

COBRAS
VOLLEYBALL CLUB



**COMPETITIVE VOLLEYBALL
PARENT-PLAYER-COACH
HANDBOOK & AGREEMENT
LONE STAR REGION**



COBRAS VOLLEYBALL CLUB

2016-2017

Cobras Volleyball Commitments of a Junior Program Player

You have been selected to play for Cobras Volleyball Club.
"The Fiercest Volleyball Club in Texas"

We want to make you aware of the responsibilities that come with this honor and also to let you know what Cobras Volleyball Club will provide in return. We know that your commitment to Cobras VB will expose you to high quality volleyball, provide you with a valuable educational experience, and allow you to develop lifelong friendships.

Cobras Volleyball ***"Success Begins with a Positive Attitude"***

Commitment from coaches, players, and parents is required. Our coaching staff must be committed to have up to date knowledge, to teach the fundamentals of the game, and the ability to motivate our players to their maximum level of performance. They must have patience and, above all the ability to communicate with positive reinforcement and to assist each player in any way possible to achieve the goals established by that player.

Our players must be committed to the program established. Our coaching staff along with our players, will practice with competitive attitudes, and to maintain good sportsmanship at all times. Finally, our parents must be committed to the program established and should maintain a positive attitude toward the program at all times.

Parents must eliminate their own ego from the process and see the game without parental eyes. Parents should become knowledgeable of the game to



understand how it is played and appreciate the efforts of ALL the players. It is extremely important to the maintenance of our program and to the accomplishment of our goals that coaches, players, and parents maintain a positive attitude. So much it can be accomplished if we believe in and are committed to the same system.



GRIEVANCE POLICY & PROCEDURES

Knowing when to communicate and how to communicate with your athlete's coach is a concern for almost every parent at some time during the season. Most often, the concern is how to inquire about issues surrounding playing time. **Cobras VB Club has always tried to encourage the athlete to talk to the coach when she has a problem with her playing time.** If the athlete is unsure or unclear about what the coach expects from her, either in practice or in competition, the appropriate action is for the athlete to communicate with the coach as to what she needs to do to get more opportunities to play in matches or at another position.

Coaches and staff will never discuss playing time with Parents, no exceptions.

Coaches WILL NOT discuss "coaching decisions." Coaching decisions include, among other things, specific match decisions (who played when, who was subbed in/out and when, etc.). Playtime is a very complex determination. It includes the coach's opinion, the athlete's ability, the athlete's potential, the team's needs at the moment, the momentum of the game, and the team's needs for the future. The coach will not be required to defend his/her thought process or conclusions in these determinations, and it is improper for a parent to make such a request. In addition, Cobras VB Club instructs coaches not to discuss any athlete other than the parent's own or the actions of any other Cobras' coach. If you, as a parent, have legitimate concerns about a coach other than your athlete's coach, you must address the directors.

In the past, three negative complaints have been heard from parents, which served only to limit the overall success of the team and the club. They are as follows:

- My daughter is on the wrong team – This generally means that the player is not on what is considered to be "the number one team". (Very rarely does anyone ask to move down). Methods used to assign players to teams are based on an evaluation conducted in a professional manner based upon the consensus of three to six eminently qualified individuals. Time has shown that team assignments are made fairly with few mistakes. Players have been and will continue to be moved if the qualified individuals feel that it is in the player's best interest to do so.



- My daughter is not playing the right position – Often times a player is the shining star on a high school or middle school team at a particular position and is not allowed playing time at that position in Cobras. There are several reasons for this. First, we all have to remember that the competition within club volleyball is a lot stronger than on school teams; therefore, the competition for each position is more intense than in a school environment where the number of skilled players is limited. Second, the coach may have a particular need at a certain position and the player is the only one with the requisite skills to fill that need. In any event, talk to the coach first about any concern you may have and then support the coach's decision.
- My daughter is not playing enough – This can be a common question or complaint. When playing for Cobras VB Club at this elite level, players will not always play the same amount of time. We cannot provide a guarantee of playing time.

WE DO NOT provide a guarantee of the right to practice with players of equal or better ability and, through hard work, to improve skill levels and to compete for the opportunity to play.

Playing time is earned, not awarded. Negative comments directed to other parents, coaches and players concerning offensive schemes, defensive schemes, players' positions, who is playing, or providing excuses to players for poor performances have no place in our program! Help maintain an excellent program by supporting coaches and players with positive attitudes. **Repetitive complaining to the athlete(s) or to a third party that interferes with the club's efforts to pursue its' stated mission and purpose may be a cause, in the sole determination of the club, to ask the member to resign. **



Cobras' 24-Hour Rule

Strictly Enforced

Cobras VB Club requires a "24-hour rule" for parents to discuss concerns.

Please adhere to the chain of command as follows:

- i. Athlete to Coach
- ii. Parent to Team Representative
- iii. Team Representative to Team Rep Coordinator
- iv. Team Rep Coordinator to Director of Coaches
- v. Director of Coaches to Director

DO NOT, under any circumstance approach our coaches at a practice, tournament, and/or Cobras Event to discuss concerns. Please adhere to the chain of command.



Player/Parent Chain of Command:

1. The athlete should first speak to the coach about the matter. If the matter remains unresolved, or the athlete has a reasonable concern that speaking to the coach will not resolve the matter, then move on to step 2.
2. The athletes should have their parents should contact the Team Representative via email.
 - A parent should never approach a coach. Parents should follow chain of command. We have instructed the coaches to follow the “24 hour rule”, to refuse to discuss any controversial matter, and to refer the parent to the Team Representative.
 - The recommended time for a parent to schedule a meeting is usually before or immediately following a scheduled practice. If the matter remains unresolved or if the parent has a reasonable concern that speaking with the coach will not resolve the matter, then go to step 3.
3. The Team Representative will contact the Team Rep Coordinator to discuss any controversial matters.
4. If the matter remains unresolved the Team Rep Coordinator will contact the Director of Coaches. The Director of Coaches will schedule a meeting with the Coach, the Athlete, and parent involved.
5. After all the steps above have been taken and the matter remains unresolved or the parent still has a reasonable concern, it will then be escalated to and addressed by the Director.
6. All issues or disputes, regardless of the nature or source, must follow the previously detailed Chain of Command.



OTHER POLICIES REGARDING GRIEVANCES WITH COBRAS VOLLEYBALL CLUB:

1. COBRAS VB CLUB will not tolerate hostile, aggressive confrontations between a parent and any official, coach, athlete, or another parent, whether the confrontation is within the club or not. Violation of this policy may result in the athlete(s) being dismissed from COBRAS Volleyball Club.
2. It is inappropriate for an athlete or parent to approach other COBRAS Volleyball Club members about a problem the athlete or parent is having with a COBRAS Volleyball Club coach. Asking uninvolved persons to take sides in an issue is unfair to the third party and to the club. For the psychological health of the teams and the club as a whole, grievances need to be handled between the parties involved and the decision makers in the situation Remember...Competitive team athletics, by nature alone, create situations where everyone may not be happy all of the time.
3. Any member who is approached and asked to listen to or to express an opinion about matters between two other parties in the club is strongly encouraged to refer the complaining party to take the matter up with the Team Rep Coordinator.
4. Any member who, as a third party, hears remarks or stories about COBRAS Volleyball Club, its' employees or its' policies, that cause the member to be concerned, is encouraged to call the Director immediately to determine the facts, or to alert the club administration to a situation of which it may be unaware. By the time the story gets to a third or fourth party, it frequently bears little resemblance to the truth or to the facts of the situation. It is also detrimental to the athlete and disruptive to the team to complain to the athlete about the coach, the coach's style, or the COBRAS Volleyball Club policies. If you, as a parent, are unhappy or concerned about any matter, address the party in control. If the athlete is unhappy, she needs to address the appropriate party.
5. Refunds and Deposits: Upon making any Cobras team, at a regular or supplemental tryout, then **ALL FEE'S ARE NON REFUNDABLE** regardless of any circumstance.
6. Any dispute with the club must be submitted to the Club Director in writing via email, including the date of incident or injury, Dr. notes including type and length of disability, and the duration of club participation. All disputes which include complete documentation as previously stated will be considered.



Fees:

A. A non-refundable financial commitment is required by each player selected to play on a Cobras team. This amount is due, in full, on the day of selection of the team. There is **NO REFUND** for leaving the club for any reason. Dropping out of the club does not release you from your (RESPONSIBILITY) contract. By accepting the position or positions on the team, you agree to carry out the terms of this contract. Fees do not include hotel accommodations, transportation or meals. Tournament schedule will be posted as soon as possible. Club fees are **NONREFUNDABLE! If for any reason you or your child chooses to quit, the financial commitment remains and your club fees must still be paid in full.**

B. All items listed in the budget will be covered by your fees, including:

1. Coaches Registration
2. Facility costs, Insurance, general liability
3. Balls, ball cart, and other equipment
4. Gym Time for practice
5. High Quality Coaching
6. **Uniforms (varies due to team*)**
 - i. Uniform attire*
 - ii. Practice Shirt*
 - iii. Back Pack
7. Recruiting information & assistance with colleges
8. Administration fees
9. Web site exposure
10. Tournament Entry Fees

C. Extra Expenses not included in club fees (mandatory)**

1. Nike Shoes, spanx, socks, cover shorts, knee pads)
2. College Promoter – fees vary
3. Private Instruction/Clinics – must register online, fees varies
4. Travel to Tournaments including all airfare and hotel expenses
5. Lone Star Region Membership (\$45)
–Paid to the Lone Star Region Not a Cobra fee
6. Officiating and scorekeeping clinic (\$50)
- Paid to the Lone Star Region, **NOT** a Cobra fee
7. Making of Recruiting Video - \$200-\$500
8. Option Team Additional Tournaments



9. ALL EXPENSES AFTER THE REGIONAL TOURNAMENTS

- i. AAU Membership AAU National Tournament
- ii. USAV National Tournament or JDVA Tournament
 1. Coaches Fees
 2. Hotels/ Airfare
 3. Entry Fee

Uniforms

The uniform package varies for each team and location.

San Antonio/ Seguin Teams:

Cobra Local Teams- 1 uniform jersey, 1 practice shirt, 1 Bag

Cobra Regional Teams - 2 uniform jerseys, 1 practice shirt, 1 Bag

Cobra Extreme Teams - - 2 uniform jerseys, 1 practice shirt, 1 Bag, 1 Warm-up Jacket,

Central Texas Teams:

Cobra Local Teams- 1 uniform jersey, 1 practice shirt, 1 Bag

Cobra Regional Teams - 2 uniform jerseys, 1 practice shirt, 1 Bag

Cobra Extreme Teams - - 2 uniform jerseys, 1 practice shirt, 1 Bag, 1 Warm-up Jacket,

Gonzales Texas Teams:

Cobra Regional Teams - 1 uniform jersey, 1 practice shirt, 1 Bag



Team Levels

1. Cobra Elite (Extreme)
2. Cobra Premier (Regional)
3. Cobra Pros (Local)
4. Practice Program
5. Lil Venoms

1. Elite: This is our top team in each age division
2. Regional: This is our 2nd team in each age division
3. Local: This is our 3rd team in each age division
4. Practice Program:
5. Lil Venoms (club prep)

2016-2017 Club Fee's & Schedule

******* Monthly payments are due on the 10th of every Month***** All Fees are non-refundable**

San Antonio & Seguin Fee's (SATX)

Cobra Elite (Extreme) (top team in age group): Cost \$2975

Deposit \$450

Includes: 10-12 tournaments (2 qualifiers, 1 out of state), 2 jerseys, 1 bag, 1 practice shirt, and 1 warm-up jacket

Cobra Premier (Regional): Cost is \$2,100

Deposit \$350

Includes: 8-10 tournaments (1 qualifier), 2 jerseys, 1 bag, and 1 practice shirt

Cobra Pro (Local): Cost \$1,300

Deposit \$250

Includes: 6-8 tournaments, 1 jersey, 1 bag, and 1 practice shirt

SA Team	Deposit	September	October	November	December	January	Fee Total
Cobras Elite	\$700.00	\$700.00	\$700.00	\$600.00	\$300.00	\$180.00	\$3180.00
Cobras Premier	\$500.00	\$500.00	\$450.00	\$400.00	\$300.00	\$100.00	\$2,250.00
Cobras Pro	\$400.00	\$300.00	\$250.00	\$200.00	\$150.00	\$110.00	\$1,410.00



Central Texas Fees (CTX)

Cobra Elite (Extreme) (top team in age group): Cost \$1,770

Deposit \$400

Includes: 8-10 tournaments (2 qualifiers, 1 out of state), 2 jerseys, 1 bag, 1 practice shirt, and 1 warm-up jacket

Cobra Premier (Regional): Cost is \$1,620

Deposit \$250

Includes: 6-8 tournaments (1 qualifier), 2 jerseys, 1 bag, and 1 practice shirt

CTX Team	Deposit	September	October	November	December	January	Fee Total
National Elite	\$400.00	\$400.00	\$225.00	\$300.00	\$200.00	\$170.00	\$1,770.00
Regional Premier	\$400.00	\$350.00	\$210.00	\$250.00	\$200.00	\$120.00	\$1,620.00

Gonzales Texas Fees (GTX)

Cobra Premier (Regional): Cost is \$1,260

Deposit \$400

Includes: 6-8 tournaments, 1 jersey, 1 bag, and 1 practice shirt

GTX Team	Deposit	November	December	January	February	March	Fee Total
Premier Regional	\$400.00	\$300.00	\$250.00	\$150.00	\$100.00	\$60.00	\$1620.00

COBRAS VOLLEYBALL CLUB



During the 2016-2017-club season, Cobras VB will be starting the CVBC Loyalty Program. This program is for all CVBC players. The purpose of this program is to reward loyal customers who continually return each season to advance their volleyball careers.

To become eligible for this program, a player must:

- Complete a year of club at Cobras Volleyball Club
- Have good attendance during the season (Must participate in at least 90% of practices)
- Show a good attitude and dedication during the season
- Make all payments during the season on time
- And, return the following year to play.

If all requirements are met, the player will receive the following perks:

- Discounted Summer programs (Does not include privates or group lessons)
 - First Year – 10%
 - Second Year – 15%
 - Third Year – 20%
 - Fourth Year – 25%

In addition to the discounted summer programs, players who decide to return for club the following year will receive:

- Reduced Registration Fee for the 2016-2017 club year
- Yearly Gift
 - First Year – Additional Cobra Shirt
 - Second Year – Warm-up Jacket
 - Third Year – Overnight Bag
 - Fourth Year – Shoes

Cobras Loyalty Program

1. Discounts will be applied to last payment due on each members account.
2. Discount cannot be transferred to other programs such as open gym and cannot be redeemable for cash.
3. Discounts can NOT be transferred to another player or be used to reduce a total team fee.
4. Discount must be used within one (1) calendar year of obtaining it.
5. Must submit via email request to utilize Loyalty Discount to sacobras@yahoo.com
6. Discount can NOT be combined with other offers.
7. Discount will be forfeited if late payment occurs.
8. Discount is subject to Board of Directors approval.
9. CTX- will receive Military Discount & KISD employee discount @ same rate as Loyalty program



CLUB GUIDELINES
MUTUAL AGREEMENT BETWEEN PLAYER, PARENTS, AND COACHES
Expectations for Players, Parents and Coaches

Attendance

1. Players are required to attend all practices and tournaments. **You must notify your coach at least 24 hours in advance of an absence.** In the event of an emergency, notify your coach as soon as possible. Coaches have the discretion of limiting/reducing playing time at tournaments for a player who is habitually late to or misses practices. This rule is intended to discourage players from being late to or missing practices. All players should be on the court and ready to practice on time.
2. No player may leave a tournament without permission from the coach. It is customary to have a refereeing assignment when eliminated from tournament play. All players are expected to be present during their teams' last officiating assignment at court site. (Nobody leaves before team refereeing, please be wear of penalty)

PARENT VOLUNTEERS

In an effort to maintain order, each team needs a parent volunteer/team rep. This is an invaluable service to your daughter's team. If you are interested in being a team parent/volunteer please contact your coach and the Team Rep Coordinator. The team rep will also be required to directly communicate with Cobras Club Team Rep Coordinator.



FUNDRAISING

Every Cobras Volleyball player will be required to participate in our mandatory club fundraisers. **These fundraisers will offset unexpected costs that may arise during the season.** Parents may opt out by paying a fee in place of fundraising. Opt out fee may vary.

SA/ Seguin teams are only required to participate in ONE Club Wide Fundraiser (usually our annual raffle ticket sale)

Central Texas & Gonzales Texas teams will be required to participate in TWO mandatory club wide fundraisers.

If fundraising obligations aren't met you will be liable to pay the opt out fee amount (this amount will be applied to your accounting profile / club fees).

There are various other options for making money to offset some of the annual club dues. We have several fundraising possibilities available. Each Team Rep can discuss fundraising ideas and manage their fundraiser individually. ALL fundraising ideas will first go thru the Fundraising Coordinator and finally the Director for approval. If you have any questions on fundraising or have ideas on fundraising opportunities, please contact our Fundraiser Coordinator.



Payments

Cobras Volleyball is committed to giving each individual the opportunity to excel in the sport of volleyball. As a premiere volleyball club in the Lone Star Region wants to give everyone equal opportunity to play. A program of this magnitude and quality is expensive, in terms of commitment, time, and money. The directors and staff are committed to the goal that no deserving athlete shall be deprived the benefits of the club for lack of funds. Cobras already has a monthly payment schedule but, if adjustments need to be made on an individual basis, we are more than willing to work with parents on an adjusted payment plan or on different fundraising ideas to make the club charges more feasible. All payments will be made using Paid UP <https://getpaidup.com>

Payments will not be except at any Cobra Event including practices and tournaments. Players will not participate in practices or tournaments if payments are more than three (3) days past due. There is a \$25.00 late fee on any late payments and a \$50 fee for returned checks. We do not have a profit margin built in, so it is imperative that payments are made on time. **NO PAY, NO PLAY!** This guideline will be **STRICTLY** Enforced.

No different from other clubs, if for any reason during the season you or your daughter decides to quit the team, the financial commitment remains & club fee must be paid in full. We do not accept cash.

COBRAS EVENTS

Whether you at practice, camps, scrimmages, tournaments or even a fundraiser all Players are required to be uniform. You are required be in Cobras Gear (practice shirt etc.) No Uniform!!!! No Play!!!! No Participation!!!! Only Cobras VBC practice shirts at club practice!!!



HOLIDAYS

There will be no practice on the following breaks (dates will vary): **Thanksgiving, Christmas, New Years**, Spring Break, and Easter

We utilize church and school facilities. At any time, practice may be cancelled at a moment's notice due to the facility's activities, and holidays

Playing Time

Please understand that you are paying for training time - not playing time.

Parents will respect coaches, players, other parents and officials. Our coaching staff has not only played, but also studied the game. If you, as a parent, choose to ignore any of the above rules, your child will lose playing time. There will be no exceptions to this policy. No player is guaranteed a specific position or amount of playing time, our coaches make this determination. We understand that each player has strengths and weaknesses. We, as coaches, will do our best to recognize the strengths in every athlete and play them in a position where their strengths will show and provide the best results for the team. Also remember that practice is a time to improve and work on weak areas of the game. No player is given playing time in a tournament without participating in practices, showing maximum enthusiasm, respect for all coaches and players, demonstrating good sportsmanship, and participating in officiating and scorekeeping assignments.



OFFICIATING

To ensure fairness in distributing officiating duties, every player will be required to be scorekeeper certified. Players, 16 and over, must be scorekeeper certified and referee certified. In addition, players may leave a tournament only after all refereeing duties have been completed and permission has been obtained from the team coach.

Problems/Complaints

If a parent has a complaint, there is a **24-hour** grace period before that parent(s) may address their concerns. After the 24-hour grace period, the parent(s) need to follow the Player/Parents Chain of Command. Please remember that the coaches are there to focus on coaching. In the event you do not feel comfortable talking with the Team Representative, you may contact the Parent Coordinator. The Director will be contacted once all other resources have been exhausted. The 24hr grace period is strictly enforced for all teams.



CLUB GUIDELINES

MUTUAL AGREEMENT BETWEEN PLAYER, PARENTS, AND COACHES

Expectations for Players, Parents and Coaches

1. Every player will show respect for their coaches as the ultimate decision-makers at practice, scrimmages and tournaments.
2. Every player will listen and make every effort to follow the guidelines and instructions provided by the coaches.
3. Every coach will give their best effort to carry out their responsibilities to develop the volleyball skills and techniques of their players.
4. Every parent will encourage and show respect to their daughter the players on the team other players from other teams, the parents, and their coaches.
5. You, as a player (athlete), must learn to respect yourself, your teammates, and your coaches no matter what level of success you have on the court, whether it's a win or a loss.
6. As an athlete you must understand that a perfect practice makes perfect play.
7. Remember, you are not **"PAYING TO PLAY"** you are **PAYING** for the instruction, skill development, training, and to learn how to play on a competitive level.
8. Parents must refrain from coaching their athlete or other athletes on the court during practices, scrimmages or tournaments.
9. The parents cannot coach their child during practice. If they do, they will be asked to leave the premises. If you take your child off the premises, your child will be removed from the team "Cobras Volleyball Club" and asked not to return! There will be **ABSOLUTELY NO REFUND** whatsoever, and this **WILL BE** strictly enforced.



10. If your daughter leaves during the Tournament, she will be asked not to return and will be thrown off the team. There will be **NO REFUND** whatsoever, this **WILL BE** strictly enforced. If your daughter's not going to be at the tournament or she's going to have to leave during the tournament, please discuss it with the coach preferably via email or text, that way there's some form of electronic trail. This should be done one week prior to the Tournament.

11. Each athlete will wear the designated uniform such as jersey, spunks, knee pads, socks, shoes.

12. Every Athlete, Parent and Coach must respect the officials and their authority during the game.

13. No one must engage in any kind of unsportsmanlike conduct with any of the coaches, officials, parents or players, such as bullying and taunting, booing or refusing to shake hands with the other team or using profane language or gestures.

14. A parent should teach their child that doing one's best is more important than winning, so that the child will never feel defeated by the outcome of the game or tournament or her performance.

15. Players will play positions assigned by the coach and will show appropriate respect at all times.

B. Playing different positions allows players a balanced experience, and teaches respect for teammates and other positions. Parents are expected to support coach's decisions.

16. Players are not allowed to criticize other players or themselves on or off the court.

Bad feelings between players reduce good playing. Being mad at yourself often rubs off on others and also destroys team play.

17. No Cell phone usage will be allowed during tournaments

18. No significant others allowed at tournaments



COBRAS VOLLEYBALL CLUB RULES OF CONDUCT FOR PRACTICE

All players must adhere to the following rules in order to receive playing time. Consequences will be assigned by the player's coach for neglect of the following rules:

1. All practices will be **CLOSED** practices.
2. Practice is mandatory. Any missed practice may result in a reduction of tournament playing time.
3. Players are responsible for being fully prepared to practice. This means the following:
 - A. Fully dressed-kneepads, socks, shoes, hair up, and practice clothes on when the coach begins practice.
 - B. Water bottle filled.
 - C. Cell phones off and in your bag.
 - D. No jewelry must be worn.
 - E. No gum
4. Practice starts at the designated time unless otherwise notified by the coaching staff. If the player is going to miss practice, arrive late, or leave early, it is the player's responsibility to notify the coaching staff as early as possible prior to practice.
5. It is the responsibility of the players to set up the net and complete any other set of work necessary for successful practice prior to the start of practice. Players are also responsible for the breakdown of the net at the end of the practice. It is recommended that the players on each team work out a fair rotation schedule to complete this task.
6. Players should be mentally and physically prepared for each practice scrimmage and tournament.
7. Every player is responsible for cleaning up after herself at every practice.



8. Players must report any sickness or injury prior to practice, scrimmages and tournaments.
9. Injured players may not practice without a medical and parental release.
10. Over displays of anger, frustration, disrespect, or lack of effort will not be tolerated. If the player repeats this behavior or it becomes excessive, she may be sanctioned, asked to leave practice, or be removed from the club at the discretion of the coach. There will be **NO REFUND, NO EXCEPTIONS!**
11. No sitting during practice except when warming up or when given permission by the coaching staff.
12. Players jog or run everywhere except when given permission by the coaching staff.
13. Players shag their own balls and do not ask other players or coaches to shag their balls.
14. All players should encourage their teammates in every drill.
15. Every ball is everyone's ball until played. There is no excuse for not going for a ball in the playing area. If you can make an attempt at the ball, make an attempt!
16. Every player should call "mine" or "ball" immediately as she moves into position to play the ball.
17. It is a privilege and an honor to be on the **COBRAS VOLLEYBALL TEAM**. So every player should comply with the USA volleyball participant **CODE OF CONDUCT**.



Additional Practice Rules:

1. Every player must assist with breakdown and set up of all net equipment in a timely fashion.
 - a. Any laziness or inefficient time usage will result in OPPORTUNITIES FOR IMPROVEMENTS for the entire team no exceptions.
2. Every player must come dressed properly in all practice gear this includes but is not limited to: ankle braces, volleyball shoes, knee pads, shorts and practice tee shirt.
 - a. If a player is NOT properly dressed out for practice that player will not participate and must assist coaches with drills.
3. No jewelry is allowed during practice,
 - a. If a player forgets to take off any jewelry it will cause the ENTIRE team opportunities of improvements. No exceptions.
4. If a player is going to be tardy a parent or player **MUST** notify their Coach via TEAM APP and email, text or phone call **AT LEAST 5 HOURS PRIOR** to practice **start time**.
5. Unexcused Absences
 - a. Coaches will reserve the right to refuse any excuses in which they feel are invalid or legitimate and will result in an unexcused absence.
 - b. Any excuse having to deal with illness or injury **MUST** be followed up by a doctor's note. .
6. Any cell phone use will not be permitted during practice. Players must either turn in cell phones to coaches before practice or leave them in the car. Players will NOT be allowed to give cell phones to their parent.

**Note: Parents please help us keep the players responsible and accountable on this rule especially, you are paying a decent amount of money for these girls to be on a competitive team and do well and this means no distractions whatsoever.*



COBRAS VOLLEYBALL CLUB RULES OF CONDUCT FOR TOURNAMENTS

All players must adhere to the following rules in order to receive playing time. Consequences will be assigned by the player's coach for neglect of the following rules:

1. Players and parents should always show respect for opposing players and officials working a match. The coach and designated floor captain are the only ones allowed to respectfully question or discuss the decisions made by a referee with the referee.
2. Every player is responsible for knowing how to keep score, and be a line judge. Working assignments will be on fair rotation determined by the coach or players.
3. All players should offer encouragement and show support for their teammates, whether they are on the bench or on the court. All players should be mentally and physically prepared to enter the game at any time.
4. Players and parents should always show respect for decisions made by the coaches during the tournament. If players or parents strongly disagree with a decision made by the coaches, the players or parents should wait to discuss the issue in calm, constructive, and respectable manner after the match is completed. There are some instances when the discussion is not possible until after the tournament. It is up to the coach whether or not to address the issue immediately or at a later date.
5. Players and parents are responsible for all drinks, meals, and snacks during tournament. They're also responsible for cleaning up any mess at the end of the tournament.
6. If a player leaves the tournament during the tournament, the player will be **SANCTIONED** and asked **NOT TO RETURN**, there will be no more practices, no more scrimmages, and no more tournaments. There will be absolutely **NO REFUND!**



7. While at a tournament we are there to take care of business and eliminate the competition. With this said please keep the socialization to a minimal. Playing time will be determined by coaches. Every effort will be made by the coach to ensure each player gets playing time. There will be no minimum playing time. The Coach will not discuss the amount of playing time or his/her game strategy with parents.

a. Cobras VB Club is a competitive club. Coaches have a responsibility to **COURT** the strongest possible team at all times. Coaches will determine playing time based on the following criteria: importance of the game, score of the game, number of available players, level of play, performance, attitude, attendance at practice, and injury.

Tournament Rules:

1. Cell phones are not allowed AT ALL during ANY TYPE of competition event, payers must choose between turning their cell phone into the coaches or players may leaving them with parents.
2. Any parent interaction will be limited to *off games during tournaments and team bonding activities AFTER competition times.*
3. If the team has any off games team MUST stay together, there will be NO venturing off during competition.
4. If any player needs to use the facilities player must take at least 2 other players to accompany her.
5. No junk food (this is not limited to tournament please see pg. 4 for nutritional guidelines).
6. Each player must sign up to bring food products for each tournament unless otherwise notified or planned.
7. During traveling tournaments, there will be a 10:00pm curfew *unless otherwise notified* (this is EXTREMELY lenient do NOT take advantage of this curfew time).
 - a. Breaking curfew will result in loss of playing time in competition.
8. Players must bring BOTH jerseys to EVERY tournament and player that forgets an item mandatory for participation will result in denial of participation. *(This rule is not only a team rule but a USAV & LSV rule, if all players do not match in jersey, short, and any hair ribbons opposing coaches reserve the right to ask the player to be removed from all participation throughout the rest of the day's matches.)*
9. No boyfriends allowed at any competition.

CONSEQUENCES FOR VIOLATIONS

Players who violate any of the practices, scrimmages or tournament rules may face the following consequences at the discretion of the director or the coach.

1. Sitting out part of or an entire drill or practice.
2. Additional exercises or conditioning.
3. Repeating a drill.
4. Loss of Tournament playing time.



5. Early dismissal from a practice, scrimmage, or tournament.
6. Suspension.
7. Dismissal from the team.

Coaches and players of Cobras VBC can mutually agree to additional consequences. The degree of the violation will determine the degree of the consequences. No player will be suspended or dismissed from a team without an opportunity to appeal and be heard by the director or the coach. Parents and players must sign and return this contract to their Team Representative.

CHECKLIST

1. Copy of birth certificate
2. Email us recent photo of athlete (volleyball pic preferred) with a short bio
3. Athletic Information/ Player/ Parent Agreement
4. Cobras VB Club Contract/ Signature Page
5. USAV Membership online, (after: October 15, 2016) USA Volleyball
6. Medical History and Release go online to: <http://www.usvolleyball.org/>



BINDING AGREEMENT

I, the undersigned, understand and acknowledge that by signing this agreement that I commit to be financially responsible for the entire amount due for the 2016-2017 season, even if my daughter and or I decide not to complete the season. **By accepting a position on a team we realize that the fees are based on a full season commitment and there are no refunds or reductions for an early withdrawal.** I agree to pay a late fee of \$25.00 should my payment not be received by the 1st of each month. I also understand that my daughter may not participate in club activities, if I am not current in my payments, unless other arrangements have been made. COBRAS VB CLUB **HAS MY PERMISSION TO POST PHOTOS OF MY CHILD OR MYSELF AT PRACTICES, SCRIMMAGES OR AT TOURNAMENTS ON THE COBRAS VB CLUB WEB SITE: www.cobrasclubball.com**

I understand that I have signed this LETTER OF COMMITMENT with the club and not with a particular individual.

_____ Date _____
Parent/Guardian

_____ Date _____
Player