



PLAYER AND PARENT HANDBOOK

Practice Expectations:

Arrive at the gym 10-15 minutes prior to the beginning of practice. If players are going to be late to practice, they must contact their coach ahead of time. Players will not have the option to make up the missed practice time. It is at the discretion of the coach as to what will be viewed as excused versus unexcused. All absences are subject to reduction in tournament playing time at the coaches discretion.

Practice that is missed can be excused as long as timely notice has been provided and proper documentation is presented to the coach (ex. doctor's note). Players are responsible for notifying their coach in a timely manner of any future conflicts or absences that will occur throughout the season.

All players will have equal opportunity for practice time over the course of the club season. Kingwood Revolution intends to give all players an equal opportunity to improve every skill. Playing time is earned in practice and players who are consistently present at practice will have a better chance to earn playing time at tournaments.

All players will wear Kingwood Revolution practice shirts to practices at all times. Each team will have a schedule for practice shirts and will coordinate accordingly. Cover shorts/pants must be worn entering/leaving the gym.

Please help keep the gym clean by picking up all trash when you leave. Only bottled water and drinks with a closed lid are allowed in the gym. No food or gum is allowed.

Cell phone use is not allowed at any time during practices. Players are not allowed to use their phone during practice unless they have permission from the coach to contact your parents. Phones must be on silent and should be in your bag. Parents will have the coach's cell phone number and can contact the coach in the event of an emergency.

Practice time is not social time. Players will be expected to listen when their coach is speaking. If players are constantly talking and not paying attention in practice, players may be required to do conditioning and/or asked to sit out or leave practice. If you are asked to leave practice, you will not be allowed back in practice until a parent/coach conference takes place.

Players should wait inside the gym or on the sidewalk outside of the entrance to the Kingwood Revolution Sports Facility to be picked up by parents. If a parent is late to pick up their child, players must notify the coach so they can stay with them until the parent arrives. Parents or guardians are expected to pick up their child when practice ends.

COVID-19 Practice Expectations & Protocols:

If a player has been in direct close contact with an individual that is positive of COVID-19 you must contact the team's head coach and the club director. There are two options to follow in how players can return back in the gym:

1. Players will be required to isolate for a minimum of 5 days after direct contact and/or when symptoms first appear. Players are able to return to the gym after 5 days only and are fever-free for 24 hours (without the use of fever-reducing medication).
2. If the player is not tested, they will be required to isolate for 5 full days after direct contact and/or when symptoms first appear.

Please see [cdc.gov](https://www.cdc.gov) for further guidance on all covid-19 protocols.

Tournament Expectations:

Tournament schedules will be released after the tournament host closes registration. Once the schedule has been received by the club director, coaches will receive a copy of the schedule which will then be released to the parents and players. Tournament schedules are typically released 2-3 days before the tournament date by the team's head coach. The schedule will include an address of the location, safety protocols for COVID-19, and playing schedule.

Players are expected to arrive on their assigned court no less than 45 minutes prior to the start of the teams first match or reffing assignment. Failure to do so can result in loss of playing time.

Players are required to enter all tournaments unified and with Kingwood Revolution gear. This includes tennis shoes (not their court volleyball shoes), socks, KRev pants or cover shorts, warm-up long sleeve shirt and/or KRev jacket, and KRev backpack. All backpacks must be packed with all jerseys no matter if it is a one-day, two-day, or three-day tournament. Failure to do so can result in loss in playing time.

Players are not allowed to leave the premises of the tournament at any time. If a player leaves the court, they must notify their coach and always use the buddy system and take at least two other players with them or be with their parents. Player's should never go anywhere alone or without informing a team coach.

Cover shorts or pants must be worn during a tournament except for when players are on the court for warm-ups or playing in a game. Only issued warm-ups or cover shirts and shorts can be worn during tournaments and warm-up time. Individual team t-shirts are not considered suitable tournament attire.

Do not leave at the end of the tournament until the team's reffing assignment has been completed and your coach has released you. All players on the team are expected to help with refereeing matches. This means working at the score table, down reffing, calling lines, rotating players from reffing, etc.

Players are expected to choose healthy food options for meals during a tournament. This means no fried foods, ice cream, candy, sodas, etc. Eating healthy will keep your energy level elevated and help you feel better through the entire tournament.

If your team is attending an out-of-town tournament, and your coach schedules a meeting or team meal, players will be required to attend. These team functions will usually take place at the hotel lobby, gym, or nearby restaurant.

Players are required to bring all uniform items received at the beginning of the season to every tournament. This includes player's warm-ups, **ALL jerseys**, socks, shoes, knee pads, spandex, and backpack. Playing time may be jeopardized if players forget any part of their uniform at a tournament. USAV rules state that any part of a player's jersey with a logo must match all other player's logos on the team. Ex: You cannot wear Nike shorts when the rest of your team is wearing Adidas shorts.

Players are required to sit with their team throughout the tournaments and scout the other teams. Scouting sheets will be provided by the coach. This will help facilitate team unity and volleyball education while at tournaments. Players are advised to limit their communication with parents following matches. Please keep any interaction with your player positive and supportive. We ask you to trust and respect all decisions by our coaching staff and keep the energy positive for the players during tournaments.

Parents are expected to treat coaches, players, and referees with the utmost respect. Kingwood Revolution is against any disrespectful comments towards referees, coaches, and players from our club and the opposing teams. Referees have the right to penalize the team for a parent's actions. They can also request that a parent be removed from the tournament. Please see the **Spectator Code of Conduct** at the end of this document provided by the region. We encourage that parents learn the rules for club prior to attending tournaments by going to <https://usavolleyball.org/resources-for-officials/rulebooks-and-interpretations/>

General Player Expectations:

Players should have a positive attitude and be a good teammate. Players are expected to always give their best effort in practice and tournaments. Be respectful to your coach and teammates and do not use any negative or hateful comments towards other teammates or coaches. This includes, but is not limited to, social media such as Facebook, Instagram, Twitter, Snap Chat, TikTok, etc.

Keep in mind your team goals for the club season. Work together as a whole to achieve those goals whether or not you are on the court all the time or some of the time. The only way to be successful as a team is to work together and support each other.

PLAYING TIME IS EARNED, NOT GUARANTEED. Coaches will do their best to play all players at a tournament, but it is the player's job to work hard and earn more playing time. Always talk to your coach about your situation and how things can improve if you are not satisfied. Players should schedule a time to meet with their coach either before or after practice but not during a match or tournament.

Parent Conferences:

Players are required to speak to their coach prior to any parent/coach meeting request. Parents can request a conference with the team's coach, but it is highly recommended the player speaks with their coach first. If the player is not comfortable, we ask that the parent be present but encourage the player to do most of the talking. If the player and coach have met and things do not get resolved, a conference with the coach, player, parent, and director can be scheduled. Conferences can be requested a minimum of 36 hours after the end of a tournament. Parents should not go directly to any director without talking to the coach first.

Parents should not call, text, or approach any coach to talk about playing time during a tournament or within 36 hours of a tournament. This is to allow time for emotions to cool down and help facilitate both parties to have a productive conversation. If a parent contacts the team's coach less than 36 hours following a tournament the coach will not respond and a director will be contacted. All parents, players, and coaches are expected to treat each other with respect and work collectively to come up with a resolution.

Player Declaration:

1. I respond with "ACE" or "SIDEOUT" to a coach or player.
2. I pursue every ball and give 100% effort when I am on any court.
3. I always shag after my ball and ensure all volleyballs are in the baskets.
4. I run at all times during practice to ensure I maximize my time on the court.
5. I always respect every player, coach, parent, and official on and off the court.
6. I support my team with love, positive thinking and positive energy no matter what.
7. I put my team above myself and know that we are one unit.
8. I have a winning mindset and always pursue GOLD.
9. I am thankful to my parents and guardians for giving me the opportunity to train and play the sport I love.
10. I will hold myself and teammates accountable for all the declarations above. I know with these values, we will be champions.

I have read and understand the player rules and guidelines written above. I understand that as a member of Kingwood Revolution Volleyball Club, I am expected to abide by these rules.

Player Signature

Date

Parent Signature

Date