

ST7 TRAINING CENTER, LLC



PARENT/ATHLETE HANDBOOK 2022 - 2023 CLUB SEASON

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"Train a child in the way he should go, and when he is old he will not turn from it" **Proverbs 22:6**

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1.0 INTRODUCTION

1.1 ST7 History

Established in 2013 by Samuel Torres, a passionate and dedicated PE teacher, volleyball coach, and professional athlete, ST7 Training Center has continued to thrive and grow. Coach Sammy's vision of a training center where he can share his passion for volleyball and teach the fundamentals and skills necessary to succeed to young athletes in a healthy and encouraging environment has continued to grow and thrive for the past 8 seasons. ST7 Training Center now offers training programs for every age and level of athlete including: club teams, mini club teams, beach club teams, beach training, skills clinics, camps and more. ST7 remains grounded in the principles of discipline, respect, and the belief that one should "Train a child in the way he should go and when he is old he will not turn from it." Proverbs 22:6

The "S" and "T" in our name refer to our founder and director, Samuel Torres. "7" was the jersey number he wore during his career as a volleyball athlete. It is called a training center because we strongly believe that our training is not just about volleyball; we want to promote a healthy lifestyle involving volleyball and physical training.

1.2 Memberships

ST7 is a member of both USAV and AAU and participates in tournaments with both organizations.

2.0 ADMISSIONS

2.1 Admissions Policy

Athletes are evaluated based on skills, fundamentals, teamwork, communication, attitude, discipline, position, and leadership for team placement. Athletes are also placed based on available space, their character and a genuine desire by the parents to have their child/children in ST7, a club focused on both the athletic and personal growth of its athletes. Only those athletes whom we feel will thrive in our program and whose parents agree to cooperate with the club policies will be admitted. ST7 has the right to cancel any camp, clinic, lesson, or club team due to a lack of enrollment.

2.2 Sign up Procedures

Each prospective athlete and his parents/legal guardians must complete all tryout registration requirements found on www.st7volleyball.com in order to tryout.

2.3 Re-sign up Procedures

Current ST7 members must complete all of the tryout requirements found on www.st7volleyball.com with the exception of providing a copy of the birth certificate. We have retained a copy of any 2021 - 2022 club member's birth certificate on file. ST7 reserves the right to refuse re-enrollment to athletes with poor discipline, attendance records or conduct detrimental to the team. Re-enrollment may also be refused to athletes or parents/legal guardians who have demonstrated disharmony regarding the purpose, objectives, standards, policies, rules or regulations of the club. In addition, athletes will not be re-enrolled until all financial obligations for the athlete or any immediate family member of the athlete are brought current. Any athlete who left a previous season without completing their financial obligations or the financial obligations of an immediate family member will have to pay any outstanding balance and pay at least half of the upcoming club season's fees in order to be re-signed.

3.0 TRYOUTS

3.1 Tryout Registration

Each participant of the tryouts must complete all documents found in the registration packet at www.st7volleyball.com. These completed documents must be submitted on the day of tryouts. Each participant must also complete registration and pay the tryout fee.

3.2 Tryout Fee

This fee covers all expenses related to tryouts for one athlete for a single mini club or club season with ST7; including coach's fee, court rental, and administrative fees. The tryout fee will be collected online. Payment of the tryout fee does not guarantee placement on a club team nor will the fee be refunded if an athlete is not placed on a team.

3.3 Tryout Evaluation

ST7 coaching staff will be evaluating skills, fundamentals, teamwork, communication, attitude, discipline, leadership, position and other factors to determine team placements.

3.4 Team Assignments

ST7 will be posting the names of athletes who were selected to participate in the mini club or club teams on www.st7volleyball.com within 24 hours after the last tryout. We will post the team, the tentative tournament schedule, coach, and the assigned club payment package for each athlete's team. You must visit our website www.st7volleyball.com to verify if your athlete(s) were selected. All parents/legal guardians of athletes who have been selected must complete reading the current ST7 Handbook and electronically sign the Statement of Commitment committing to abide by the policies found within the handbook for the

2022-2023 season within 24 hours of the posting. The commitment payment must also be paid by the designated due date in order to secure the athletes placement on the team. If an athlete does not complete signing the commitment letter or paying the commitment fee, their position on the team may be offered to another athlete. All dates/deadlines may be found on our website at www.st7volleyball.com.

4.0 FINANCIAL POLICIES

4.1 Payment Policy

Club fee payments may be made online through a quickbooks invoice. If made through the quickbooks invoice with a secure bank transfer, there will be no processing fee added. If made through the quickbooks invoice or in person with a credit card, there will be a processing fee added of 2.9% + .25. Payments may also be made with check or cash in the gym during regular practice hours, or mailed to ST7 Training Center, LLC (1150 Palm Ave. Tavares, FL 32778).

A \$20.00 LATE CHARGE will be added to the account if not paid by the 5th of the month. Accounts delinquent after the 20th of the month will subject the athlete to removal from team practice and tournament(s) until payment is received.

If at any time the set payment schedule can't be followed please contact our Administrator and we will be happy to work out a new payment schedule with you.

4.2 Returned Checks

A \$50.00 charge will be assessed for returned checks. If this occurs more than one time, cash or money orders will be required.

4.3 Travel, Hotel & Transportation

ST7 will NOT pay for travel fees for athletes. Hotels are also the responsibilities of the parents/legal guardians. Transportation to all practices and competitions is the responsibility of the athletes and their parents/legal guardians.

5.0 REFUND POLICIES

5.1 Tryout Fee

This fee covers all expenses related to tryouts for one athlete for a single mini club or club season with ST7; including coach's fee, court rental, and administrative fees. The tryout fee

will be collected online. Payment of the tryout fee does not guarantee placement on a team nor will it be refunded if an athlete is not placed on a team.

5.2 Private and Semi-Private Lessons

Private and semi-private lessons are not a requirement but can benefit your athlete and their volleyball skills. However, taking private and semi-private lessons will not guarantee playing time.

5.2.1 CANCELLATION POLICY: In order to cancel or reschedule a lesson, ST7 Volleyball MUST be notified 24 hours in advance. If notified 24 hours in advance, ST7 Volleyball will gladly reschedule your lesson or refund your payment. If ST7 has not received notice 24 hours in advance, the full cost of the lesson will not be refunded, nor will the lesson be rescheduled. We must schedule and pay our coaches for their time and cannot rebook that time slot for that coach if given less than 24 hours notice. If cancellation is due to COVID - 19 symptoms or exposure, we will gladly reschedule your lesson or refund your payment even if given less than 24 hours notice. We appreciate your understanding and attention to this matter.

5.3 Club Season and Mini Club Season

ST7 Volleyball teams practice and play several times during the entire length of the volleyball season. Attendance on these days is extremely important. If an athlete does not notify the administrative staff by email prior to an absence it will be considered a cut. Cuts may result in dismissal from the program without refund. All athletes must follow the Attendance Policy. There will be NO REFUNDS after volleyball season has started due to violation of the Attendance Policy. Therefore, ST7 Volleyball defines the start of the season as the team's first practice and not the team's first tournament.

There will be NO REFUNDS if an athlete or parent/legal guardian seeks to question a coaching decision. For purposes of this provision, a coaching decision includes, but is not limited to, competitive team selection, playing time, position assignments, starting assignments, rotations and strategy. Any violations of the playing time policy can result in dismissal from the team with NO REFUND.

5.3.1 Refunds will be provided as per the following provisions: ST7 Volleyball has the right to cancel any camp, clinic, lesson, or club team due to a lack of enrollment. A full refund will be provided in this situation. If ST7 Volleyball is mandated to close due to AAU, USAV, state, and/or federal guidelines related to COVID-19 or any mutations thereof, refunds of any expenses not incurred up to the date of forced

closure will be refunded if payment has been made in advance and/or if ST7 is refunded registration fees for any tournaments that are cancelled by the tournament host.

5.3.2 Withdrawal two weeks prior to the start of the volleyball season: a full refund will be provided less July and August's non-refundable payments. The beginning of the volleyball season is defined as the first day of practice.

5.3.3 Withdrawal from the volleyball season within the first five months of the season due to personal injury incurred while playing or practicing with ST7 Volleyball: may receive a prorated refund based on review from ST7 Volleyball Administration. Refunds will be based on total paid to club less July and August's non-refundable payments, tournament entry fees already paid, gym rental, administration fees, coach's salary, and other expenses incurred by the club to the date ST7 receives a physician's orders. ST7 must receive a physician's note specifying the injury and limitations given to the athlete by their physician. If the athlete's account is not up to date in payments they may receive a reduced club fee total based upon the same stipulations found above. Club fees necessary to cover uniform fee, tournaments entered, equipment, gym rental, administration fees, coach's salary, and other expenses incurred by the club to the date ST7 receives a physician's orders will still be owed. *** If injury is not incurred while playing or practicing with ST7 Volleyball there will be no refund or club fee reduction.

5.3.4 Disciplinary

Refunds will not be given for athletes or parents/legal guardians discharged from the club for disciplinary reasons or any other actions that the ST7 Administration understands is unacceptable.

5.3.5 Code of Conduct and Policies

Any violation of the Parent/Athlete Handbook, Code of Conduct and/or written policies by parents/legal guardian or athletes can result in dismissal from ST7 with NO REFUND.

5.3.6 Withdrawal from Club

Withdrawals from the club team must be made by the parent or legal guardian through the Administrator. A withdrawal letter to ST7 must be completed and signed by the parent or legal guardian. If an athlete is withdrawn to play for another club, they may request a release. All club fees from the current and any previous seasons must be paid in order to be considered for a release. If an athlete is withdrawn due to

a dispute about playing time, the parent/legal guardian is still responsible to pay the remainder of the club fees owed. There will be NO REFUNDS if the athlete is withdrawn to play for another club. If an athlete is withdrawn due to a dispute about playing time NO REFUND will be provide.

6.0 ATTENDANCE

6.1 Attendance Regulations/Team Player's Commitment to the Team

Being a member of ST7 Volleyball requires a commitment to being the very best person I can be on and off the court. In order to establish strong team ties with my respective teammates and coaches, I must realize the importance of regular attendance. Attendance is critical as volleyball is a pure team sport, and teams cannot function well without all their members. ST7 Volleyball teams practice and play several times a week during the entire length of the volleyball season. Attendance on these days is extremely important.

6.2 Planned Absences

The following absences are excused only if the athlete or parent/legal guardian notifies the Director in writing by note or email **one week prior** to the practice or tournament to be missed. **Text messages will not be accepted as written notice.**

Our planned absence policy includes:

- Family wedding or other important family activity.
- Religious activity.
- Scheduled school activity.
- One planned absence per club season due to vacation or trip, not to exceed 3 consecutive practice days.

6.3 Excused Absences

The only absences that are considered excused without 1 week prior notification will be personal illness, COVID - 19 symptoms, COVID - 19 exposure, or any mutations thereof, death in the immediate family, or any unforeseen circumstance, provided that a parent/legal guardian contacts ST7 by email at st7volleyball@gmail.com. Email notification should be given prior to the missed practice or tournament. Excessive excused absences will be discussed with the athlete and parent/legal guardian to determine commitment to the program. Poor attendance may result in decreased playing time to include limited to no playing time for one or more tournaments. Poor attendance is defined as both missed practice and tardies whether excused or unexcused. Final decisions on specific consequences will be decided by the coach and Director on a case by case situation. **No text messages will be accepted as notification.**

6.4 Unexcused Absences

Unexcused absences are to include any situation that has not been given prior approval or falls into examples given in 6.3. In the event of bad weather, ST7 will notify all athletes and parents/legal guardian if any practice must be cancelled due to weather. If ST7 does not cancel due to weather, it is not an excused absence. Any athlete with over 3 unexcused absences can be dismissed with NO REFUND.

6.5 Tardiness

Athletes who report after the beginning of practice time are tardy and must report to the Administrator for a tardy slip. Three tardies will equal one unexcused absence. Please see section 6.4 for our Unexcused Absences Policy. Athletes who arrive tardy need to be ready with shoes, kneepads, etc. to begin practice immediately upon arrival.

6.6 Absence without Notification

If an athlete or parent/legal guardian does not notify ST7 by email at st7volleyball@gmail.com prior to an absence it will be considered a cut. Cuts may result in dismissal from the team with NO REFUND. **No text messages will be accepted as notification.**

6.7 Withdrawal from Club

Withdrawals from the club team must be made by the parent or legal guardian through the Administrator. A withdrawal letter to ST7 must be completed and signed by the parent or legal guardian. If an athlete is withdrawn to play for another club, they may request a release. All club fees from the current season and any owed for previous seasons must be paid in order to be considered for a release. If an athlete is withdrawn due to a dispute about playing time, the parent / legal guardian is still responsible to pay the remainder of the club fees owed.

7.0 COMMUNICATION

7.1 Official Communications from ST7

All communications will be official if they come from ST7 Administration through email and the Remind app. Coaches will send official communication through the Remind App only. NO PARENTS will send any official communications for ST7.

7.1.1 Written Communication

ST7 will send all written communication in the form of an email, through the Remind app, or newsletter given out at practices or meetings.

7.1.2. Remind

Remind is an application for athletes and parents/legal guardians. Remind provides an easier way to stay informed outside of the gym. Athletes and parents/legal guardians can download the app and opt-in to receive message faster with push notifications, so you will never miss a beat. Remind offers a mobile messaging product that is free and simple to use, while keeping important safety considerations. For example:

1. Phone numbers are kept private: Phone numbers are never visible between ST7, athletes, and parents/legal guardians.
2. Messages are one-way only: ST7 saves time by broadcasting messages to their entire team or a minimum of three athletes. No 1:1 messaging is permitted.
3. Access your message history: Messages can't be deleted.
4. Safety features for athletes under 13: With improved privacy flows for athletes under the age of 13, parents/legal guardians are now notified when their child signs up for Remind.

7.2 Tournament Schedules

Most of the tournament schedules are available the Wednesday before the tournament. With other tournaments, like one day tournaments it could take until the day before. ST7 Administration will be emailing the respective schedule as soon as they have the information. Once you have the schedule these are subject to change. Sometimes as close as the night before the tournament. Any changes will be communicated by ST7 Administration or your coach via email and Remind.

8.0 TECHNOLOGY

8.1 Electronic Communications and Social Media Policy

Instagram, Facebook, Twitter and other forms of Social Media Social Media Conduct:

ST7 expects its members to conduct themselves with respect and dignity on and off the court, this includes conduct on all forms of social media. We expect any postings that include our club's name or logo to be positive and a representation of our club's mission. Any athlete or parent/ guardian found with a picture, message, etc. that is deemed inappropriate to the purpose and mission of ST7 and its athletes will be in direct disobedience to this ruling and will be subject to immediate disciplinary action up to and including suspension or expulsion from the club or participation in any tournament.

Coaches with any form of social media are expected to maintain strict privacy settings. Coaches shall not “accept” or “friend” ST7 athletes and parents. A professional relationship must be maintained with all athletes and parents and social media can blur those boundaries.

8.2 Email and Similar Electronic Communications

Athletes and parents/guardians of ST7 may NOT exchange emails and communicate directly via email, etc with coaches. All ST7 related emails from coaches or to coaches will come through our ST7 administration. If a coach needs to communicate with a parent/guardian or athlete for any purpose they may contact the ST7 administration and the ST7 administration will forward the message on to its intended receiver. If a parent/guardian or athlete needs to contact a coach they may contact the ST7 administration and the administration will forward the message on to the coach. Parents/athletes who may have an ST7 coach for school season and therefore have their email/phone number may not use this information to communicate with their coach regarding any ST7 related communication. Athletes and parents/guardians MAY exchange emails and communicate directly with one another. This policy only pertains to communication between ST7 coaches and ST7 members.

8.3 Texting and Similar Electronic Communications

Texting is NOT allowed between coaches and ST7 athletes/parents. All text messaging will occur through the Remind app or directly from the ST7 director. This policy only pertains to communication between ST7 coaches and ST7 members. ST7 athletes, parents/guardians may text one another directly.

8.4 Violations

Violations to ST7’s Electronic Communications and Social Media Policy should be reported to the ST7 director. Complaints and allegations will be addressed under the ST7 Disciplinary Rules and Procedures and can result in immediate disciplinary action up to and including suspension or expulsion from the club or participation in any tournament.

9.0 BULLYING

Bullying has become a major challenge for youth across the country. There are laws against bullying in each state and even on a federal level. Bullying will not be tolerated at ST7 Volleyball. Any form of bullying will be considered in direct disobedience to this ruling and will be subject to immediate disciplinary action.

10.0 DISCIPLINE SYSTEM

10.1 Coaching Staff Authority

All ST7 coaching staff have the authority to administer appropriate disciplinary actions during all ST7 activities in response to any actions taken by athletes and/or parents/legal guardians that ST7 finds inappropriate. The Director will be notified by the coaching staff of any disciplinary actions that have been taken. The Director then has the final decision on any further disciplinary action needed.

10.2 Philosophy of Discipline

Discipline is often confused with punishment. However, it is a key aspect in the education and formation of every human being. We found a relationship between discipline and disciple, one guides the other. Discipline is instruction and direction, a disciple is one who receives instruction and direction. Our philosophy is to educate and promote respect in every situation. It is disciplining our disciples in order to help them achieve a healthy balance in their life both on and off the court. "Train a child in the way he should go, and when he is old he will not turn from it." **Proverbs 22:6**

10.3 Parental Involvement and Support

Each year, athletes and parents/legal guardians must sign a Statement of Commitment. This agreement is a written representation of not only an athlete's commitment but also a parent/legal guardian's commitment to ST7 and its coaching staff's training philosophy and program. It is vital that an athlete's family maintains a positive attitude and seeks to see the game, team, and athletes through a holistic view rather than through the tunnel vision of a parent. Parent/legal guardians should work to gain an understanding of the game, each position, and how the game is played. By signing the Statement of Commitment, parents/legal guardians are committing to understanding the significance of the efforts of all of the athletes, coaches, and staff, to maintaining a positive attitude, to supporting and trusting ST7's training philosophy and program, and to supporting the discipline and regulations of the club. In the case of a disagreement, parents/legal guardians are expected to contact ST7 by email with any concerns so as not to undermine the authority of the club. This may result in disciplinary action for the conduct of the athlete and parent/legal guardian. Parents/legal guardians and athletes must wait 24 hours after disciplinary action has been taken to contact ST7 and schedule an appointment for a phone call with the coach and an administrator.

10.4 Response to Discipline

When athletes are disciplined, they should never confront the coach in front of other athletes. If the athlete feels a misunderstanding exists, he/she should obey the coach without protest and take the following steps to satisfy the matter:

1. Politely ask the coach to speak with them after the game/practice/tournament. Any direct confrontation or disrespect will not be tolerated and will be sent to the Director and the Director will have the final decision. If the coach is approached politely, and the athlete feels the issue remains unresolved, then move on to step 2.
2. The athlete should speak with their parents/legal guardians and the parent/legal guardian should email st7volleyball@gmail.com to request a meeting by phone with the coach and an administrator.
3. If after speaking by phone with the coach and an administrator, the matter is still unresolved, the parent/legal guardian may email st7volleyball@gmail.com to request an in-person meeting with the coach, administrator and the Director.

- ST7 may request that the athlete be present at the meeting.
- The recommended time for a meeting is before or after practice. ST7 administration will email available times/dates.
- Meetings must be pre-arranged through email. No meetings will take place directly before, during, or after a tournament.
- The Director will not discuss coaching decisions.
- The Director will have the final word in all decisions.

10.5 Prohibited Articles

Tobacco products of any kind, vapes, lighters, alcoholic beverages, narcotics, drugs, knives, guns, and explosives of any kind.

11.0 APPEARANCE AND DRESS STANDARDS

11.1 Practice Dress Code

At the beginning of the season, ST7 will provide each athlete with a ST7 practice shirt. This shirt will be their practice uniform. It is required that all athletes wear this practice uniform shirt to all team practices. If an athlete shows up for team practice without their ST7 practice uniform shirt they will be asked to either purchase a practice uniform shirt for practice or they must sit and watch practice from the stands. Headbands can not be used for team practices, tournaments, lessons, clinics, etc.

11.2 Uniforms

Every athlete is responsible for all their gear and uniforms and is expected to care for them properly. Also understand that each athlete must dress appropriately for all tournaments and be in the correct uniform. Appropriate dress is defined as the following: upon arrival at a tournament, all athletes should be wearing their full uniform with their warm up pants, warm up shirt, uniform shoes, socks, and backpack. No headbands are to be worn at tournaments. It is also the responsibility of the athlete to have both uniforms with them at all tournaments. Athletes are expected to have their uniforms nice and clean as well as their shoes. If athletes are found to not be in appropriate dress, to have a dirty uniform, or be missing any part of their uniform it is at the coach's discretion to decide if the athlete can participate in the tournament and/or have decreased playing time. If an athlete loses any gear it is the financial responsibility of the parent/legal guardian and athlete to purchase replacements.

12.0 RULES AND CODE OF CONDUCT

12.1 Director Code of Ethics

The ST7 Volleyball Director is expected to conduct himself in a respectful and honorable fashion and to enforce the same conduct to ST7 Volleyball coaches, administrators, staff, chaperones, and volunteers. The Director will follow the seven principles upon which ST7 Volleyball was built: Discipline, Leadership, Honesty, Commitment, Dedication, Respect, and Teamwork.

12.1.1 The Director will follow the following guidelines:

1. The Director will abide by all local, state and federal laws.
2. The Director will be registered and background screened while representing ST7 Volleyball .
3. The Director will require all adults affiliated with ST7 Volleyball to be registered and background screened prior to participating in any ST7 Volleyball sanctioned activities.
4. The Director will require all coaches to abide by ST7 Volleyball Parent / Athlete Handbook.
5. The Director will only place athletes with coaches whose backgrounds have been previously screened and approved and have IMPACT and SAFE SPORT certification.
6. The Director will provide all athletes, parents, coaches, chaperones and volunteers access to the ST7 Volleyball Parent/Athlete Handbook.
7. The Director will post all forms on ST7 Volleyball's website, including: Attendance Policy, Refund Policy, Photo & Video Release Form and the Director Code of Ethics.

12.2 Athletes Code of Conduct

1. I will conduct myself in a positive manner at all times as I respect the team and club.
2. I will support my teammates and work together with them to be the best we can be.
3. I will continually strive to improve myself and my team's performance with a good and positive attitude.
4. I will not use profanity.
5. I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, administrators, officials at every moment.
6. I will treat other athletes, coaches, parents, fans and officials with respect regardless of race and gender.
7. I will demand a sport environment that is free of vaping, e-cigarettes, drugs, tobacco products and alcohol.
8. I will do my best to remember that youth sports are supposed to be FUN and that winning and losing are part of everyone's experience.
9. I will respect and adhere to the rules governing eligibility and competition.
10. I will place the emotional and physical well-being of my teammates and opponents ahead of my personal desire to win.
11. I will express my concern through the proper channels in a respectful manner.
12. I will complete any required training in a timely manner.
13. I will stay positive and not have emotional outbursts of on the court for this only serves to distract myself, my coach, and my team from our goal.

12.3 Athletes' Rules for Practices

1. I will help with equipment set up and removal at all practices.
2. I will follow Athlete's Code of Conduct and Practice Dress Code.
3. I will not use my cell phone at practice and only during breaks at tournaments. Cell phone use at practice is strictly prohibited. Cell phones are expected to be kept in their bag, out of site. If a parent/legal guardian needs to contact an athlete, they may contact our administration and they will have the athlete contact the parent/legal guardian immediately.
4. I will follow Attendance Policy. I will be ready for practice with my shoes, ST7 practice uniform shirt, knee pads, and hair done by the very minute practice is scheduled to begin.
5. Practice is vital to the success of the team. I will take practice seriously and conduct myself in a respectful and disciplined manner.

12.4 Athletes' Rules for Tournaments

During competition we expect the following:

1. I will play with integrity despite the outcome. I must learn that both winning and losing are part of the game and accept both gracefully. I will be humble in victory; gentle in defeat.

2. I know that playing time is not guaranteed. At the tournament, I will understand that the coaches are doing their best to distribute playing time but the main focus is team success.
3. I will be responsible for team and individual equipment at tournaments. I understand that all athletes on the court are required to wear matching uniforms (except the libero jersey). I will be sure to take care of my uniform as we do not have replacements and they are difficult to replace in a timely manner. Loss of a uniform will most likely result in my inability to play in tournaments.
4. I will treat everyone with respect and dignity. I understand that before a match my coach and the captain will go over and shake hands with the Ref. After a match, win or lose, good or bad officiating, the captains and coaches must go over and shake hands with the UP Ref, it is a sign of good sportsmanship and respect for the officiating staff.
5. I will remain with the entire team when assigned to referee a match. The scorekeepers will be at the table, the line judges will meet with the Ref, and the rest of the team will shag balls for the competing teams as they warm up the hitters. These are small gestures, but they will be noticed and appreciated.
6. While at tournaments and other events, I will stay together as a group with my team and be prepared to play or perform officiating duties at a moment's notice.
7. While in hotels, I will respect the property and privacy of others in the hotel. Loud or rowdy behavior will not be tolerated.
8. I will clean my area at any gym we visit for tournaments or games.
9. I will not use my cell phone during games and refereeing assignments. My cell phones will be left in my bag, out of sight. If I must be contacted during a game or refereeing assignment my parent/legal guardian may contact the administration and they will contact the athlete. I may use my phones during breaks in the tournament.
10. I will not use alcohol and drugs. I understand that alcohol use at all tournaments, hotels, or anywhere is both illegal and strictly prohibited while I am representing ST7.
11. I will arrive **ONE HOUR** prior to their first game or refereeing assignment at all tournaments.

12.5 Parents' Code of Ethics

Our actions are the reflection of who we are. It is our interest to represent our club with integrity.

1. I will promise to help my child to enjoy the volleyball experience.
2. I will teach my child to respect the coaches, teammates, away team athletes, referees and fans.
3. I will not confront the coach during practice or a tournament. I will use the proper steps to set up a phone meeting or in-person meeting if needed.
4. I will not expect meetings to be scheduled during practice or a tournament.

5. I will promote an atmosphere free of drugs and alcohol.
6. I will put my child's physical and emotional well-being ahead of personal desire to win.
7. I will encourage great sportsmanship and demonstrate support for the athletes, coaches, parents, and referees.
8. I will not talk to or about other athletes at a tournament or practice.
9. I will emphasize that my child participates in a healthy and safe atmosphere.
10. I will leave the coaching to the coach of my child and not coach my child from the sideline during practice or tournaments.
11. I will not discuss my concerns with other parents. I understand that this would be considered gossip. I will take my concerns through the proper steps starting with encouraging my athlete to speak to the coach politely.
12. ST7 Parents should NOT be standing behind the referee.
13. I will be careful to not make negative comments about referees, athletes, coaches, parents, opposing teams, fans, or ST7.
14. I will not attempt to "compare" or evaluate another athlete.
15. I will trust ST7 in their coaching decisions and will not undermine this trust in word or action.
16. I will not harass, threaten, or use profanity towards a coach, staff, referee, or other member of the ST7 family.
17. ST7 approves and supports 10 Rules for Parents of Athletes and Spectator/Parent Code of Conduct of The Florida Region of USA Volleyball. Please see attached.
18. I will look at the other team parents, athletes, coaches and staff of ST7 as a family to ensure that we all enjoy and live an excellent experience.

13.0 PLAYING TIME POLICY

13.1 Playing time is Never a guarantee.

ST7 Volleyball is about playing with integrity despite the outcome. We strive to make our atmosphere organized, respectful and encouraging. Our coaches strive to enjoy their practice, establishing excellence in the quality of teaching and remaining consistent throughout the season. We need the parents/legal guardians support to have a successful season. **Playing Time is never a guarantee.** Keep in mind that the club season fee provides a learning experience, equipment, practices, excellent training, tournament entry fees, uniforms packages, administrative expenses, coaches registration in both AAU & USAV, coach's travel & lodging and coach's salary. ST7 provides each member the opportunity to improve through structured practices. When playing in ST7 Volleyball athletes will not always play the same amount of time. **We can NOT guarantee playing time.** If an athlete has a minor role in the team, that athlete is still part of the team. The athlete must accept the role and do the best with a positive attitude. Volleyball is a pure

team sport. We play for the team and for the benefit of the team. Coaches are under no obligation to play all athletes. **Do not attempt to contact the coach to discuss playing time or any concern at a tournament.** The coach has the final decision in this matter and ST7 Volleyball will uphold the coach's decision. No grievance will be accepted that seeks to challenge a coaching decision. For purpose of this provision, a coaching decision includes, but is not limited to, competitive team selection, playing time, position assignment, starting assignments, rotation and strategy.

13.2 Parent-Coach Conferences

Parents or guardians who wish to speak to the coach and/or Director should follow the steps found below:

1. If regarding a controversial situation, they should wait 24 hours after the situation to contact the club. Once 24 hours have passed, if the parent or athlete still feel they need to speak with the coach/Director further, move on to step 2.
2. If it is a simple question, encourage your athlete to politely ask the coach to speak with them after the game/practice/tournament. Any direct confrontation or disrespect will not be tolerated and will be sent to the Director and the Director will have the final decision. If the coach is approached politely, and the athlete feels the issue remains unresolved, then move on to step 3.
3. At this point, the parent/legal guardian should email st7volleyball@gmail.com to request a meeting by phone with the coach and an administrator. If after speaking by phone with the coach and an administrator, the matter is still unresolved, then move on to step 4.
4. The parent/legal guardian may then email st7volleyball@gmail.com to request an in-person meeting with the coach, administrator and the Director.

- ST7 may request that the athlete be present at the meeting.
- The recommended time for a meeting is before or after practice. ST7 administration will email available times/dates.
- Meetings must be pre-arranged through email. No meetings will take place directly before, during, or after a tournament.
- The Director will not discuss coaching decisions.
- The Director will have the final word in all decisions.

14.0 DISPUTE AND GRIEVANCE POLICY

All athletes and parents/legal guardians in the ST7 Volleyball programs are expected to behave according to ST7 Volleyball Rules and Code of Conduct (all the sections included in 12.0 of the ST7 Parent/Athlete Handbook). Furthermore, any conflict that may arise

between athletes or/and parents/legal guardians will be resolved by applying the ST7 Volleyball Rules and Code of Conduct.

ST7 Volleyball recognizes that there may be rare instances when these conflicts cannot be resolved directly by the parties or through the informal intervention. For those situations, if any should occur, ST7 Volleyball has instituted a formal Grievance Procedure. All athletes and Parents/legal guardians should be aware that the Grievance Procedure is NOT a substitute for direct conflict resolution between the parties; it is a secondary procedure to be employed only in the unlikely event that the parties cannot amicably and responsibly resolve their dispute through direct communication.

14.1 Grievance Procedure

1. A grievance may be lodged by parent/legal guardian of the ST7 Volleyball program for any suspected violation of the ST7 Volleyball Rules and/or Code of Conduct, or for any suspected violation of local, state or federal law.
2. A valid grievance must be submitted in writing, and must explain the nature of the grievance, the circumstances surrounding the alleged violation, and the specific provision(s) of the Code of Conduct alleged to have been violated. The person filing the grievance must also identify all witnesses or other persons with knowledge of the alleged violation.
3. A valid grievance must be signed by a parent/legal guardian and submitted to the ST7 Volleyball Director.
4. No grievance will be accepted from any person who fails to file the written grievance within two weeks of the incident in question.
5. No grievance will be accepted from any person who himself or herself has not complied with Code of Conduct, including speaking to a coach about the incident in question, or has engaged in any threatening abusive or harassing conduct, including verbal abuse.
6. No grievance will be accepted that seeks to challenge a coaching decision. For purpose of this provision, a coaching decision includes, but is not limited to: competitive team selection, playing time, position assignments, starting assignments, rotation and strategy.
7. Details of the grievance are not be discussed with anyone other than the party(ies) directly involved with resolving the grievance.
8. Upon receipt, the program director will review the grievance and determine, in consultation with the ST7 Volleyball administration staff whether the grievance will be accepted or rejected. The person filing the grievance will be notified promptly whether the grievance has been accepted or rejected.

9. If the grievance is accepted, the program director will thoroughly investigate the incident and attempt to resolve the grievance with the parties amicably.
10. In the event that the program director is unable to resolve the grievance to the satisfaction of the parties, the grievance will be turned over to the ST7 Volleyball administration staff. The ST7 Volleyball Administration staff will evaluate the facts and circumstances surrounding the alleged Code of Conduct violation, conduct any further investigation he or she may deem necessary, and issue a recommendation to the ST7 Volleyball Director for resolving the grievance.
11. The ST7 Volleyball Director may accept the recommendation of the Administration staff or may decide that it is in the best interests of ST7 Volleyball to resolve the matter in any other manner approved by the Director and Administration staff.
12. Decisions of the Director and Administration staff are final and will be communicated in writing to the grieving party(ies).
13. It is anticipated that the process will take between two to three weeks from the time the grievance is filed to the time a final decision is rendered by the Director, assuming all parties are prompt and forthcoming in providing the necessary information. In the event of concern for physical safety, a more expedited process will be implemented.

15.0 COMMUNITY SERVICE

15.1 Care Enough to Share

We strongly believe in the power of giving. ST7 needs the help of every member of our program to be supportive during our community service. We would like to help those in need.

15.2 Community Service Hours

ST7 community service can be used to fulfill community service hour requirements at school as well. Our Administrator will sign any forms necessary for your athlete to submit to their school.

16.0 FUNDRAISING

16.1 Fundraising Opportunity

ST7 is committed to providing opportunities for our athletes to raise funds throughout the season to help with their volleyball club fees. It is the responsibility of each athlete to get involved in these fundraisers in order for both themselves and the club to benefit.

17.0 TRAVEL POLICIES

Travel, whether locally or nationally, is a routine part of our competitive volleyball season. ST7 has established the following policies to cultivate a positive travel experience, minimizing one-on-one interactions and reducing the risk of misconduct. Local travel includes travel to training, practice and local tournaments. Team Travel includes a coordinated overnight stay for an out of town tournament that is considered Stay & Play by the tournament host.

17.1 Local Travel

Transportation to all training, practices, and competitions is the responsibility of the athletes and their parents/legal guardians. ST7 will not sponsor, coordinate, arrange for, or pay for travel for athletes' local travel. In an effort to minimize one-on-one interactions, ST7 staff members and coaches should not drive alone with an unrelated athlete and should only drive with at least two other athletes or another adult at all times. If an ST7 staff member or coach is involved in the athlete's local travel, a parent release is required in advance.

17.2 Team Travel

Team travel is overnight travel that is coordinated by ST7 so that our teams can compete regionally, nationally, and internationally. ST7 will coordinate travel plans for any tournament considered a mandatory Stay & Play by the tournament host. ST7 will notify each team of any Stay & Play tournaments at the beginning of the season for each family's planning purposes. While ST7 will coordinate the travel arrangements, ST7 will not pay for any travel expenses for athletes. For team travel, ST7 will coordinate hotel and flight arrangements, once arrangements have been coordinated, ST7 will communicate these arrangements with athletes and parents via email. It will be the responsibility of the athletes and parents/guardians to then finalize the booking of their travel arrangements. ST7 will provide a travel itinerary when it becomes available with a detailed schedule and contact person. No coach or staff member of ST7 will engage in team travel with unrelated athletes without the proper safety requirements in place including signed travel release forms from all unrelated athletes traveling with a coach or staff member. During team travel the following rules are to be adhered to by all athletes, parents/guardians, coaches, and staff:

- ST7 staff members and coaches should not travel alone with an unrelated athlete and should only travel with at least two other athletes or another adult at all times.
- Familiarize oneself with all travel itineraries and schedules before travel and ensure that the athlete and coach are on time to all team commitments.

- Adhere to curfew restrictions set in place by the director.
- Athletes are not be alone in a hotel room with any adult apart from a family member.
- Athletes are to not be in a room of mixed gender unless with a family member.
- All ST7 coaches are expected to follow the law and not use drugs at any time.
- Coaches are to not use alcohol in the presence of minors or be under the influence of alcohol while representing ST7 Volleyball.
- Immediately report any concerns about physical or sexual abuse, misconduct, or policy violations to the ST7 director.
- All ST7 athletes are expected to follow the law and not use alcohol or drugs at any time.

18.0 CLUB RELEASE POLICY

Any athlete who seeks release from ST7 Volleyball before the official end of the 2022 - 2023 season must remit all financial obligations agreed upon contractually. Member must pay the full cost of the current season and any overdue fees owed from previous seasons for both themselves and any immediate family members with ST7 Volleyball in order to receive a release from ST7 Training Center LLC dba ST7 Volleyball. Once all financial obligations are met, ST7 Volleyball will grant a release to the athlete.

18.1 Transfer Policy

A player can represent only one club during the Season. A change in geographical location of the family due to a change in job, military, scholastic or inner-collegiate status may receive special consideration. No player may participate in different Qualifying events with different clubs/teams. Proof of residency must be provided by the family at the time of the release/transfer request. Once an athlete has participated in a National Qualifier Event (Regional or NQ) they may not be released for the rest of the season to another club. Please refer to the USA Volleyball (USAV) Championship Manual on releases for athletes that participate in regional or national qualifying/bid events.

* ST7 will supply a copy of this policy that will need to be signed by both the athlete and the parent/legal guardian and returned to ST7 Administration.

19.0 PROTECTING OUR ATHLETES:

MINOR ATHLETE ABUSE PREVENTION POLICIES

19.1 REQUIRED POLICIES FOR ONE-ON-ONE INTERACTIONS

The U.S. Center for SafeSport recognizes that youth-adult relationships can be healthy and valuable for development. Policies on one-on-one interactions protect children while allowing for these beneficial relationships. As child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse.

19.1.1 ONE-ON-ONE INTERACTIONS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following one-on-one policy

A. Mandatory Components

1. Observable and Interruptible

- a. All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be observable and interruptible, except in emergency circumstances.
- b. The exceptions below may apply to specific policies, and if the exceptions apply, they are listed in the policy. These exceptions also apply to all one-on-one In Program Contact not specifically addressed in other policies:
 - When a Dual Relationship exists; or
 - When the Close-in-Age Exception applies; or
 - If a Minor Athlete needs an Adult Participant Personal Care Assistant, and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
 - In other circumstances specifically addressed in this policy that allow for certain one-on-one interactions if USA Volleyball, the Region or Club receives parent/ guardian consent.

19.1.2 MEETINGS AND TRAINING SESSIONS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Meetings and Training Sessions Policy

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must follow the one-on-one interaction policy in all meetings and training sessions where Minor Athlete(s) are present.

2. Individual Training Sessions

a. One-on-one, In-Program, individual training sessions must be observable and interruptible except if:

- A Dual Relationship exists; or
- The Close-in-Age Exception applies; or
- A Minor Athlete needs an Adult Participant Personal Care Assistant, and:
(1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time; and

c. Parents/guardians must be allowed to observe the individual training session.

3. Meetings with licensed mental health care professionals and health care providers (other than athletic trainers³)

If a licensed mental health care professional or licensed health care provider meets one on-one with a Minor Athlete at a sanctioned event or a facility, which is partially or fully under USA Volleyball's jurisdiction, the meeting must be observable and interruptible except:

a. If the door remains unlocked; and

b. Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity needs not be disclosed; and

c. USA Volleyball, the Region or Club is notified that the provider will be meeting with a Minor Athlete; and

d. The provider obtains consent consistent with applicable laws and ethical standard which can be withdrawn at any time

B. USA Volleyball Recommended Requirements

1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant(s) and a Minor Athlete(s) at a facility partially or fully under USA Volleyball's jurisdiction, another Adult Participant will monitor each meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the meeting or training session is occurring, knowing the approximate planned duration of the meeting or training session, and dropping in on the meeting or training session.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

19.2 ATHLETIC TRAINING MODALITIES, MASSAGES, AND RUBDOWNS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Athletic Training Modalities, Massages, and Rubdown policy

A. Mandatory Components

1. Athletic training modality, massage, or rubdown

All In-Program athletic training modalities, massages, or rubdowns of a Minor Athlete must:

- a. Be observable and interruptible; and
- b. Have another Adult Participant physically present for the athletic training modality, massage, or rubdown; and
- c. Have documented consent as explained in subsection (2) below; and
- d. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
- e. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing.
- f. The provider must narrate the steps in the massage, rubdown, or athletic training modality before taking them, seeking assent of the Minor Athlete throughout the process.

2. Consent

- a. Providers of athletic training modalities, massages, and rubdowns or USAV, RVAs or Clubs, when applicable, must obtain consent at least annually from

Minor Athletes' parents/guardians before providing any athletic training modalities, massages, or rubdowns.

- b. When possible, techniques should be used to reduce physical touch of the Minor Athlete.
- c. Only licensed providers can administer a massage, rubdown or athletic training modality.
- d. Coaches, regardless of whether they are licensed massage therapists, cannot massage Minor Athletes
- e. Minor Athletes or their parents/guardians can withdraw consent at anytime.

B. Recommended components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to receive an athletic training modality, massage, or rubdown.

19.3 LOCKER ROOMS AND CHANGING AREAS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Locker Rooms and Changing Areas policy

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all one-on-one In-Program Contact with Minor Athlete(s) in a locker room, changing area, or similar space where Minor Athlete(s) are present is observable and interruptible, except if:

- a. A Dual Relationship exists; or
- b. The Close-in-Age Exception applies; or
- c. A Minor Athlete needs a Personal Care Assistant and:
 - the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

2. Conduct in Locker Rooms, Changing Areas, and Similar Spaces

- a. No Adult Participant or Minor Athlete can use the photographic or recording capabilities of any device in locker rooms, changing areas, or any other area designated as a place for changing clothes or undressing.
- b. Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groins, or genitals to a Minor Athlete.
- c. Adult Participants must not shower with Minor Athletes unless:
 - The Adult Participant meets the Close-in-Age Exception; or
 - The shower is part of a pre- or post-activity rinse while wearing swimwear.
- d. Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) during In-Program Contact. USA Volleyball and the Adult Participant(s) must abide by this request.

3. Media and Championship Celebrations in Locker Rooms

USA Volleyball may permit recording or photography in locker rooms for the purpose of highlighting a sport or athletic accomplishment if:

- Parent/legal guardian consent has been obtained; and
- USA Volleyball, the Region or Club approves the specific instance of recording or photography; and
- Two or more Adult Participants are present; and
- Everyone is fully clothed.

4. Personal Care Assistants

Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athlete(s) in locker rooms, changing areas, and similar spaces where other Minor Athletes are present, if they meet the requirements in subsection (1)(a) above.

5. Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

a. USA Volleyball, the Region or Club must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.

- b. USA Volleyball the Region or Club must monitor the use of locker rooms, changing areas, and similar spaces to ensure compliance with these policies at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.

19.4 ELECTRONIC COMMUNICATIONS⁴

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Electronic Communications policy

A. Mandatory Components

1. Open and Transparent

- a. All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent except:
 - When a Dual Relationship exists; or
 - When the Close-in-Age Exception applies; or
 - If a Minor Athlete needs a Personal Care Assistant and:
 - (1) the Minor Athlete’s parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball’s screening policy.
- b. Open and Transparent means that the Adult Participant copies or includes the Minor Athlete’s parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant.
 - If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.
- c. Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

2. Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include another Adult Participant or the Minor Athletes’ parents/guardians.

3. Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception in (1)(a) exists.

4. Requests to discontinue

Parents/guardians may request in writing that USA Volleyball or an Adult Participant subject to this policy not contact their Minor Athlete through any form of electronic communication. USA Volleyball and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

5. Hours

Electronic communications must be sent only between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

6. Social Media Connections

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, are not permitted to maintain private social media connections with Minor Athletes and must discontinue existing social media connections with Minor Athletes.

⁴Electronic communications include, but are not limited to: phone calls, videoconferencing, video coaching, texting, and social media.

19.5 TRANSPORTATION

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Transportation policy

A. Mandatory Components

1. Transportation

a. An Adult Participant cannot transport a Minor Athlete one-on-one during In-Program travel, except if:

- A Dual Relationship exists; or
- The Close-in-Age Exception applies; or
- A Minor Athlete needs a Personal Care Assistant and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
- The Adult Participant has advance, written consent to transport the Minor Athlete one-on-one obtained at least annually from the Minor Athlete's

parent/guardian.

- b. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.
- c. An Adult Participant meets the In-Program transportation requirements if the Adult Participant is accompanied by another Adult Participant or at least two minors.
- d. Written consent from a Minor Athlete's parent/guardian is required for all transportation sanctioned by USA Volleyball, the Region, or Club at least annually.

2. Shared or Carpool Travel Arrangement

USA Volleyball mandates parents/guardians to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

19.6 LODGING

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Lodging policy

A. Mandatory Components

1. Hotel Rooms and Other Sleeping Arrangements

- a. All In-Program Contact at a hotel or lodging site between an Adult Participant and a Minor Athlete must be observable and interruptible, and an Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), except if:
 - A Dual Relationship Exists, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement;
 - The Close-in-Age Exception applies, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement; or
 - The Minor Athlete needs a Personal Care Assistant, and:
 - (1) The Minor Athlete's parent/guardian has provided advance, written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete and for the lodging arrangement;
 - (2) The Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) The Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.
- b. Written consent from a Minor Athlete's parent/guardian must be obtained for all In

Program lodging at least annually.

2. Monitoring or Room Checks During In-Program Travel

If USA Volleyball, the Region or Club performs room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

3. Additional Requirements for Lodging Authorized or Funded by USA Volleyball, RVAs or Clubs.

a. Adult Participants traveling with USA Volleyball, the Region or Club must agree to and sign USA Volleyball, the Region or Club 's lodging policy at least annually. b. Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority over Minor Athlete(s) and thus must comply with the Center's Education & Training Policy.

19.7 RECOMMENDED POLICIES FOR KEEPING YOUNG ATHLETES SAFE

A. Out-of-Program Contact

Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not have out-of-program contact with Minor Athlete(s) without legal/parent guardian consent, even if the out-of-program contact is not one-on-one.

B. Gifting

1. Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not give personal gifts to Minor Athlete(s).
2. Gifts that are equally distributed to all athletes and serve a motivational or education purpose are permitted.

C. Photography/Video

1. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.
2. Adult Participants should not publicly share or post photos or videos of Minor Athlete(s) if the Adult Participant has not obtained the Parent/Guardian and Minor Athlete's consent.

19.8 TERMINOLOGY

Adult Participant: Any adult (18 years of age or older) who is:

- a. A member or license holder of USA Volleyball, RVAs or Clubs ;
- b. An employee or board member of USA Volleyball, RVAs or Clubs ;
- c. Within the governance or disciplinary jurisdiction of USA Volleyball, RVAs or Clubs ;
- d. Authorized, approved, or appointed by USA Volleyball, RVAs, or Clubs to have regular contact with or authority over Minor Athletes.⁵

Amateur Athlete: An athlete who meets the eligibility standards established by the National Governing Body or Paralympic sports organization for the sport in which the athlete competes.

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person. Also see the [Power Imbalance definition in the SafeSport Code](#).

NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.

Close-in-Age Exception: An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete *and* is not more than four years older than the Minor Athlete (e.g., a 19-year-old and a 16-year-old). Note: this exception *only* applies within the prevention policies and *not* regarding conduct defined in the SafeSport Code.

Dual Relationships: An exception applicable to certain policies when an Adult Participant has a dual role or relationship with a Minor Athlete and the Minor Athlete's parent/guardian has provided written consent at least annually authorizing the exception.

In-Program Contact: Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

Examples of In-Program Contact include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post game meals or outings, team travel, review of game film, team- or sport-related relationship building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community service, sport education, or competition site visits.

Local Affiliated Organization (LAO): A regional, state, or local club or organization that is directly affiliated with an NGB or that is affiliated with an NGB by its direct affiliation with a

regional or state affiliate of said NGB. LAO does not include a regional, state, or local club or organization that is only a member of a National Member Organization of an NGB. LAOs of USA Volleyball include all 41 Regional Volleyball Association regions and all volleyball clubs that are a member of those regions.

Minor Athlete: An Amateur Athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of, an NGB, PSO, USOPC, or LAO.

Partial or Full Jurisdiction: Includes any sanctioned event (including all travel and lodging in connection with the event) by the NGB, PSO, USOPC, or LAO, or any facility that the NGB, PSO, USOPC, or LAO owns, leases, or rents for practice, training or competition.

National Governing Body (NGB): A U.S. Olympic National Governing Body, Pan American Sport Organization, or Paralympic Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C. §§ 220501, et seq. This definition shall also apply to the USOPC, or other sports entity approved by the USOPC, when they have assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games.

Adult Participant Personal Care Assistant: An Adult Participant who assists an athlete requiring help with activities of daily living (ADL) and preparation for athletic participation. This support can be provided by a Guide for Blind or visually impaired athletes or can include assistance with transfer, dressing, showering, medication administration, and toileting. Personal Care Assistants are different for every athlete and should be individualized to fit their specific needs. When assisting a Minor Athlete, Adult Participant PCAs must be authorized by the athlete's parent/guardian.

Paralympic Sport Organization (PSO): an amateur sports organization recognized and certified as an NGB by the USOPC.

Regular Contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any Minor Athlete(s). *NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.*

U.S. Olympic & Paralympic Committee (USOPC): A federally chartered nonprofit

corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.

⁵ This may include volunteers, medical staff, trainers, chaperones, monitors, contract personnel, bus/van drivers, officials, adult athletes, staff, board members, and any other individual who meets the Adult Participant definition

19.9 APPENDIX I

CHART OF POSSIBLE ADULT PARTICIPANTS IN USAV:

Adult Participant	Regular Contact	Authority Over
USAV Staff/Interns	X	X
USAV Board Members		X
Region/Club Staff	X	X
Region/Club Board Members		X
Coaches	X	X
Officials	X	X
USAV Members 18 years or over on teams with Minors	X	
Chaperones	X	X
Club Administrators	X	X
Arbitrators	X	X
Medical Professionals	X	X
Athletic Trainers	X	X
Independent Contractors	X	

USAV Members 18 and over who are only participating in Opens (i.e., not also a club coach, chaperone, or board member) with no minor players are not required to take training.

20.0 ST7 VOLLEYBALL STATEMENT OF COMMITMENT 2022 - 2023 CLUB SEASON

A high level of commitment is necessary and expected from athletes and parents/legal guardians in order to make this ST7 Volleyball Club Season successful. All athletes and parents/legal guardians must sign this Statement of Commitment and agree to its terms and content in order to play with ST7 Volleyball. This agreement is a written representation of the athlete and parent/legal guardian's commitment to ST7 and its coaching staff's training philosophy and program. By signing this document, the athlete and their family commit to maintaining a positive attitude and seeking to see the game, team, and athletes through a holistic view rather than through the tunnel vision of a parent/legal guardian and singular athlete. Parents/legal guardians commit to working to gain an understanding of the game, each position, and how the game is played. By signing the Statement of Commitment, parents/legal guardians and athletes are committing to understanding the significance of the efforts of all of the athletes, coaches, and staff, maintaining a positive attitude, supporting and trusting ST7's training philosophy and program, and to supporting the discipline and regulations of the club.

To be a member of ST7 Volleyball and to participate in all activities, the athletes and parents/legal guardians must agree to the following: I have read, understand, and agree to abide by the policies and principles that are set forth in the ST7 Parent/Athlete Handbook, fee commitment, and this document. I believe that discipline is necessary for the welfare of each athlete and the proper conduct of the club. I give my permission for ST7 Volleyball to enforce for my athlete and family those practices, tournament, and club regulations in a manner consistent with Christian principles and discipline, understanding that ST7 Volleyball is a non-corporal punishment organization. I agree to hold ST7 Volleyball and its agents harmless for liability of any actual or alleged injury to my child in the case of normal routine club-sponsored and supervised activities and for all things of which the club has no control. I further agree to pay all legal fees including attorney, court, damages, or other reasonable costs incurred by ST7 Training Center, LLC dba ST7 Volleyball arising from any legal action brought against the club, its agents, or employees by one of the parties of this agreement or any immediate family member of the parties of this agreement from which ST7 Training Center, LLC dba ST7 Volleyball is found to be the prevailing party. I will fully cooperate with ST7 Volleyball, and adhere to all club plans, policies, and regulations. I will not undermine the club, its employees, or programs and will not make negative comments. I understand and agree with the Refund Policy and agree that I am responsible for the club fee payments as outlined in my package. I understand and agree with this Statement of Commitment. I realize that violation of this Statement of Commitment and/or the Parent/Athlete Handbook may result in immediate expulsion from my team with no refund of the club fees paid or release from the club fees still owed. I will do everything in my power, with God's help, to make this club season fruitful. With my signature, I commit myself for the 2022- 2023 Club Season.

Parent Copy

10 Rules for Parents of Athletes



1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their lives they can look to for constant, positive encouragement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but don't coach them on the way to the field, rink, pool, gym or track or on the way back, at breakfast, and so on. It is tough not to, but it is a lot tougher for children to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your children in a way that creates pressure. You fumbled too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. You both have clearly defined roles that should complement each other. Encourage your child to respect their coach...they will learn more in the process.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within their hearing distance.
8. Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your children under his/her leadership.
9. Always remember children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped...they are the best!"

IMPORTANT NOTICE – ENTRY TO THIS PRIVATELY SANCTIONED EVENT IS GRANTED AS A COURTESY. IF YOU ENTER/ATTEND THIS, OR ANY FLORIDA REGION SANCTIONED EVENT, YOU AGREE TO ABIDE BY THE FOLLOWING CODE OF CONDUCT GUIDELINES:

I WILL:

- 1. I WILL abide by the official rules of USA Volleyball.**
- 2. I WILL display good sportsmanship at all times.**
- 3. I WILL encourage my child and his/her team, regardless of the outcome on the court.**
- 4. I WILL educate myself on the unique rules of this facility.**
- 5. I WILL honor the rules of the host and the host facility.**
- 6. I WILL generate goodwill by being polite and respectful to those around me at this event.**
- 7. I WILL direct my child to speak directly with his/her coach when coaching decisions are made that may be confusing or unclear.**
- 8. I WILL redirect any negative comments from others to the respective Event Director or Program Administrator.**
- 9. I WILL direct all concerns regarding officials to the Head Coach or Club Director for my team/club as opposed to contacting the Head Official directly.**
- 10. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.**
- 11. I WILL support the policies and guidelines of the team/club that I represent.**
- 12. I WILL acknowledge effort and good performance, remembering that all of the players in this event are amateur athletes.**
- 13. I WILL model exemplary spectator behavior while attending this event.**
- 14. I WILL respect the history and tradition of the sport of volleyball by being a good ambassador.**

I WILL NOT:

- 1. I WILL NOT harass or intimidate the officials.**
- 2. I WILL NOT coach my child from the bleachers and/or sidelines.**
- 3. I WILL NOT criticize my child's coach or his/her teammates.**
- 4. I WILL NOT participate in any game or game-like activities unless I have a current membership card with the Florida Region.**
- 5. I WILL NOT bring and/or carry any firearms at any Florida Region event.**
- 6. I WILL NOT bring, purchase, or consume alcohol at any Youth/Junior volleyball event.**

Note: Any violation of this Code of Conduct will result in you being asked to leave the site/facility, and may result in you possibly being banned from attending future Florida Region sanctioned events. The Event Director has the final say regarding their individual event. Local law enforcement will be contacted if necessary to resolve any disputes or altercations. Questions or concerns may be directed to the Florida Region office.