and yourself, by giving support to your child and the team, but DO NOT give orders or direction to the players, even your own. It is up to the coach and the players to make the decisions. Do not compete with the coach. Your direction may be different than what the coach wants and this does not help the team and may frustrate your child.

DO NOT publicly question the referee's calls. Try to enjoy watching your child play. Do not try to alter the game from the sideline by yelling at the referees. The referees really are not biased against your team and they can make mistakes also... just like the rest of us.

DO accept the authority of the CALI coach assigned to their child's team and acknowledge that it is the coach's prerogative to choose the type of play, assign who will play what positions, and determine playing time.

DO NOT complain to other parents or players, including your own, about the coach since this undermines team morale.

DO make it a point to learn the rules of volleyball as this will make tournaments and practices more enjoyable to watch, and make it easier for your player to discuss them with you.

DO NOT ridicule or yell at your player, or any other player, for making a mistake. Everybody makes mistakes and players will learn by those mistakes.

DO NOT blame a player for losing a game. This is a team sport and no player can lose the game all by themselves. Just as no player can win the game all by themselves.

DO NOT compare your child with that of other team members, at least not in front of them.

DO try your best to be completely honest about your player's athletic capability, competitive attitude, sportsmanship and actual skill level.

DO encourage your player to enjoy the thrills of competition, taking a risk, working hard, improving their skills and attitude, and taking the physical bumps and coming back for more.

DO point out a good play your child made and DO ask open-ended questions. Examples of open ended questions that might apply: "Did you have fun?" "Did you give it your best effort?" "What did you learn from the game?" "What was the best play you made and how did it feel?" "Did you bounce back from your mistakes?"

DO remember that players tend to exaggerate both when praised and when criticized.

DO remember that smoking or drinking of alcoholic beverages is prohibited at ALL practices and tournaments.

DO sit back, relax, have fun, and cherish this time with your child!

#### TEAM PARENT LIAISON

Each team needs one parent volunteer to take on the role of Team Parent Liaison. It is usually best to have one designated person as Team Mom or Team Dad, so the coach only has to communicate with one person. She or he can then delegate responsibilities as needed. The Club Mom coordinates all the Team Liaisons and will answer questions, gather information for liaisons dissemination to their team and assist with any problems or concerns.

This position is a great help to the coaches and parents. It helps keep the parents involved with the team and fosters greater understanding of the CALI organization. It helps to assure communications between the coaching staff and parents and usually translates into a better season for all the players. CALI views this job as a very important role. Some of the Team Mom or Team Dad responsibilities are listed below. Liaisons should remember to delegate tasks as they and other team parents agree and always get agreement from the team's head coach as needed. The team's coach has the authority to request changes, additions, or exclude duties as needed:

Assist coach with distributing information sheets (players list, schedules, etc)

Assist calling team members to inform them of schedule changes

Frequent use of email.

Organize team chaperones for tournaments.

Assist with tournament activities (collecting money, attendance lists, player travel plans).

Assist the Coach in any administrative activities that he or she requests and you have time to handle. Being a Team Mom/Dad has many rewards. Please consider volunteering.

### CHAPERONING

Two female chaperones must accompany every team during overnight travel tournaments, and one male or female chaperone must accompany every team during single day tournaments. CALI depends upon parents to volunteer to chaperone. If there are insufficient volunteers then your player's team will be prohibited from attending.

As an incentive to volunteer and to thank you for your efforts, the team will pay the cost of the chaperone's hotel accommodations for overnight travel tournaments. Please note that parking fees and meals are not covered. Chaperones for a single team must share an assigned room. Chaperones must complete and pass a background screen, available on our website.

Chaperone rules and responsibilities include:

- Chaperones must be at least 25 years of age.
- Smoking and consuming alcoholic beverages are prohibited while chaperoning.
- Chaperones reinforce the coach's instructions and provide logistical support for all meals, activities, and general supervision.
- Chaperone's need to be familiar with and enforce the club rules for player behavior and conduct (enumerated under the Player Information section of the handbook).
- Overnight tournaments:
  - Chaperones must accompany the team to all meals.
  - Team co-chaperones must share a designated room. A chaperone cannot spend the night with a spouse in another room. This is for safety and emergency reasons and is nonnegotiable.
  - Younger siblings may not stay with a chaperoning parent.
- If there are no suitable breakfast alternatives, the chaperones will collect a designated amount of money from each player in advance and pre-purchase suitable breakfast foods (bagels, muffins, cereal, fruits, bottled juices) which can be eaten in the chaperones room.
- Chaperones will collect a pre-determined amount of money from each player and pre-purchase water bottles (2 large, per player, per day), fruit juices, whole fruits and non-sugary chips and snacks for each day. Please note that this is not voluntary and it is not an option for players to "bring their own" instead. Any leftover money or non-perishables will be used on the next trip.

### OPTIONAL FUNDRAISING

CALI generally does not sponsor fundraising events. Travel Teams that plan to play at a national event often run their own fundraising events to help offset the cost. In this case planning and execution is the responsibility of the team players and parents.

### PLAYER COMMITMENT

CALI Volleyball is dedicated to improving the volleyball skills of each club player. This goal cannot be met unless each team member fulfills her obligation to attend all practices and tournaments on a consistent basis.

### ATTENDANCE AND CONSEQUENCES OF ABSENCE

Players on TRAVEL TEAMS are permitted two missed practices without any consequences and NATIONAL TEAMS can miss three. Athletes on ASPIRE TEAMS are permitted five missed practices. Players are not excused for any

missed tournaments, or practices in excess of these guidelines. In the event a player must miss practice or a tournament she MUST inform her coach in advance. Any missed practices in excess of two (five for Aspire Teams) will result in reduced court play time at the next attended tournament. The player will be prohibited from playing the first match of the tournament as a consequence of missing one practice, and an additional match for every additional missed practice. National Teams players must sit a tournament day for every tournament day missed. Aspire Team members that miss a tournament have just missed one of their 5 opportunities for competition – that is sufficient consequence. This is a matter decided by the club

Director and which the team head coach is responsible for implementing. Players will not be penalized for practices missed in the rare case where a significant scheduling change is made with less than 48 hours notice. Please make sure that you clearly understand the policy for your team. Please take note that attending practice is a crucial part of your growth as an athlete and instrumental in building a strong team. Even in instances where there is no mandatory penalty for a missed practice, your absence will put you at a disadvantage compared to the players who were present and, therefore, could still impact your playing time.

This policy is not punitive. Players earn tournament play time by attending practices and working hard. It stands to reason that the players who will best be able to play are those that are most prepared. CALI understands that family obligations, school obligations, and illness are a part of life and sometimes they conflict with other plans and personal choices must be made. CALI cannot presume to make these choices for you, but there are consequences. This is true of most all choices made in life.

#### PLAYING TIME

Playing time is based on Attendance, Attitude and Skill, not necessarily in that order:

- Attendance at practices and tournaments. Players are expected to attend all practices and tournaments, and arrive on time and ready to participate.
- Attitude. Player's are expected to serve as a positive influence on the team and support her teammates.
- Listens to coach's instructions and shows a willingness to learn.
- Works hard during each and every practice, as well as games.
- Works as a team member, is prepared to play and maintains a positive outlook when they make a mistake or are taken out of the game.
- Skill level achieved.
- Player's position. Some players will be routinely subbed in and out either to play in the front or back row. This is a part of the game, not a statement about the player's ability All team members will generally play at all events (subject to consequences due to absence), but not equally. The coach's primary responsibility is to the needs of the team, over any given individual. Players are not guaranteed play time, though players on Aspire Teams will generally receive equally play time. Play time is at the discretion of the team's coach. Players (and not parents) should discuss issues regarding play time directly with the coach, and if needed with our director.

#### PRACTICE RULES

- SCHEDULE. The team practice schedule is set at the beginning of the season. On occasion, it is necessary to make a temporary change or make an emergency cancellation. The schedule and updates are posted on the club website, [www.clubacelongisland.com](http://www.clubacelongisland.com) and on our Facebook page. All players are individually responsible for frequently checking the website to identify any changes in schedule.
- ARRIVAL AND DEPARTURE. Players are responsible for arriving 10 minutes prior to the start of practice and be ready on the court when practice is scheduled to begin.
- PLAYER ATTIRE. Players must wear matching team practice shirts, spandex shorts and volleyball shoes at all practices. Team captains will generally decide which shirts are to be worn at any specific practice and communicate that to the team. No jewelry may be worn while.
- ILLNESS & INJURY. Players who are ill and contagious should not attend practice. Players who are injured or not contagious should attend practice even if their physical participation is limited. There is still much to be gained from watching practice and listening to the coach's instructions.

#### TOURNAMENTS - GENERAL RULES

- The team is responsible for cleaning up their bench area, scoring table, and camping area after each match, work assignment, and at the end of the day as appropriate. Please do not leave any garbage behind. There are always garbage receptacles somewhere nearby. No matter where we play, we want to be invited back.

- Bags are to be stacked neatly at bench areas or the team camping area, and neatly out of the way of participants and spectators.
- Players must behave appropriately and treat people with courtesy and respect at all times. This includes chaperones, drivers, officials, opponents, waiters, guides, etc. Be sure to say thank you! In public places, people will observe your behavior and form opinions about CALI, and our volleyball program. Set a good example!
- Players must follow all instructions given by your directors, coaches, and chaperones. Remember, these people are on the trip to ensure you have a good trip and stay safe.
- Remember that the parent chaperones are an extension of the coach. If you feel a chaperone is being unfair, you must first follow their instructions and then inform the coach. The coach will then discuss the issue with the chaperone, if necessary.
- Players may only leave the team with the permission of the coach and the chaperone and in groups of three or more players. Parents and chaperones DO NOT count as one of the three. Once you join the team you may not go alone with any parent, even your own, until the tournament is over and the team is dismissed.
- Check in with the chaperone upon arrival and before leaving the tournament site. Players may not change who they are traveling home with unless your parent has spoken directly with the team chaperone. - Teams generally have to work the first match after losing in the play-off rounds. ALL players on the team must stay until the team is finished and the coach dismisses the team. We realize that families may be anxious to get on the road to go home, but staying together until dismissal is part of the team experience and commitment.
  
- Players are forbidden to possess or use alcoholic beverages.
- Players are forbidden to possess or use drugs other than those prescribed for them by a doctor.
- Players are forbidden to possess or use firearms or weapons of any kind.
- Players are forbidden to possess or use any tobacco products, vaporizers or e-cigarettes

A violation on any of those four rules will result in the immediate removal of the player from the tournament and from the club. The player and her parents are however responsible to pay all remaining fees (including hotel payments for future tournaments)

#### RULE OF THREE

For the whole time during the tournament (hotel, gym, bus, restaurant etc.) no CALI player will be seen alone but always in groups of three or more players together to buy food at the venue / to go to the bathroom / to buy a t-shirt etc. If we meet two players in the elevator in the tournament hotel – those two players will not play the next day of the tournament!

#### INJURY, ILLNESS AND MEDICATION

- Coaches at each game will have a fully equipped first aid (“med”) bag and medical release form for each player. In the event that a parent/guardian is not in attendance, CALI and its representatives reserve the right to seek emergency care for the injured or ill player, including ambulance assistance or hospital care, as may be deemed necessary under the circumstances at the time.
- Players taking medication are responsible for doing so when traveling, however, parents MUST inform the coach and the designated chaperone as to what medication the player is taking and how it is being administered. Medication should be brought in its original labeled container.
- Medications are not to be shared under any circumstances.
- Players who have inhalers MUST have it with them at all times, even if they don’t expect to need it. - Players who are ill, or “coming down with something” and may be contagious should not attend team activities.
- Players who are injured and ambulatory are expected to attend tournaments and support their team.

#### DAY TOURNAMENTS

- Wear your spandex, socks, practice shirt (captains will decide which one), sweatshirt layers, and team warm-ups (layers as dictated by weather).
- Pack ALL playing jerseys, knee pads, and volleyball shoes.
- Pack your own lunch, snacks & water. Most venues do not have food concessions, and if they do it is usually expensive and greasy fare.
- Do Not bring candy, soda, cookies or other sugary foods. They drain your energy.
- You must dress in your CALI team warm-up to arrive and leave the venue.

## TRAVEL TOURNAMENTS -

### WHAT TO BRING:

- Money for meals (\$10 for each breakfast, \$15 for each lunch, and \$20 for each dinner)
- Some girls may wish to add “incidental” money for a t-shirt or an inexpensive excursion (example: movie). There are often vendors at these events selling event T-shirts, sweatshirts and various volleyball related stuff. It is expensive. T-shirts alone run about \$25. Players please plan and do NOT spend your food money.
- Compact umbrella.
- Bathing Suit (hotels often have a pool).
- Toiletries and feminine hygiene products.
- All Uniform pieces, including practice shirts, both sweat suit pieces and sweatshirts for layering underneath. All uniform pieces MUST be labeled with the players name in permanent ink. Mark sneakers, knee pads, and shorts inside and socks on the soles. These items will get mixed up and possibly laundered together, so they must have names to be returned to the rightful owner. □ Pajamas and warm casual street clothes for each day.
- HOMEWORK. Ample downtime for doing homework will be scheduled.
- Pack your clothes, etc., in a different bag than your CALI player bag, which you will need to take with you to the playing venue every day.
- You will be walking a lot. Dress appropriately and bring comfortable street shoes!
- WHAT NOT TO BRING
- PlayStation, iPad, Laptops or other expensive or heavy electronics. You will generally NOT have Internet access available (access is turned off in player rooms).
- Candy, cookies, sugary junk food, or soda
- More luggage than you can carry yourself
- HOW MEALS WORK

An important part of the Travel and National Team experience is learning how to manage one’s own spending money over several days, which includes meals. Players should plan on spending \$10 for each breakfast, \$15 for each lunch, and \$20 for each dinner. This includes tax and tips. Please remember that the away playing venues are often in major cities which tend to be pricey even for modest fare. Captains are responsible for deciding (in conjunction with input from their teammates and consultation with the coach) on where the team will have meals. Chaperones are responsible for providing advice and logistical assistance.

- If the team orders food to be brought in (like pizza or subs, or trays of pasta, rice etc) then the bill (including delivery charge, tax and tip) will be equally divided among all the players, chaperones, and any parents joining the team. It is NOT practical for one player to pay more because she ate two slices and another player only ate one slice.
- If the team goes to a sandwich shop, or something similar, where food is to go...then each player orders her own and pays for her own.
- If the team goes to a sit-down restaurant they have two options
- The team may split the bill (including tax and tip) equally among all the players (excluding parents who get their own check) OR
- Each player computes her own portion of the total bill PLUS 25% for tax and tip and the team captains collect it all and make sure there is enough to cover everything. Parents are to get a separate bill. At a sit-down restaurant many establishments will not give each person a separate check and it is impractical and confusing to try and make this happen when there is a large group. Please, do not request separate checks at a sit-down table service restaurant; chaperones are expected to support this. No matter which option the players choose it is up to the players, and NOT the parents or chaperones to work out the payment, no matter how long it may take the players \_\_\_\_\_ to figure it out. This is an important learning experience for them.

In some cases, there may not be any suitable breakfast options available at the hotel. In that case, chaperones will collect a designated amount of money from each player in advance and pre-purchase suitable breakfast foods (bagels, muffins, cereal, fruits, bottled juices) which can be eaten in the chaperones room. Chaperones will collect a pre-determined amount of money from each player and pre-purchase water bottles (2 large, per player, per day), fruit juices, whole fruits and non-sugary chips and snacks for each day. Please note that this is not voluntary, and it is not an option to “bring your own” instead. Any leftover money or non-perishables will be used on the next trip.

## - HOTEL RULES

Rules and policies will be strictly enforced. Players who do not wish to observe these rules should not participate in the National Team program. Chaperones are expected to enforce these rules and policies for all players, whether or not a player is from their respective team.

- Remember that there are other guests in the hotel. Do not slam doors and keep the loud talking to a minimum. Do not congregate in the halls or block the lobby area.
- Hotels are a public place and you are expected to dress appropriately in all public areas, including the halls. In other words, you may not go to the lobby in your pajamas or bare feet.
- You must understand that inappropriate behaviors are considered severe infractions of the rules and will result in immediate communication with your parents. You will also be confined to the chaperons' "care" for the remainder of the trip, and coaches have the option of limiting your play time.
- Room assignments are made by the Directors or coaches and may not be changed by the players. Maximum 4 players assigned to each room, which has two queen size beds. Team chaperones are assigned to a room clustered with the rooms of the players on their team.
- Players will be told what time they must be in their room and what time is "lights out" on a daily basis, to be determined by the coach and chaperones.
- Teams are to meet in the chaperone's room at the designated time each morning, ready to go.
- Use garbage receptacles and keep your belongings neat and organized. Housekeeping can not make the bed if it is cluttered with your things and they are not expected to pick up after you. Remember we are guests in the hotel and want to be invited back again. Male coaches, fathers, male siblings, and any other males are not permitted in the girls' rooms without a female adult present. - While in your room, observe the following:
  - always Lock your door .
  - If someone is at the door, look and ask who it is BEFORE opening the door.
  - Conversations and laughter should be kept to a minimum so as not to disturb other guests.
  - No deliveries are permitted to your room.
  - You are not allowed to order room service or use the phone for long distance calls.
  - Be aware of emergency information.
  - Keep your chaperone's number by the phone.
  - If you damage any hotel property, your entire room is responsible for payment.
  - Keep all valuables in your suitcase.

## PLAYER SPORTSMANSHIP

CALI promotes sportsmanship above all else. All players who choose to play with CALI Volleyball are asked to bring their good sporting behavior to the court and to promote and abide by the CALI sportsmanship policies.

- Good sportsmanship means:
  - Treating all opponents with fairness, generosity, courtesy and respect.
  - Not retaliating or reacting in a negative way to any situation or player regardless of the circumstance. Retaliation will be handled the same as instigating a conflict.
- Enthusiastically sharing in the responsibilities of the team.
- Following the coach's directions without argument.
- Offering encouragement and support to your teammates.
- Giving feedback to the coach and teammates in a constructive way and receiving feedback with an open mind in turn.
- Respecting the other team's efforts. If an opponent out-performs you, accept it, learn from it, offer no excuses and move on. If you or your team out-performs an opponent, enjoy the victory, but do not gloat, belittle, or minimize the opponent's effort.
- The following are behaviors which are not permissible:
  - Challenging the game officials by arguing about calls once the dispute is settled or questioning their ability to call a good game.
  - Swearing at another player, coach or official or in general
  - Intentionally pushing, shoving or making physical contact with another player on or off the court
  - Making comments to instigate an altercation with another player

- Pouting or making excuses when you make a mistake. Learn from it and be ready to continue to play. CALI does not tolerate players who cannot follow the sportsmanship guidelines. These players will be swiftly suspended or ejected from the club so **THINK BEFORE YOU ACT!**

#### TEAM CAPTAINS

Each team will have captains. Coaches decide how many and how to appoint captains. Team captains play a very important role on the team, in addition to their playing skills, and take on numerous responsibilities, including:

- Attending captain's meetings, at Hofstra, which may be on nights when there is no practice
- Relaying important information to the team
- Organizing team bonding activities
- Acting as a positive influence on the team both on and off the court, offering encouragement and support to ALL team members equally.
- Leading, both on and off the court!

Do not accept a position as team captain unless you are sure that you can devote the extra time and energy to do the job well. There is no shame in saying it is not in your or the team's best interest for you to do it.

Hofstra University Physical Education Building gym is the primary practice location for CALI Volleyball. WE ARE GUESTS HERE! We are proud of our facility and appreciate all players and visitors complying with the following rules:

Parents are responsible for the behavior and conduct of all minors accompanying them to practice locations or any other venue that CALI Volleyball may play, including respecting compliance with all rules and regulations of the facility.

- Only plastic water bottles and sport bottles are permitted in the courts area.
- No food is allowed in the court area.
- No chewing gum or spitting is permitted on playing surfaces.
- NO ONE is allowed on court surfaces except participants!
- NO SMOKING is allowed in the facility.
- NO PETS are allowed in the facility.
- Trash, garbage and refuse shall be placed in the containers provided for this purpose.
- No chairs are allowed in the facility.
- No BALL HANDELING on the wall with graphics on it

Footwear for all participants must be NON-MARKING rubber soled sports shoes and shoes must be kept off the walls.

- No foul, abusive, racial or derogatory language or inappropriate physical behavior will be tolerated. Any participant or spectator exhibiting inappropriate behavior will be ordered to leave the facility.
- Possession or use of any type of weapon is strictly prohibited.
- Individuals utilizing our facilities do so at their own risk. CALI Volleyball assumes no liability for any injuries or accidents, which may occur. This rule applies to all participants in any program or activity sanctioned by CALI Volleyball.
- Conduct within the facility should be in the spirit of good sportsmanship in the stands as well as on the court. Players or parents caught exhibiting poor sportsmanship will be asked to leave the facility immediately.
- Absolutely NO ALCOHOL use is allowed in our facilities. Players or fans suspected of being under the influence of alcohol or any illegal substance will be removed immediately.
- CALI Volleyball is not responsible for lost, stolen, or damaged articles. Lost and found is located upstairs in the Directors or Technical Directors office and is frequently cleared and donated. Lost water bottles, socks, and other frequently discarded items will not be saved.
- Any person causing damage to the property HOFSTRA UNIVERSITY, or any of our other rented facilities, shall be held accountable to reimburse CALI Volleyball, in full, for all repair or replacement expenses arising from such conduct.
- Any person injured during a CALI Volleyball sanctioned activity must file a report with the director, technical director or coach prior to leaving the facility.

CALI Volleyball, c/o Emily Mansur  
HOFSTRA UNIVERSITY PEB GYM

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