



## 2024-25 Saratoga Volleyball Club Player-Parent Contract

Our goal is to have an incident-free and positive season for all. Our experience has told us that the best way for us to accomplish this is to put in writing our exact expectations up front. This agreement covers the majority of questions/concerns that may arise during the season. Each player must follow the USA Volleyball Code of Conduct and Saratoga Volleyball Club policies.

### Teams-Players

- It is the philosophy of Saratoga Volleyball Club to develop respect, discipline, commitment, and a positive self-image in each of the athletes. It is important that each player understand the concept of being a part of a "team." Every athlete will be expected to conduct herself appropriately at all times. You will be representing Saratoga Volleyball Club. Show respect at all times to coaches, teammates, officials at tournaments and parents. Be competitive, but not disrespectful toward other teams or clubs.
- Cell phones are to be turned OFF and put away during practice, games, tournaments and team meetings unless otherwise specified by the coach. Phones may be used for emergencies only.
- There is a zero tolerance for drugs or alcohol. Any player that is caught will face immediate disciplinary actions.
- Understand that practice and training is where you receive the most instruction and experience. It is the player's responsibility to approach the coach if they feel they need extra instruction. The club may or may not be able to provide instruction above and beyond the regular hours.
- **ARRIVING ON TIME:** Players are required to be prepared for practice/tournaments at the time the practice/tournament is scheduled to begin per the coach. E.g., if a player arrives in the gym on time but still must change into appropriate volleyball attire, the player will be considered late.
- **PLAYING TIME:** Teams will offer fair (not equal) playing time to each team player. Every player will have a role on the team, but those roles may vary depending on skillset, position, etc.
- If you must miss a practice, you must inform your coach as soon as possible so that the coach may plan practice appropriately.
- Bring ALL uniform items to ALL tournaments.
- When your team has officiating duties, the entire team must stay and work until the match is completed, this includes the last officiating duty. All players must stay the entire tournament regardless of playing time or work schedule. All players will be required to learn R2 and scorekeeping and perform those duties in tournaments.



- During any overnight travel, it is our preference that all players stay with their parents or another team parent. It is the parent's responsibility to arrange housing for their daughter if they can't attend.
- Saratoga Volleyball Club assigns a minimum of one coach per team to hold practices and attend tournaments. Each coach is asked to make as many of these as possible. Understand that circumstances and schedules will require that some teams hold joint practices when a coach is unable to attend. We also have substitute coaches that fill in for practices and tournaments when the head coach is unable to attend. It may be possible that a coach cannot attend a tournament. We are human, and there may be times that a practice is cancelled.
- If a player leaves a tournament or practice without a reasonable excuse approved by the coach, the player will sit out a portion of the next tournament as determined by the coach (typically the first set).

### Parents

- Parents are not to "coach" their athletes during tournaments. The athletes will be focused on what coaches have to say and need to concentrate on such. Parents are not allowed near the team bench.
- Practice and tournament schedules will be posted on TeamSnap and the Saratoga Volleyball Club website. Parents are responsible for getting their child to and from tournaments. Carpooling with other parents is an option used in the past.
- At tournaments, parents/guardians/guests are expected to inform the coach when their child is leaving the tournament facility. Notification will be required if a player is to leave with anyone besides a Saratoga Volleyball Club parent/guardian/guest.
- Parents are to be supportive of the entire team at all times, and all Saratoga Volleyball Club teams while at tournaments. Parents are not to engage in any cheering behavior that would reflect negatively on Saratoga Volleyball Club. Guidelines for Parents are no different from athletes in this regard. Failure to represent the club in a positive manner can result in being removed from future tournaments.
- Only the head coach or the team captain, under the direction of the head coach, may question an official or gym supervisor. At no time should you address or yell at any official, opposing player/parent, scorekeeper, or line judge. Do not approach officials or the work table.

**Players Play, Coaches Coach and Parents Cheer!**



## Grievance Procedure

The following grievance procedure is designed to navigate the sometimes-difficult circumstances of youth sports and allows our coaches to work with athletes while respecting the wishes of their parents. We have found the most painful conflicts occur when a parent approaches a coach immediately following the end of a tough volleyball match (usually a loss) to express concerns, nothing positive is achieved through the conversation. Specifically, the procedures to follow as a parent and/or athlete are:

- The athlete should speak to or meet with the coach about the matter. It is important that our athletes learn to advocate for themselves in a positive/productive manner. If the matter remains unresolved, then the following steps should be taken.
- The parent should first email the coach to set up a phone call or in-person discussion. Email or text exchanges are discouraged as we have found that tone can be misinterpreted when a simple conversation would have more easily resolved the issue. If the matter cannot be resolved, a meeting will be called with the coach, parent and club director.
- The coaches have been instructed to refuse discussion and confrontation if a parent approaches a coach during a tournament. We require a minimum of 48 hours pass after the team's final match before contact. Note that questions for a coach during a tournament to better understand the game, the format for play, or your athlete's role on the team are acceptable as long as the conversations are informative and constructive.
- The club or coaches will not discuss "coaching decisions." These include, among other things, specific match decisions (who played when, who was subbed out and when, rotation and lineup, etc.). The amount of time any given athlete plays is the result of a complex determination. The coach will not be required to defend his/her thought process or conclusions in these determinations.
- Coaching personalities sometimes come into question. E.g., "our coach was too quiet, yelled too much, didn't stand during play, didn't instruct enough, etc." Note that coaches are all different with different coaching styles. If there are ways for a coach to better connect with the athletes, please provide that feedback constructively and follow the 48 hour rule. We know that not every athlete responds to coaching the same way.
- In addition, we instruct our coaches not to discuss any athlete with other parents, the actions of any other Saratoga Volleyball Club coach, or the comparison of one coach to another. If you, as a parent, have legitimate concerns about another coach or another player, you need to address the club director.
- It is also inappropriate for an athlete or a parent to approach other Saratoga Volleyball Club members about a problem. Asking uninvolved persons to take sides in an issue is unfair to the third party and to the club. Please refer the complaining party to either the coach in question or the club director.



**PARENTS AND PLAYERS ARE TO KEEP THE WRITTEN AGREEMENT  
AND REMIT ONLY THIS SIGNATURE PAGE.**

The above form must be read, agreed upon, and signed by parent(s) and player at the beginning of the season (November 2024). I certify that all parties have read all sections of above commitment agreement and agree to abide by the rules and commitments set forth above while participating in the volleyball season set forth by Saratoga Volleyball Club. Failure to abide by any of these codes or guidelines by player or parent/guardian can and will result in consequence at the discretion of the coaches and club director. If failure to abide by these codes and guidelines continues, termination of the player from team/club could follow. I also agree to have my child's picture and/or future accomplishments used on Saratoga Volleyball Club social media and literature.

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Parent/Guardian Printed Name                      Parent/ Guardian Signature                      Date Signed

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Player's Printed Name                      Player's Signature                      Date Signed