



PLAYER HANDBOOK

PRACTICE EXPECTATIONS

1. All athletes are expected to attend every practice. Only an illness serious enough to keep the athlete home from school, school-related event, or a genuine family emergency is a legitimate excuse for missing a practice. *Regardless of the reason, if an athlete misses an excessive number of practices, her playing time may decrease.*
2. **IF AN ATHLETE CANNOT BE AT PRACTICE, SHE MUST CALL THE COACH.** It is the athlete's responsibility (not the parents') to reach the coach **before** practice starts. A player who does not communicate with her coach about a missed practice, or who misses a practice for an unacceptable reason, (see Rule #1) will sit out at least the first match of the next competition event she attends. The athlete must contact the coach directly at his/her home or work number or email address.
3. An injured athlete who can attend school is expected to attend practice, even if she cannot physically participate in practice. She needs to be there to support her team and be available to help where she can.
4. Scheduled practice time is start time. Athletes should arrive early, not less than 15 minutes before start time to get dressed and completely ready for practice by start time. Completely ready for practice includes storing all gear in their bags and placing the bags on the bleachers or other designated area. This requires arriving not less than 15 minutes before start time.
5. If an athlete is late arriving for practice, she must change into her practice gear, report to her coach and explain why she is late. The coach, in his/her sole discretion, will determine if any corrective action needs to be taken.
6. Athletes are encouraged to bring water, in an unbreakable container, to practices and tournaments. Absolutely no glass containers are allowed in the gym.
7. **NO FOOD, NO DRINKS and NO CHEWING GUM ARE ALLOWED IN ANY PRACTICE FACILITY.**
8. Athletes need to have volleyball shoes, which are carried to practice and worn only for practice. This is to assure that the courts remain clean.

9. Horseplay or ball handling in the lobby of practice or competition areas is strictly prohibited.
10. Inappropriate language or violent behavior directed towards any club member is violation of Rule #1 of the Rules of Nebraska Elite Volleyball, and will be dealt with per the guidelines under that rule. A coach has the right to dismiss a player from practice for this behavior even though they have not received their written warning per Rule #1. A letter will follow the practice dismissal describing the events that lead up to the dismissal.

TOURNAMENT EXPECTATIONS

1. All athletes are expected to be in the gym READY TO WARM-UP, at the scheduled arrival time. This means that the athlete has to arrive at the site 10-15 minutes prior to the scheduled arrival time as indicated by the coach.
2. Tournament specific rules will apply in regards to food and drink. Remember that you can cause your team to lose points or forfeit if you violate these rules.
3. Proper demeanor is expected of all members of the Club (athletes, parents and supporters) at all tournaments. This includes treating members of the officiating crew and opposing teams with respect.
4. Athletes and coaches will wear the specified uniform to all tournaments.
 - a. Uniforms must be clean, especially kneepads, socks and shoes. Athletes are expected to have separate shoes and should have separate kneepads for competition.
 - b. **Athletes may not roll up or tuck up jersey sleeves.**
 - c. Athletes are to keep jerseys and practice T's tucked in their shorts at all times (no courtesy tucks).
 - d. Athletes may not wear headbands, bandanas, jewelry or other non-uniform items during practice or competition.
5. Athletes and/or parents are responsible for providing transportation to and from the regional tournament sites.
6. All athletes are expected to attend every tournament. IF AN ATHLETE CANNOT BE AT A TOURNAMENT, SHE MUST INFORM THE COACH AS SOON AS SHE KNOWS SHE WILL BE ABSENT. It is the athlete's (not the parent's) responsibility to make arrangements with the coach.
7. Except for the starting times, most tournaments do not follow a set time schedule; matches begin 10 minutes after the end of the previous match. Therefore it is very difficult to determine exactly when a tournament will end. **Expect to play all day.**
8. Athletes may not leave a tournament site until excused by the coach.
9. When traveling, athletes may not leave the hotel area at any time without permission from their coach or chaperone.

10. When traveling, athletes must stay with their team. Parents please do not ask to have your athlete stay in a separate hotel as this defeats the purpose of unity when we travel.
11. When traveling, room phone numbers are given ONLY to members of the travel party.
12. When traveling, an athlete who damages any property at lodging or playing facility will be personally responsible for damages.
13. When traveling, any athletes found in possession of alcohol, tobacco or illegal drugs will be sent home immediately at the expense of the parent or guardian.

Violation of any tournament expectation may result in the athlete being asked to leave the Club, depending on the evaluation of the situation by the Head Coach and the Club Director.

OFFICIATING EXPECTATIONS

1. Officiating is the shared responsibility of the entire team. All Nebraska Elite Volleyball athletes are required to help with line judging, score keeping, score flipping and officiating. All athletes are expected to bring their own whistle to every event. **EXCEPT IN CASES OF A TRUE EMERGENCY**, an athlete who has an officiating assignment may not leave the tournament before the assignment is complete.

RULES OF NEBRASKA ELITE VOLLEYBALL

1. While representing the Nebraska Elite Volleyball Club, all athletes, coaches, and parents must keep in mind that a positive attitude determines the success of any program and is particularly important in the sport of volleyball. As a representative of Nebraska Elite Volleyball Club, you are expected to behave in a responsible manner. Determination of what a responsible manner lies solely with the Club. Any individual found in violation of this policy will receive a written notification for the first offense, and will be released from the club on the second offense. (Note: If the parent is the party in question, the player suffers the consequences.)
2. Any athlete damaging equipment owned by the Nebraska Elite Volleyball Club or any facility used by the Club during practices, tournaments, or any other function, will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In some circumstances, the athlete may be dismissed from the Club.
3. No athlete will be allowed to participate during the current season unless all the fees from the previous year are paid.
4. An athlete whose account becomes delinquent during the current season will be denied the privilege of playing in a tournament and/or asked to sit out at practice until the account is paid in full or arrangements for payment are made with Tony Carrow.
5. All athletes must have the following items signed by a parent before they will be allowed to practice with the Club: 1. USAV/GPR Registration form (Please remember to include your Social Security number on the USAV Form; without it the USAV will refuse to register you.), 2. Medical Release Form and 3. Club information form.

PROBLEM RESOLUTION PROCESS

Communication is the key to success of any organization. Knowing how to communicate issues or concerns is key to resolving any and all differences. Specifically, if you as a parent or your athlete as a member of a Nebraska Elite Volleyball team have a concern about Nebraska Elite Volleyball policies or actions, the procedures to follow are in this order:

1. The athlete should speak to or meet with her coach about the matter.

If the matter remains unresolved, or if the athlete has a reasonable concern that speaking to the coach will not resolve the matter, then:

2. The parent should submit the concern in writing to the Club Director.
3. The concern will be discussed with the parent and then with the coach. After the discussion with the coach, the Club Director will discuss the answers with the parents.
4. If it is felt that a meeting with the parties involved would be in the best interest, that meeting will be scheduled and will include the player, parents, coaches, Club Director, and Assistant Club Director.
5. If the issue involves a coach's behavior and not playing time, then skip step one above and submit a letter regarding the complaint to the Club Director.
6. If the issue were severe in nature, a phone call to the Club Director would be appropriate.
7. If the parents and/or the athlete are not satisfied by the action taken by the Head Coach and/or the Club Director, they may request, in writing, that the Board of Directors review the matter. The Board may, at its sole discretion, review or refuse to review the matter. The Board will not review coaching decisions pertaining to starting lineups and/or playing time, training regimes or skill development. The decision of the Board of Directors shall be final, including if they refuse to review the issue, and their resolve is to be respected and carried out.

SOCIAL MEDIA POLICY FOR NEBRASKA ELITE VOLLEYBALL

- While representing the Nebraska Elite Volleyball Club, all athletes, shall not friend request any coaches. Only salary staff members of Nebraska Elite Volleyball, Tony Carrow, Andrew Wehrli, Kristen Shively, or Sami Hansen may follow players or players parents to get information to post on Nebraska Elite Social Media pages.
- While representing the Nebraska Elite Volleyball Club, all athletes shall refrain from liking, forwarding or posting any controversial items. Understand this has cost many players an opportunity for a scholarship as schools are now doing social media scans for potential recruits.
- While representing the Nebraska Elite volleyball Club, all athletes shall refrains from establishing burner accounts to publish, like or forward controversial items
- Parents, not players should send tournament championship pictures via text to 402-990-5206 for posting on Nebraska Elite social media pages. This would also include any fun/team bonding activities.

