

Club Handbook

VACAVILLE EXTREME



PERFORMANCE

October 2019 .

INTRODUCTION

THIS HANDBOOK IS TO PROVIDE COACHES, PLAYERS AND PARENTS AFFILIATED WITH THE VACAVILLE EXTREME INC (VEX) IMPORTANT INFORMATION ABOUT OUR CLUB. IN THIS HANDBOOK YOU'LL FIND INFORMATION ABOUT:

- USA VOLLEYBALL & NCVA
- OUR CLUB
- VEX SKILLS PROGRESSION STANDARDS
- VEX BEHAVIOR STANDARDS
- VEX SOCIAL MEDIA AND ELECTRONICS POLICY
- TRAVEL POLICY
- CODE OF CONDUCT
- GENERAL INFORMATION
 - PLAYING TIME
 - PLAYER NUTRITION
 - TOURNAMENT BASICS
 - VEX CONTACT INFO

WE HOPE YOU WILL FIND THIS INFORMATION VALUABLE!

USA VOLLEYBALL

USA VOLLEYBALL (USAV) IS THE NATIONAL GOVERNING BODY (NGB) FOR THE SPORT OF VOLLEYBALL IN THE UNITED STATES AND IS RECOGNIZED AS SUCH BY THE FEDERATION INTERNATIONALE DE VOLLEYBALL (FIVB) AND THE UNITED STATES OLYMPIC COMMITTEE (USOC). THE VISION OF USA VOLLEYBALL IS TO BE ACKNOWLEDGED AS THE WORLD LEADER IN VOLLEYBALL. IN ORDER TO ACCOMPLISH THIS MISSION, THE FOLLOWING GOALS ARE TO BE ACHIEVED:

- COMPETITIVE SUCCESS: TO WIN GOLD MEDALS IN EVERY INTERNATIONAL COMPETITION;
- SPORT GROWTH: TO ACHIEVE FULL PARTICIPATION IN VOLLEYBALL AT ALL LEVELS AND IN ALL GEOGRAPHICAL AREAS;
- SPORT ENHANCEMENT: TO IMPROVE SUPPORT SERVICES NECESSARY FOR THE QUALITY AND CONDUCT OF PROGRAMS TO ENSURE RECOGNITION AS THE AUTHORITY AND EXPERT FOR VOLLEYBALL;
- INTERNATIONAL REPRESENTATION: TO HAVE INFLUENTIAL POSITIONS ON ALL INTERNATIONAL BOARDS AND COMMISSIONS;
- RECOGNITION: TO RECEIVE CONSISTENT RECOGNITION OF VOLLEYBALL COACHES AND ATHLETES AS TOP WORLD PERFORMERS;
- ADMINISTRATION: TO DEVELOP AND MAINTAIN A STRUCTURE WHICH WILL EFFECTIVELY AND EFFICIENTLY ASSIST IN ACHIEVING THE VISION AND MISSION OF THE CORPORATION; AND
- FINANCES: TO DEVELOP, IMPLEMENT AND MAINTAIN A FINANCIAL PLAN TO ACHIEVE THE VISION AND MISSION OF THE CORPORATION.

USA VOLLEYBALL IS COMMITTED TO AND WORKS TOWARD OPPORTUNITY FOR ALL TO PARTICIPATE. IT IS AN ADVOCATE FOR ALL AMERICANS-ENDEAVORING TO ASSURE UNIVERSAL ACCESS TO OPPORTUNITIES AT ALL LEVELS OF THE GAME.

THUS USA VOLLEYBALL WILL DILIGENTLY:

- WORK TOWARD PROVISION OF AMPLE OPPORTUNITY, QUALITY OPPORTUNITY AND EQUALITY OF ACCESS FOR EVERY RESIDENT OF THIS DIVERSE NATION.
- ACT TO EXPAND OPPORTUNITY FOR UNDER-REPRESENTED GROUPS AND AGGRESSIVELY RECRUIT PARTICIPATION FROM THOSE GROUPS.
- MAKE ITS DAILY DECISIONS CONCERNING RESOURCES, PLAYERS, COACHES, OFFICIALS, ADMINISTRATORS, AND EMPLOYEES ON THE BASIS OF INDIVIDUAL MERIT AND EXCELLENCE OF PERFORMANCE REGARDLESS OF AGE, CLASS, ANCESTRY, COLOR, NATIONAL ORIGIN, RACE, RELIGIOUS CREED, DISABILITY OR HANDICAP, GENDER, OR SEXUAL ORIENTATION.
- EXERCISE ITS CORPORATE WILL TO ENCOURAGE CONSTITUENT ORGANIZATIONS TO ACT IN ACCORDANCE WITH THE FOREGOING PRINCIPLES.

USA VOLLEYBALL BELIEVES THAT VOLLEYBALL HAS SO MANY POSITIVE THINGS TO OFFER THOSE WHO PARTICIPATE. FIRST, AND MOST IMPORTANTLY, WHETHER ONE IS A GIFTED ATHLETE OR A RECREATIONAL PLAYER, VOLLEYBALL IS FUN! IT IS A LIFETIME SPORT ENJOYED BY PLAYERS FROM 8 TO 80. PARTICIPATION IN VOLLEYBALL IS NOT ONLY GOOD EXERCISE, BUT ALSO INVOLVES TEAM COOPERATION AND SPIRIT. WE ARE COMMITTED TO INTRODUCING OUR SPORT TO ALL OF AMERICA.

NORTHERN CALIFORNIA VOLLEYBALL ASSOCIATION (NCVA)

THE YEAR 2019 MARKS THE 36TH ANNIVERSARY OF THE NORTHERN CALIFORNIA VOLLEYBALL ASSOCIATION (NCVA) SERVICING NORTHERN CALIFORNIA FROM THE OREGON BORDER TO BAKERSFIELD INCLUDING NORTHERN NEVADA.

UNDER USA VOLLEYBALL, THE NATIONAL GOVERNING BODY FOR THE SPORT OF VOLLEYBALL IN THE UNITED STATES, THE NORTHERN CALIFORNIA REGION BECAME INCORPORATED AS A NON-PROFIT CORPORATION CALLED THE NORTHERN CALIFORNIA VOLLEYBALL ASSOCIATION, NCVA, IN 1982. THE NCVA ABIDES BY THE RULES SET FORTH BY USA VOLLEYBALL; HOWEVER, IT OPERATES AS A COMPLETELY SEPARATE BUSINESS ENTITY. THE NCVA HOSTS AND APPROVES COMPETITION, FELLOWSHIP PLAY, CLINICS, LEAGUES AND TOURNAMENTS. THE NCVA ALSO HOSTS THREE NATIONAL QUALIFYING TOURNAMENTS FOR USA VOLLEYBALL. IN ADDITION, THE NCVA AIDS IN THE DEVELOPMENT OF PLAYERS, COACHES, REFEREES AND SCOREKEEPERS. THE LONGEVITY OF OUR SERVICE HAS ENABLED US TO CREATE STRONG TIES TO THE VOLLEYBALL COMMUNITY, WHICH, IN TURN WILL HELP US TO REACH OUT TO OUR MEMBERS AS WELL AS OTHER PLAYERS, PARENTS AND COACHES WITHIN THE COMMUNITY.

TO LEARN MORE VISIT [HTTPS://NCVA.COM/INFO/GENERAL-INFO/ABOUT-THE-NCVA/](https://ncva.com/info/general-info/about-the-ncva/)

VACAVILLE EXTREME, INC (VEX)

VACAVILLE EXTREME, INC. (VEX) IS A COMPETITIVE JUNIOR VOLLEYBALL PROGRAM FOR YOUNG WOMEN. WE STRIVE TO PROVIDE A PROGRAM THAT PROMOTES THE DEVELOPMENT OF VOLLEYBALL SKILLS ALONG WITH GOOD SPORTSMANSHIP. VEX PROVIDES AN ENVIRONMENT WHERE YOUNG ATHLETES CAN DEVELOP TEAMWORK, LEADERSHIP, AND CONFIDENCE, ALL WHILE IMPROVING THEIR VOLLEYBALL SKILLS.

TRAVEL VOLLEYBALL IS A SIGNIFICANT COMMITMENT OF TIME, DEDICATION AND RESOURCES BY BOTH PLAYERS AND THEIR FAMILIES. WHILE IT IS UNDERSTOOD THAT OCCASIONALLY A CONFLICT WILL ARISE, IT IS THE EXPECTATION OF VEX THAT WHEN A PLAYER COMMITS TO A TEAM, THEY WILL ATTEND ALL SCHEDULED PRACTICES AND TOURNAMENTS. COMMITMENT IS A PROMISE TO BE LOYAL; IT'S HAVING THE ATTITUDE OF AN ATHLETE FOR ONE'S SELF AND HER TEAM. BEING COMMITTED TO THE SPORT OF VOLLEYBALL ALSO MEANS YOU STRIVE TO IMPROVE YOUR FUNDAMENTAL SKILLS, AND ARE A GOOD TEAMMATE TO EVERY PLAYER ON YOUR TEAM, ON AND OFF THE COURT.

IT IS THE GOAL OF VEX TO DEVELOP GIRLS TO BE THE BEST VOLLEYBALL PLAYERS, ATHLETES, AND TEAMMATES THEY CAN BE. WE STRIVE TO BE A COMPETITIVE CLUB PRODUCING TEAMS WHO COMPETE AT A NATIONAL LEVEL AND WHOSE PLAYERS ARE SOUGHT AFTER BY COLLEGE COACHES. IN STRIVING TO ACHIEVE THESE GOALS WE HAVE DEVELOPED SEVERAL STANDARDS AND EXPECTATIONS THAT WE EXPECT ALL COACHES, PLAYERS AND PARENTS TO ABIDE BY.

SKILLS PROGRESSION STANDARDS

TO ESTABLISH A COHESIVE APPROACH TO DEVELOPING ATHLETES TO THE BEST OF THEIR ABILITIES, WE HAVE ESTABLISHED A SET OF PERFORMANCE STANDARDS FOR PLAYERS AT EACH AGE LEVEL. THE BELOW STANDARDS OUTLINE THE SKILLS DEVELOPMENT FOCUS OF COACHES AT EACH AGE LEVEL WITHIN OUR CLUB. PLAYERS WHO START WITH VEX AT A YOUNG AGE GROUP AND CONTINUE TO PLAY FOR OUR CLUB THROUGH HIGH SCHOOL CAN EXPECT COACHING THAT DEVELOPS THEIR SKILLS IN A LOGICAL PROGRESSION, BUILDING UPON WHAT YOU'VE LEARNED IN PRIOR YEARS.

BY THE END OF A SEASON, PLAYERS ON OUR **12'S TEAMS** CAN EXPECT TO HAVE A SOLID UNDERSTANDING OF THE FOLLOWING SKILLS:

- FOOTWORK:
 - PASSING
 - SETTING
 - HITTING
 - BLOCKING
 - DEFENSE
 - SERVING
- PASSING PLATFORM & POSTURE
- COMMUNICATION
- ROTATION
 - KNOWLEDGE OF POSITIONS / SERVE RECEIVE
 - INTRODUCTION OF 5-1, 6-2, 4-2 ROTATIONS
- SERVING

BY THE END OF A SEASON, PLAYERS ON OUR **13'S TEAMS** CAN EXPECT TO HAVE A SOLID UNDERSTANDING OF THE FOLLOWING SKILLS:

- HITTING – SNAP AND FOLLOW THROUGH
- PASSING & DEFENSIVE POSTURE – FREE BALL PASSING
- SETTING – SQUARING UP TO LOCATION
- DEFINING POSITIONS – DETERMINING WHERE THE ATHLETE WILL CONTRIBUTE THE MOST TO A TEAM
- INTRODUCTION OF “BALL-SETTER-BALL-HITTER” EYE RECOGNITION

BY THE END OF A SEASON, PLAYERS ON OUR **14'S TEAMS** CAN EXPECT TO HAVE A SOLID UNDERSTANDING OF THE FOLLOWING SKILLS:

- SERVE RECEIVE PASSING – POSTURE & SEAM RESPONSIBILITIES
- HITTING – TIMING, ABILITY TO ADJUST, INTRODUCTION TO TIP & ROLL SHOT
- SERVING LOCATIONS

- TRANSITION – SERVING TO DEFENSE, BLOCKING/DEFENSE TO OFFENSE, OFFENSE TO BLOCKING/DEFENSE
- CONSISTENCY WITH SETTING LOCATIONS – 4, 2, 1, 5; 10, PIPE, 12

BY THE END OF A SEASON, PLAYERS ON OUR **15’S TEAMS** CAN EXPECT TO HAVE A SOLID UNDERSTANDING OF THE FOLLOWING SKILLS:

- PLAY STRATEGY – KNOWING THE “TOOLS” IN YOUR “TOOL BOX”
- READING THE HITTERS AND KNOWING WHERE TO PLAY DEFENSE
- TALKING AND BEING INVOLVED DURING THE PLAY – COVERAGE
- GENERAL COURT AWARENESS – KNOW WHERE TO HIT, WHEN
- CONSISTENT SERVES

BY THE END OF A SEASON, PLAYERS ON OUR **16’S TEAMS** CAN EXPECT TO HAVE A SOLID UNDERSTANDING OF THE FOLLOWING SKILLS:

- QUICK SETS AND SETTING STRATEGY
 - IN FRONT OF SETTER: 41, 3, 31, 21, 1
 - BEHIND SETTER: 6, 7, 8
- WORKING AROUND THE BLOCK WHILE HITTING – LINE SHOT
- BLOCKING – CONSISTENT DOUBLE BLOCK, PENETRATE NET
- BE ABLE TO “PULL” THE BLOCK – TRANSITION TO HIT EVERY TIME
- AGGRESSIVE DEFENSE – KNOW DEFENSE RESPONSIBILITY

BY THE END OF A SEASON, PLAYERS ON OUR **17/18’S TEAMS** CAN EXPECT TO HAVE A SOLID UNDERSTANDING OF THE FOLLOWING SKILLS:

- ATTITUDE
 - MENTAL TOUGHNESS
 - CONFIDENCE
 - AGGRESSIVENESS
 - COMMUNICATION
 - BEING A TEAM PLAYER
 - POSITIVE ATTITUDE
- VERSATILITY – KNOWLEDGE OF ALL POSITIONS & ABILITY TO PLAY WHERE NEEDED
- BE INVOLVED THROUGHOUT THE ENTIRE PLAY
- ADVANCED AWARENESS AND SMART PLAY
- ABILITY TO PLAY MULTIPLE DEFENSES DURING THE MATCH
- CONSISTENCY

BEHAVIOR STANDARDS

TO PROVIDE THE BEST OPPORTUNITY FOR EACH PLAYER TO DEVELOP THEIR POTENTIAL IN A COMPETITIVE YET SUPPORTIVE ENVIRONMENT. TO DEVELOP A CLUB WITH THE HIGHEST STANDARDS THAT EPITOMIZES SPORTSMAN LIKE BEHAVIOR, ALWAYS; WE HAVE DEVELOPED A SET OF BEHAVIOR STANDARDS WE EXPECT EVERYONE AFFILIATED WITH VEX TO ABIDE BY 100% OF THE TIME.

[USAV Code of Conduct](#)

[NCVA Code of Behavior](#)

[NCVA Spectator/ Parent Code of Conduct](#)

[NCVA Responsible Sportsmanship](#)

WE EXPECT ALL OF OUR **PLAYERS and PARENTS** TO FOLLOW THE BELOW BEHAVIORS ALL OF THE TIME.

PRACTICE STANDARDS

- IT IS EXPECTED ALL PLAYERS AND PARENTS WILL FOLLOW AN ESTABLISHED HIERARCHY WHEN A PLAYER OR THEIR PARENT HAS QUESTIONS OR CONCERNS:
 - PLAYER TO COACH
 - PLAYER TO COACH WITH PARENT
 - PLAYER TO COACH WITH PARENT AND CLUB DIRECTOR
- ALL PLAYERS ARE EXPECTED TO APPROACH PRACTICE IN THE SAME MANNER THEY WOULD COMPETITION: WITH CONTROLLED MENTALITY, FOCUS, AND A POSITIVE ATTITUDE.
- EACH PLAYER TAKES RESPONSIBILITY FOR THE FOLLOWING:
 - ARRIVE TO PRACTICE IN ENOUGH TIME TO SET UP THE COURT, HAVE REQUIRED EQUIPMENT ON, AND BE ON THE COURT BY PRACTICE START TIME
 - CELL PHONES ARE TO BE PUT ON SILENT AND IN BACKPACK
 - CLEAN UP PRACTICE FACILITY BEFORE LEAVING
 - COACHES ARE TO COACH, PLAYERS ARE TO PLAY, PARENTS ARE TO ENCOURAGE. PLAYERS DO NOT COACH ONE ANOTHER. PARENTS DO NOT COACH FROM THE SIDELINES.
 - PLAYERS AND PARENTS ARE TO RESPECT THE COACH'S DIRECTION
- ATTIRE:

- VEX SHIRTS ARE THE ONLY CLUB SHIRTS ALLOWED. YOU MAY WEAR COLLEGE OR HIGH SCHOOL SHIRTS, OR SHIRTS FROM VOLLEYBALL TOURNAMENTS. SHIRTS WITH OTHER CLUB LOGOS ARE NOT PERMITTED.
- HAIR IS ALWAYS PULLED BACK AND OUT OF YOUR FACE
- VOLLEYBALL EQUIPMENT IS ALWAYS WORN (SHOES, KNEE PADS, ANKLE BRACES, AND APPROPRIATE SHORTS/SPANDEX)
- WARM UPS WILL ALWAYS BE DONE AT THE BEGINNING OF EACH PRACTICE. PLAYERS SHOULD TAKE WARM UPS SERIOUSLY AND PARTICIPATE FULLY.

TOURNAMENT STANDARDS

- ATTIRE:
 - FULL, CLUB PROVIDED UNIFORMS WILL ALWAYS BE WORN
 - SPANDEX MUST COVER "CHEEKS"
- ATTITUDE:
 - WHILE REFEREEING, GIVE THE GAME YOUR FULL ATTENTION 100% OF THE TIME
 - BE POSITIVE AND ENCOURAGE YOUR TEAMMATES
 - CHEER FOR YOUR TEAM
 - DISPLAY POSITIVE SPORTSMANSHIP TO YOUR OPPONENTS
 - NEVER ARGUE OR DISPLAY FRUSTRATION WITH REFEREES
- "CAMPSITE":
 - KEEP OUR CAMP AREA CLEAN AND ORGANIZED
 - THE NCVA PROVIDES GUIDELINES PERTAINING TO TAILGATING THAT MUST BE FOLLOWED. ANY FINES ASSESSED TO A TEAM BY THE NCVA WILL BE PAID FOR BY THE PARENTS
- GAME TIME LOGISTICS:
 - BE ON TIME PER THE DIRECTIVE OF YOUR COACH, MEANING BE ON COURT READY TO PLAY AT THE TIME DESIGNATED
 - KEEP BACKPACKS AND WATER ORGANIZED AND NEAT DURING PLAY TIME
- FULLY PARTICIPATE IN WARM UPS

WE EXPECT ALL OF OUR PARENTS TO FOLLOW THE BELOW BEHAVIORS ALL OF THE TIME:

- PARENTS WHO STAY AND WATCH THEIR ATHLETE PRACTICE SHOULD NEVER ROLL A BALL BACK ONTO THE COURT.
- PARENTS AND FAMILY MEMBERS WHO STAY AND WATCH SHOULD NOT ATTEMPT TO INTERFERE WITH ANY PORTION OF THE PRACTICES.
- MAKE SURE YOUR PLAYER ARRIVES ON TIME TO ALL PRACTICES AND TOURNAMENTS
- ENSURE THE FINANCIAL OBLIGATION TO VEX IS MET FULLY AND TIMELY.

- PROVIDE YOUR ATHLETE WITH THE FULL SUPPORT SHE NEEDS TO HONOR HER COMMITMENT TO VEX AND HER COACH, AND HER TEAMMATES.
- UNDERSTAND THAT ALL COMMUNICATION TO THE COACH REGARDING YOUR DAUGHTER'S PLAYING TIME, POSITION AND OVERALL PERFORMANCE IS FIRST TO BE DONE BY THE PLAYER, NOT THE PARENT. ENCOURAGE YOUR DAUGHTER TO BUILD HER CONFIDENCE AND FIND HER VOICE.
- RESPECT THE ROLE, KNOWLEDGE AND EXPERIENCE OF YOUR ATHLETE'S COACHES AND REFRAIN FROM SIDELINE COACHING DURING PRACTICES AND TOURNAMENTS. ENCOURAGE YOUR ATHLETE TO SEEK OUT FEEDBACK DIRECTLY FROM HER COACH.
- VEX HAS A 24 HOUR RULE WITH PARENTS AND COACHES DURING TOURNAMENTS. IF A PARENT HAS A QUESTION OR CONCERN ABOUT PLAY TIME OR THEIR ATHLETE DURING A TOURNAMENT, THEY MUST WAIT 24 HOURS FOLLOWING THE TOURNAMENT BEFORE TALKING WITH THE COACH.
- PARENTS ARE NOT TO APPROACH THE COACH TO VOICE COMPLAINTS AT TOURNAMENTS, BETWEEN SETS, OR BETWEEN MATCHES.
- PROFANITY, STRONG LANGUAGE, OR THREATS OF ANY TYPE (VERBAL AND NONVERBAL) DIRECTED AT ANY COACH, OFFICIAL, OR ATHLETE IS PROHIBITED, AND IS GROUNDS FOR DISMISSAL FROM THE CLUB.
- MODEL THE GOOD SPORTSMANSHIP AND RESPECT FOR PLAYERS, COACHES, AND REFEREES THAT WE EXPECT FROM THE PLAYERS.

WE EXPECT ALL OF OUR COACHES TO FOLLOW THE BELOW BEHAVIORS ALL OF THE TIME:

- ALWAYS PUT THE SAFETY OF THE PLAYERS FIRST
- PRACTICE GOOD LEADERSHIP AND SPORTSMANSHIP; BE ROLE MODELS FOR PLAYERS AND PARENTS.
- BE OPEN AND FAIR WITH ALL PLAYERS AND PARENTS. CREATE AN ENVIRONMENT WITHIN THE TEAM WHERE PLAYERS KNOW THEY CAN TALK WITH YOU ABOUT ANYTHING ON THEIR MINDS.
- COMMUNICATE TIMELY AND EFFECTIVELY WITH YOUR TEAM GIVING AS MUCH ADVANCE NOTICE AS POSSIBLE WITH TOURNAMENT, PRACTICE, AND EVENT DETAILS.
- TREAT ALL ADULTS, FELLOW COACHES, REFS AND PLAYERS WITH RESPECT.
- ATTEND ALL PRACTICES AND TOURNAMENTS AND ARRIVE ON TIME.
- BE FULLY PRESENT DURING ALL PRACTICES AND TOURNAMENTS, GIVING YOUR TEAM 100% OF YOUR ATTENTION.
- NEVER LEAVE TRASH BEHIND AT A MATCH OR PRACTICE. IT IS THE RESPONSIBILITY OF THE COACHES TO ENSURE PLAYER AREAS ARE LEFT CLEAN.
- ENSURE COACHES AND PLAYERS ARE BEING FULLY ATTENTIVE WHEN FULFILLING THEIR OFFICIATING, SCORING, OR LINING DUTIES. THESE RESPONSIBILITIES SHOULD BE TAKEN SERIOUSLY, PAYING CLOSE ATTENTION TO BEING ACCURATE AND RESPECTFUL FOR THE TEAMS ON THE COURT.
- COACHES SHOULD NEVER BE ON THEIR CELL PHONES WHILE PLAYING OR REFFING AT A TOURNAMENT.

- WHILE YOUR TEAM HAS A BYE, COACHES MAY NOT SIT ON THE BENCH WITH ANOTHER VEX TEAM WHILE THEY PLAY.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATION POLICY

ELECTRONIC COMMUNICATION POLICY:

PURPOSE

VACAVILLE EXTREME, INC - VEX (THE "CLUB") RECOGNIZES THE PREVALENCE OF ELECTRONIC COMMUNICATION AND SOCIAL MEDIA IN TODAY'S WORLD. MANY OF OUR STUDENT-ATHLETES USE THESE MEANS AS THEIR PRIMARY METHOD OF COMMUNICATION. WHILE THE CLUB ACKNOWLEDGES THE VALUE OF THESE METHODS OF COMMUNICATION, THE CLUB ALSO REALIZES THAT THERE ARE ASSOCIATED RISKS THAT MUST BE CONSIDERED WHEN ADULTS USE THESE METHODS TO COMMUNICATE WITH MINORS.

GENERAL CONTENT

ALL COMMUNICATIONS BETWEEN A COACH OR OTHER ADULT AND AN ATHLETE MUST BE PROFESSIONAL IN NATURE AND FOR THE PURPOSE OF COMMUNICATING INFORMATION ABOUT TEAM ACTIVITIES AND IT IS RECOMMENDED TO INCLUDE THE PARENTS/GUARDIANS. THE CONTENT AND INTENT OF ALL ELECTRONIC COMMUNICATIONS MUST ADHERE TO THE USA VOLLEYBALL CODE OF CONDUCT REGARDING ATHLETE PROTECTION.

FOR EXAMPLE, AS WITH ANY COMMUNICATION WITH AN ATHLETE, ELECTRONIC COMMUNICATION SHOULD NOT CONTAIN OR RELATE TO ANY OF THE FOLLOWING: DRUGS OR ALCOHOL USE; SEXUALLY-ORIENTED CONVERSATION; SEXUALLY EXPLICIT LANGUAGE, SEXUAL ACTIVITY, THE ADULT'S PERSONAL LIFE, SOCIAL ACTIVITIES, RELATIONSHIP OR FAMILY ISSUES, OR PERSONAL PROBLEMS; AND INAPPROPRIATE OR SEXUALLY EXPLICIT PICTURES. NOTE: ANY COMMUNICATION CONCERNING AN ATHLETE'S PERSONAL LIFE, SOCIAL ACTIVITIES, RELATIONSHIP OR FAMILY ISSUES OR PERSONAL PROBLEMS MUST BE TRANSPARENT, ACCESSIBLE AND PROFESSIONAL.

WHETHER ONE IS AN ATHLETE, COACH, BOARD MEMBER, OR PARENT, THE GUIDING PRINCIPLE TO ALWAYS USE IN COMMUNICATION IS TO ASK: "IS THIS COMMUNICATION SOMETHING THAT SOMEONE ELSE WOULD FIND APPROPRIATE OR ACCEPTABLE IN A FACE-TO-FACE MEETING?" OR "IS THIS SOMETHING YOU WOULD BE COMFORTABLE SAYING OUT LOUD TO THE INTENDED RECIPIENT OF YOUR COMMUNICATION IN FRONT OF THE INTENDED RECIPIENT'S PARENTS, THE COACHING STAFF, THE BOARD, OR OTHER ATHLETES?"

WITH RESPECT TO ELECTRONIC COMMUNICATIONS, A SIMPLE TEST THAT CAN BE USED IN MOST CASES IS WHETHER THE ELECTRONIC COMMUNICATION WITH ATHLETES IS **TRANSPARENT, ACCESSIBLE, AND PROFESSIONAL.**

TRANSPARENT: ALL ELECTRONIC COMMUNICATION BETWEEN COACHES AND ATHLETES SHOULD BE TRANSPARENT. YOUR COMMUNICATION SHOULD NOT ONLY BE CLEAR AND DIRECT, BUT ALSO FREE OF HIDDEN MEANINGS, INNUENDO, AND EXPECTATIONS.

ACCESSIBLE: ALL ELECTRONIC COMMUNICATION BETWEEN COACHES AND ATHLETES SHOULD BE CONSIDERED A MATTER OF RECORD AND PART OF THE CLUB'S RECORDS. WHENEVER POSSIBLE, INCLUDE ANOTHER COACH OR PARENT IN THE COMMUNICATION SO THERE IS NO QUESTION REGARDING ACCESSIBILITY.

PROFESSIONAL: ALL ELECTRONIC COMMUNICATION BETWEEN A COACH AND AN ATHLETE SHOULD BE CONDUCTED PROFESSIONALLY AS A REPRESENTATIVE OF THE CLUB. THIS INCLUDES WORD CHOICE, TONE, GRAMMAR, AND SUBJECT MATTER THAT MODEL THE STANDARDS AND INTEGRITY OF A STAFF MEMBER.

IF YOUR COMMUNICATION MEETS ALL THREE OF THE T.A.P. CRITERIA, THEN IT IS LIKELY YOUR METHOD AND MANNER OF COMMUNICATION WITH ATHLETES WILL BE APPROPRIATE.

FACEBOOK, INSTAGRAM, BLOGS AND SIMILAR SITES

COACHES MAY HAVE PERSONAL FACEBOOK (OR OTHER SOCIAL MEDIA SITE) PAGES, BUT THEY ARE NOT PERMITTED TO HAVE ANY ATHLETE OF THE CLUB JOIN THEIR PERSONAL PAGE AS A "FRIEND." A COACH SHOULD NOT ACCEPT ANY "FRIEND" REQUEST FROM ANY ATHLETE. IN ADDITION, THE COACH SHOULD REMIND THE ATHLETE THAT THIS IS NOT PERMITTED. COACHES AND ATHLETES ARE NOT PERMITTED TO "PRIVATE MESSAGE" EACH OTHER THROUGH FACEBOOK. COACHES AND ATHLETES ARE NOT PERMITTED TO "INSTANT MESSAGE" EACH OTHER THROUGH FACEBOOK CHAT OR OTHER IM METHODS.

THE CLUB HAS AN OFFICIAL FACEBOOK PAGE THAT ATHLETES AND THEIR PARENTS CAN "LIKE" OR "FRIEND" FOR INFORMATION AND UPDATES ON TEAM-RELATED MATTERS.

COACHES ARE ENCOURAGED TO SET THEIR PAGES TO "PRIVATE" TO PREVENT ATHLETES FROM ACCESSING THE COACH'S PERSONAL INFORMATION.

TWITTER

BEST PRACTICE: THE CLUB HAS AN OFFICIAL TWITTER PAGE THAT COACHES, ATHLETES, AND PARENTS CAN FOLLOW FOR INFORMATION AND UPDATES ON TEAM-RELATED MATTERS. COACHES ARE NOT PERMITTED TO FOLLOW ATHLETES ON TWITTER. LIKewise, ATHLETES ARE NOT PERMITTED TO FOLLOW COACHES ON TWITTER. COACHES AND ATHLETES ARE NOT PERMITTED TO "DIRECT MESSAGE" EACH OTHER THROUGH TWITTER.

ALTERNATIVE OPTION: COACHES AND ATHLETES MAY FOLLOW EACH OTHER ON TWITTER. COACHES CANNOT RETWEET AN ATHLETE MESSAGE POST. COACHES AND ATHLETES ARE NOT PERMITTED TO "DIRECT MESSAGE" EACH OTHER THROUGH TWITTER.

TEXTING

SUBJECT TO THE GENERAL GUIDELINES MENTIONED ABOVE, TEXTING IS ALLOWED BETWEEN COACHES AND ATHLETES DURING THE HOURS FROM 6AM UNTIL 10PM. (EARLIER/ LATER ON TOURNAMENT TRAVEL DAYS PERMITTED) TEXTING ONLY SHALL BE USED FOR THE PURPOSE OF COMMUNICATING INFORMATION DIRECTLY RELATED TO TEAM ACTIVITIES.

GROUPME

PLEASE BE RESPECTFUL WHEN USING THE GROUPME APP, AS WELL AS SIMILAR APPS USED FOR GROUP COMMUNICATIONS. THESE APPS ARE TOOLS MEANT TO SHARE TEAM AND CLUB INFORMATION, TEAM PHOTOS, AND COMMENTS THAT ENCOURAGE TEAM UNITY. OTHER USES OF SUCH APPS WILL BE SUBJECT TO DELETION FROM THE GROUP FORUM WITHOUT NOTICE.

EMAIL

ATHLETES AND COACHES MAY USE EMAIL TO COMMUNICATE. WHEN COMMUNICATING WITH AN ATHLETE THROUGH EMAIL, A PARENT/GUARDIAN MUST BE COPIED ALONG WITH ANOTHER COACH OR CLUB ADMINISTRATOR.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

THE PARENTS OR GUARDIANS OF AN ATHLETE MAY REQUEST IN WRITING THAT THEIR CHILD NOT BE CONTACTED BY COACHES THROUGH ANY FORM OF ELECTRONIC COMMUNICATIONS. IMMEDIATE COMPLIANCE WITHOUT REPERCUSSION MUST BE GRANTED.

MISCONDUCT

BECAUSE SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS CAN BE USED TO COMMIT MISCONDUCT (E.G. EMOTIONAL, SEXUAL, BULLYING, HARASSMENT AND HAZING), SUCH COMMUNICATIONS BY COACHES, STAFF, VOLUNTEERS, ADMINISTRATORS, OFFICIALS, PARENTS, OR ATHLETES WILL NOT BE TOLERATED AND ARE CONSIDERED VIOLATIONS OF OUR **SAFESPORT HANDBOOK**.

VIOLATIONS

VIOLATIONS OF THE CLUB'S SOCIAL MEDIA AND ELECTRONIC COMMUNICATION POLICY SHOULD BE REPORTED TO YOUR IMMEDIATE SUPERVISOR, A CLUB ADMINISTRATOR OR THE REGIONAL **SAFESPORT CONTACT** FOR EVALUATION OF COMPLAINTS AND ALLEGATIONS.

A USA VOLLEYBALL PARTICIPANT OR PARENT OF A PARTICIPANT WHO VIOLATES THIS POLICY IS SUBJECT TO APPROPRIATE DISCIPLINARY ACTION, INCLUDING BUT NOT LIMITED TO: SUSPENSION, PERMANENT SUSPENSION AND/OR REFERRAL TO LAW ENFORCEMENT AUTHORITIES.

TRAVEL POLICY

VEX HAS SOME TEAMS THAT TRAVEL REGULARLY TO PLAY IN TOURNAMENTS, HAS SOME TEAMS WHERE TRAVEL IS LIMITED TO A FEW EVENTS PER SEASON, AND SOME TEAMS WHERE THERE IS NO TRAVEL OTHER THAN LOCAL TRAVEL TO AND FROM OUR OWN AREA. VEX PROHIBITS ALL TYPES OF PHYSICAL ABUSE, SEXUAL ABUSE, EMOTIONAL ABUSE, BULLYING, THREATS, HARASSMENT AND HAZING, ALL AS DESCRIBED IN THE USA VOLLEYBALL SAFE SPORT HANDBOOK. VEX HAS ESTABLISHED POLICIES TO GUIDE OUR TRAVEL, MINIMIZE ONE-ON-ONE INTERACTIONS AND REDUCE THE RISK OF ABUSE OR MISCONDUCT. ADHERENCE TO THESE TRAVEL GUIDELINES WILL INCREASE PLAYER SAFETY AND IMPROVE THE PLAYER'S EXPERIENCE WHILE KEEPING TRAVEL A FUN AND ENJOYABLE EXPERIENCE.

WE DISTINGUISH BETWEEN TRAVEL TO TRAINING, PRACTICE, AND LOCAL TOURNAMENTS ("LOCAL TRAVEL") AND TEAM TRAVEL INVOLVING AN OVERNIGHT STAY ("TEAM TRAVEL").

LOCAL TRAVEL

LOCAL TRAVEL OCCURS WHEN VEX DOES NOT SPONSOR, COORDINATE, OR ARRANGE FOR TRAVEL.

PLAYERS AND/OR THEIR PARENTS/GUARDIAN ARE RESPONSIBLE FOR MAKING ALL ARRANGEMENTS FOR LOCAL TRAVEL. THE TEAM AND ITS COACHES, MANAGERS, OR ADMINISTRATORS SHOULD AVOID RESPONSIBILITY FOR ARRANGING OR COORDINATING LOCAL TRAVEL. IT IS THE RESPONSIBILITY OF THE PARENTS/GUARDIANS TO ENSURE THE PERSON TRANSPORTING THE MINOR PLAYER MAINTAINS THE PROPER SAFETY AND LEGAL REQUIREMENTS, INCLUDING BUT NOT LIMITED TO: A VALID DRIVER'S LICENSE, AUTOMOBILE LIABILITY INSURANCE, A VEHICLE IN SAFE WORKING ORDER, AND COMPLIANCE WITH APPLICABLE STATE LAWS.

THE EMPLOYEES, COACHES, AND/OR VOLUNTEERS OF VEX OR ONE OF ITS TEAMS, WHO ARE NOT ALSO ACTING AS A PARENT, SHOULD NOT DRIVE ALONE WITH AN UNRELATED MINOR PLAYER.

TEAM TRAVEL

TEAM TRAVEL IS OVERNIGHT TRAVEL THAT OCCURS WHEN VEX OR ONE OF ITS TEAMS OR DESIGNEES SPONSORS, COORDINATES OR ARRANGES FOR TRAVEL SO THAT THE TEAM CAN COMPETE LOCALLY, REGIONALLY OR NATIONALLY. BECAUSE OF THE GREATER DISTANCES, COACHES, STAFF, VOLUNTEERS, AND CHAPERONES WILL OFTEN TRAVEL WITH THE PLAYERS.

WHEN POSSIBLE, VEX WILL PROVIDE REASONABLE ADVANCE NOTICE BEFORE TEAM TRAVEL. TRAVEL NOTICE WILL ALSO INCLUDE DESIGNATED TEAM HOTELS FOR OVERNIGHT STAYS AS WELL AS A CONTACT

PERSON WITHIN VEX OR THE TEAM. THIS INDIVIDUAL WILL BE THE POINT OF CONTACT TO CONFIRM YOUR INTENTION TO TRAVEL AND TO HELP WITH TRAVEL DETAILS.

- REGARDLESS OF GENDER, A COACH SHALL NOT SHARE A HOTEL ROOM OR OTHER SLEEPING ARRANGEMENTS WITH A MINOR PLAYER (UNLESS THE COACH IS THE PARENT, GUARDIAN, OR SIBLING OF THE PLAYER).
- THE COACH OR HIS/HER DESIGNEE WILL ESTABLISH A CURFEW BY WHEN ALL PLAYERS MUST BE IN THEIR HOTEL ROOMS OR IN A SUPERVISED LOCATION. REGULAR MONITORING AND CURFEW CHECKS WILL BE MADE OF EACH ROOM BY AT LEAST TWO PROPERLY BACKGROUND SCREENED ADULTS. AT NO TIME SHOULD ONLY ONE ADULT BE PRESENT IN A ROOM WITH MINOR PLAYERS, REGARDLESS OF GENDER.
- TEAM PERSONNEL SHALL ASK HOTELS TO BLOCK ADULT PAY PER VIEW CHANNELS FOR PLAYERONLY ROOMS.
- INDIVIDUAL MEETINGS BETWEEN A COACH AND A PLAYER MAY NOT OCCUR IN HOTEL SLEEPING ROOMS AND MUST BE HELD IN PUBLIC SETTINGS OR WITH ADDITIONAL ADULTS PRESENT, WITH AT LEAST ONE OF THOSE ADULTS BEING THE SAME GENDER AS THE PLAYER.
- FAMILY MEMBERS WHO WISH TO STAY IN THE TEAM HOTEL ARE PERMITTED AND ENCOURAGED TO DO SO.
- THE TEAM WILL MAKE EVERY EFFORT TO ACCOMMODATE REASONABLE PARENTAL REQUESTS WHEN A CHILD IS AWAY FROM HOME WITHOUT A PARENT. IF ANY SPECIAL ARRANGEMENTS ARE NECESSARY FOR YOUR CHILD, PLEASE CONTACT THE TEAM PERSONNEL WHO CAN EITHER MAKE OR ASSIST WITH MAKING THOSE ARRANGEMENTS.
- NO COACH OR CHAPERONE SHALL AT ANY TIME BE UNDER THE INFLUENCE OF DRUGS OR ALCOHOL WHILE PERFORMING THEIR COACHING AND/OR CHAPERONING DUTIES.
- IN ALL CASES INVOLVING TRAVEL, PARENTS HAVE THE RIGHT TO TRANSPORT THEIR MINOR PLAYER.
- PRIOR TO ANY TRAVEL, COACHES WILL ENDEAVOR TO MAKE PLAYERS AND PARENTS AWARE OF ALL EXPECTATIONS AND RULES. COACHES WILL ALSO SUPPORT CHAPERONES AND/OR PARTICIPATE IN THE MONITORING OF THE PLAYERS FOR ADHERENCE TO CURFEW RESTRICTIONS AND OTHER TRAVEL RULES.
- IF DISCIPLINARY ACTION AGAINST A PLAYER IS REQUIRED WHILE THE PLAYER IS TRAVELING WITHOUT HIS/HER PARENTS, THEN EXCEPT WHERE IMMEDIATE ACTION IS NECESSARY, PARENTS WILL BE NOTIFIED BEFORE ANY ACTION IS TAKEN, OR IMMEDIATELY AFTER.
- PLAYERS ARE EXPECTED TO REMAIN WITH THE TEAM AT ALL TIMES DURING THE TRIP. PLAYERS ARE NOT TO LEAVE THE COMPETITION VENUE, THE HOTEL, RESTAURANT OR ANY OTHER PLACE AT WHICH THE TEAM HAS GATHERED WITHOUT THE PERMISSION/KNOWLEDGE OF THE COACH OR CHAPERONE.
- WHEN VISITING PUBLIC PLACES SUCH AS SHOPPING MALLS, MOVIE THEATRES, ETC., PLAYERS WILL STAY IN GROUPS OF NO LESS THAN THREE PERSONS. ATHLETES 12 AND UNDER WILL BE ACCOMPANIED BY A CHAPERONE.

SAFETY POLICIES

- ADDITIONAL GUIDELINES TO BE ESTABLISHED AS NEEDED BY THE COACHES;

- SUPERVISED TEAM ROOM PROVIDED FOR RELAXATION AND RECREATION;
- RESPECT THE PRIVACY OF EACH OTHER;
- ONLY USE HOTEL ROOMS WITH INTERIOR ENTRANCES;
- MUST WEAR SEATBELTS AND REMAIN SEATED IN VEHICLES;

BEHAVIOR POLICIES

- BE QUIET AND RESPECT THE RIGHTS OF TEAMMATES AND OTHERS IN THE HOTEL;
- BE PROMPT AND ON TIME;
- DEVELOP CELL PHONE USAGE GUIDELINES;
- DEVELOP COMPUTER USAGE GUIDELINES INCLUDING SOCIAL MEDIA;
- RESPECT TRAVEL VEHICLES;
- ESTABLISH TRAVEL DRESS CODE;
- USE APPROPRIATE BEHAVIOR IN PUBLIC FACILITIES, INCLUDING LANGUAGE;
- ESTABLISH TWO DIFFERENT CURFEWS – IN OWN ROOMS AND LIGHTS OUT;
- MUST STAY IN ASSIGNED HOTEL ROOM; AND
- NEEDS AND WELL-BEING OF THE TEAM COME FIRST.

FINANCIAL

- NO ROOM SERVICE WITHOUT PERMISSION
- PLAYERS ARE RESPONSIBLE FOR ALL INCIDENTAL CHARGES
- PLAYERS ARE RESPONSIBLE FOR ANY DAMAGES OR THIEVERY AT HOTEL;
- PLAYERS MUST PARTICIPATE IN CONTRACTED GROUP MEALS; AND
- COMMUNICATE TRAVEL REIMBURSEMENT INFORMATION AND POLICIES.

GENERAL

- ESTABLISH FAIR TRIP ELIGIBILITY REQUIREMENTS;
- ESTABLISH AGE GUIDELINES FOR TRAVEL TRIPS;
- PARENT(S) RESPONSIBLE FOR GETTING PLAYER(S) TO STATED DEPARTURE POINT; AND
- REQUIREMENTS FOR FAMILIES TO ATTEND “TEAM TRAVEL TOURNAMENTS.”

CODE OF CONDUCT / HONOR CODE

RECOMMENDED:

- A. ATHLETES, AND PARENTS WILL DISPLAY PROPER RESPECT AND SPORTSMANSHIP TOWARD COACHES, OFFICIALS, ADMINISTRATOR, TEAMMATES, FELLOW COMPETITORS AND THE PUBLIC AT ALL TIMES.
- B. ATHLETES, PARENTS, COACHES, AND STAFF WILL REFRAIN FROM ANY ILLEGAL OR INAPPROPRIATE BEHAVIOR THAT WOULD DETRACT FROM A POSITIVE IMAGE OF THE TEAM OR BE DETRIMENTAL TO ITS PERFORMANCE OBJECTIVES.
- C. THE POSSESSION OR USE OF ALCOHOL OR TOBACCO PRODUCTS BY ANY ATHLETE IS PROHIBITED.
- D. THE POSSESSION, USE OR SALE/DISTRIBUTION OF ANY CONTROLLED OR ILLEGAL SUBSTANCE OR ANY FORM OF WEAPON IS STRICTLY FORBIDDEN.
- E. ATHLETES, PARENTS, AND COACHES ARE REMINDED THAT WHEN COMPETING IN TOURNAMENTS, TRAVELING ON TRIPS AND ATTENDING OTHER CLUB-RELATED FUNCTIONS, THEY ARE REPRESENTING BOTH THEMSELVES AND VEX. ATHLETES, PARENTS, AND COACHES BEHAVIOR MUST POSITIVELY REFLECT THE HIGH STANDARDS OF THE CLUB.

FOR CONSIDERATION:

- A. FAILURE TO COMPLY WITH THE HONOR CODE AS SET FORTH IN THIS DOCUMENT MAY RESULT IN DISCIPLINARY ACTION. SUCH DISCIPLINE MAY INCLUDE, BUT MAY NOT BE LIMITED TO:
 - I. DISMISSAL FROM THE TRIP AND IMMEDIATE RETURN HOME AT THE ATHLETE'S EXPENSE;
 - II. DISQUALIFICATION FROM FUTURE TOURNAMENTS, EITHER LOCAL OR TRAVELING;
 - III. FINANCIAL PENALTIES;
 - IV. DISMISSAL FROM TEAM; AND/OR
 - V. PENALTIES SET FORTH IN THE USA VOLLEYBALL PARTICIPANT CODE OF CONDUCT, WHICH MAY INCLUDE A LIFETIME BAN.
- B. PLAYERS ARE TO REFRAIN FROM INAPPROPRIATE PHYSICAL CONTACT AT TEAM ACTIVITIES.
- C. PLAYERS ARE TO REFRAIN FROM THE USE OF INAPPROPRIATE LANGUAGE

MEMBER CODE OF CONDUCT

ANTI-BULLYING POLICY

OUR CLUB'S STANCE ON BULLYING IS THAT IT IS WRONG, AND IT HAS NO PLACE WITHIN OUR ORGANIZATION. A BULLYING SITUATION CAN DISRUPT A TEAM IN WAYS THE COACH IS NOT AWARE OF, AND CAN ULTIMATELY BE THE DIFFERENCE BETWEEN A WINNING AND LOSING SEASON.

IN ATHLETICS, WE OFTEN TALK ABOUT OUR BEST ATHLETES BEING "GAME CHANGERS." IN BULLYING, THE GAME CHANGER IS THE INDIVIDUAL WHO CHOOSES TO BECOME AN "UPSTANDER"—SOMEONE WHO HAS THE ABILITY AND WILLINGNESS TO STAND UP TO BULLYING BEHAVIOR.

VACAVILLE EXTREME INC.—VEX CONDEMNS BULLYING WITHIN OUR CLUB. EVERY ATHLETE, PARENT, AND COACH HAS THE RIGHT TO FEEL SAFE, SECURE, AND ACCEPTED REGARDLESS OF SEXUAL ORIENTATION, COLOR, RACE, GENDER, POPULARITY, ATHLETIC ABILITY, POSITION, INTELLIGENCE, RELIGION, OR NATIONALITY.

INTENTIONAL BULLYING CAN BE ANY WRITTEN, ELECTRONIC, VERBAL, EMOTIONAL, OR PHYSICAL ACT AGAINST ANOTHER PERSON. EXAMPLES ARE:

- PLACING A PERSON IN FEAR OF SUBSTANTIAL HARM TO HIS/HER EMOTIONAL, OR PHYSICAL WELL-BEING.
- CREATING A HOSTILE, THREATENING, HUMILIATING, OR ABUSIVE ENVIRONMENT DUE TO PERSISTENT ACTIONS.
- PERPETUATING BULLYING BY SOLICITING, OR COERCING AN INDIVIDUAL, OR GROUP TO Demean, DEHUMANIZE, EMBARRASS, OR CAUSE EMOTIONAL, OR PHYSICAL HARM TO ANOTHER PERSON.

INDIRECT BULLYING IS CONCEALED AND SUBTLE, WHICH CAN MAKE IT MORE DIFFICULT FOR THE BULLIED PERSON TO KNOW WHO IS DIRECTLY RESPONSIBLE. TYPICAL EXAMPLES INCLUDE: SOCIAL ISOLATION (INTENTIONALLY LEAVING SOMEONE OUT), SPREADING RUMORS, AND SEVERAL FORMS OF CYBER-BULLYING.

BULLYING CAUSES PAIN AND STRESS TO VICTIMS AND IS NEVER JUSTIFIED, OR EXCUSABLE AS "JUST TEASING." THE VICTIM IS NEVER RESPONSIBLE FOR BEING A TARGET OF BULLYING.

ALL VEX PARTICIPANTS, INCLUDING PARENTS ARE TO:

1. VALUE OTHERS DIFFERENCES, AND TREAT OTHERS WITH RESPECT.
2. NOT BECOME INVOLVED IN BULLYING INCIDENTS, OR BE A BULLY, BUT RATHER SUPPORT THOSE WHO H HAVE BEEN, OR ARE SUBJECTED TO BULLYING.
3. BE AWARE OF THE CLUB'S POLICIES WITH REGARD TO BULLYING, AND IMMEDIATELY REPORT ALL INCIDENTS.
4. TALK TO THE COACH, OR THE CLUB DIRECTOR ABOUT CONCERNS REGARDING BULLYING, AND WORK WITH OTHERS TO HELP STOP BULLYING.
5. BE A GOOD ROLE MODEL FOR OTHERS WITHIN THE CLUB.

6. **BE AN UPSTANDER AND INCLUDE THOSE WHO HAVE BEEN PURPOSELY EXCLUDED.**
7. **LOOK FOR WAYS TO BE A PART OF THE SOLUTION AND NOT THE PROBLEM.**

WHETHER YOU ARE A BULLY OR SEE SOMEONE BEING BULLIED, IF YOU DON'T STOP OR REPORT BULLYING, YOU ARE JUST AS GUILTY. IF YOU ENGAGE IN ANY TYPE OF BULLYING BEHAVIOR, YOU FORFEIT YOUR OPPORTUNITY TO PARTICIPATE WITHIN THE CLUB AND RISK BEING DISMISSED WITHOUT A REFUND.

GENERAL INFORMATION

PLAYING TIME

THE GOAL OF VEX IS TO PROVIDE TECHNICAL COACHING AND COMPETITIVE PLAYING OPPORTUNITIES TO EACH PLAYER ON A TEAM. IT IS ALSO OUR GOAL TO PLAY THE STRONGEST TEAM POSSIBLE. PLAYING TIME IN A TOURNAMENT MUST BE EARNED EACH AND EVERY MATCH. PLAYING TIME IS EARNED IN SEVERAL WAYS, INCLUDING: SKILL LEVEL, POSITION PLAYED, TIMELY ATTENDANCE AT PRACTICES, EFFORT DEMONSTRATED AT PRACTICES, BEHAVIOR AND ATTITUDE AT PRACTICES AND TOURNAMENTS, AND ATTITUDE TOWARDS THE GAME, THE COACH, THE TEAM, TOURNAMENT OFFICIALS, AND OTHER TEAMS. COMMUNICATION BETWEEN COACHES AND PLAYERS IS INTEGRAL FOR ALL SKILL DEVELOPMENT. IF A PLAYER OR THEIR PARENT HAS QUESTIONS OR CONCERNS ABOUT PLAYING TIME, THE PLAYER SHOULD VOICE THEIR CONCERNS DIRECTLY WITH THE HEAD COACH. A PLAYER WHO WOULD LIKE TO EARN MORE PLAY TIME SHOULD SEEK OUT SPECIFIC COACHING AND FEEDBACK DURING PRACTICES TO HELP IMPROVE THEIR SKILL LEVEL. PLAYERS CAN ALSO EXPECT COACHES TO WORK WITH THEM ON DEVELOPING THEIR SKILLS WHERE NEEDED, TO HELP THEM EARN MORE PLAY TIME.

NUTRITION PRINCIPLES FOR ATHLETES

VOLLEYBALL IS A FAST-MOVING SPORT THAT REQUIRES PHYSICAL FITNESS AND THE ABILITY TO PRODUCE SHORT, POWERFUL MOVEMENTS SUCH AS DIVING, JUMPING AND BOUNDING FROM ONE SPOT ON THE COURT TO ANOTHER. A VOLLEYBALL DIET SHOULD PROVIDE THE BODY WITH THE ENERGY STORES AND HYDRATION TO MEET THE PHYSICAL DEMANDS OF A VOLLEYBALL MATCH.

CARBOHYDRATES GIVE THE VOLLEYBALL PLAYER A PRIMARY ENERGY SOURCE TO PERFORM THE EXPLOSIVE MOVEMENTS REQUIRED DURING A MATCH OR PRACTICE. DIETS HIGH IN CARBOHYDRATES IMPROVE THE SUPPLY OF GLYCOGEN AND GLUCOSE IN THE MUSCLES FOR ENERGY. VOLLEYBALL PLAYERS SHOULD EAT FOODS SUCH AS BROWN RICE AND WHOLE GRAIN BREAD FOR CARBOHYDRATE SUPPLY AS PART OF A HEALTHY, BALANCED MEAL.

A DIET WITH 50 PERCENT TO 65 PERCENT OF TOTAL CALORIES COMING FROM CARBOHYDRATES WILL FUEL BOTH AEROBIC AND ANAEROBIC ENERGY NEEDS.

START THE DAY WITH WHOLE GRAINS. IF YOU'RE PARTIAL TO HOT CEREALS, TRY STEEL-CUT OATS. IF YOU'RE A COLD CEREAL PERSON, LOOK FOR ONE THAT LISTS WHOLE WHEAT, WHOLE OATS, OR OTHER WHOLE GRAIN FIRST ON THE INGREDIENT LIST.

USE WHOLE GRAIN BREADS FOR LUNCH OR SNACKS. CHECK THE LABEL TO MAKE SURE THAT WHOLE WHEAT OR ANOTHER WHOLE GRAIN IS THE FIRST INGREDIENT LISTED.

BAG THE POTATOES. INSTEAD, TRY BROWN RICE OR EVEN "NEWER" GRAINS LIKE BULGUR, WHEAT BERRIES, MILLET, OR HULLED BARLEY OR QUINOA WITH YOUR DINNER.

PICK UP SOME WHOLE WHEAT PASTA. IF THE WHOLE GRAIN PRODUCTS ARE TOO CHEWY FOR YOU, LOOK FOR THOSE THAT ARE MADE WITH HALF WHOLE-WHEAT FLOUR AND HALF WHITE FLOUR.

BRING ON THE BEANS. BEANS ARE AN EXCELLENT SOURCE OF SLOWLY DIGESTED CARBOHYDRATES AS WELL AS A GREAT SOURCE OF PROTEIN

EATING BEFORE A MATCH

A VOLLEYBALL PLAYER SHOULD EAT AT LEAST THREE HOURS BEFORE A MATCH OR PRACTICE. THIS ALLOWS THE BODY TO FULLY DIGEST A MEAL AND CONVERT IT INTO ENERGY STORES. THE MEAL SHOULD BE LOW IN FATS AND OILS BECAUSE THEY TAKE LONGER TO DIGEST. A VOLLEYBALL PLAYER SHOULD AVOID SUGARY FOODS AND CANDY BEFORE COMPETING. SUGARY FOODS PROVIDE AN INSTANT ENERGY SUPPLY BUT LEAD TO SWINGS IN BLOOD SUGAR THAT CAN HARM PERFORMANCE, PARTICULARLY IN THE LATE SETS OF A MATCH. PLAYERS SHOULD ALSO AVOID CAFFEINATED DRINKS AND SODA. THEY CAN HAVE A DEHYDRATING EFFECT THAT REDUCES STRENGTH AND STAMINA AND HURTS PERFORMANCE.

SNACK EXAMPLES

- TRY ALMOND BUTTER ON WHOLE WHEAT BREAD
- APPLE SLICES AND STRING CHEESE
- GREEK YOGURT AND A BANANA
- QUINOA W/TOMATO AND GROUND TURKEY

EATING DURING MATCH

A PLAYER SHOULD TAKE IN LIGHT AMOUNTS OF FOOD THAT CAN PROVIDE INSTANT ENERGY. THE UNIVERSITY OF ARIZONA WOMEN'S VOLLEYBALL TEAM RECOMMENDS PLAYERS EAT

FOODS SUCH AS ENERGY BARS, FRESH FRUIT AND GRANOLA BARS DURING A MATCH. THESE FOODS PROVIDE QUICK ENERGY WITHOUT HINDERING PERFORMANCE BY FILLING THE STOMACH. SPORTS DRINKS ARE ALSO A RECOMMENDED ENERGY SOURCE DURING MATCHES.

HYDRATION

THE AMERICAN COLLEGE OF SPORTS MEDICINE RECOMMENDS THAT PEOPLE DRINK 17 OUNCES OF FLUID ABOUT TWO HOURS BEFORE EXERCISE. DRINKING ENOUGH FLUID AT THE CORRECT TIME PROMOTES GOOD HYDRATION AND ALLOWS THE BODY TIME TO EXCRETE ANY EXCESS WATER. ATHLETES SHOULD DRINK WATER OR A SPORTS DRINK DESIGNED TO REPLENISH THE BODY WITH ELECTROLYTES AND MINERALS LOST THROUGH SWEATING. A VOLLEYBALL PLAYER SHOULD HYDRATE WITH WATER OR A SPORTS DRINK BEFORE, DURING AND AFTER A MATCH OR PRACTICE.

TOURNAMENT BASICS

VOLLEYBALL TOURNAMENTS CAN BE VERY LONG, COLD DAYS. IT IS IMPORTANT FOR FAMILIES TO PLAN WELL (BLANKETS, HAND WARMERS, HOT WATER DISPENSERS ARE GREAT TO HAVE!). SOME VEX TEAMS ORGANIZE TAILGATING FOR TOURNAMENTS WHERE EACH PLAYER IS ASSIGNED AN ITEM TO BRING TO SHARE WITH ALL PLAYERS AND THEIR FAMILIES EACH DAY OF A TOURNAMENT. THE FIRST FAMILY TO ARRIVE AT A TOURNAMENT SHOULD "STAKE OUT" A GOOD SPOT TO SET UP A CAMPSITE. EACH FAMILY SHOULD BRING ONE FOLDING CAMP CHAIR FOR EACH FAMILY MEMBER ATTENDING THE TOURNAMENT. TWO FAMILIES BRING A FOLDING TABLE FOR CAMPSITE USE TO SET UP ALL FOOD & BEVERAGES FOR THE DAY. IF ONE FAMILY HAS A POP UP SHADE FOR THE CAMP SITE, THAT IS ALSO GREAT TO HAVE.

SOME TOURNAMENTS PROVIDE SEATING AROUND COURTS, SOME DO NOT. SOME VENUES DO NOT ALLOW FOLDING CAMP CHAIRS INSIDE BUT WILL ALLOW STADIUM CHAIRS IF PLACED ON A BLANKET, SO COME PREPARED WITH SEATING OPTIONS!

TOURNAMENT LOCATION AND DETAILS CAN BE FOUND AT WWW.NCVA.COM TYPICALLY 2 - 5 DAYS PRIOR TO A TOURNAMENT. DETAILS OF TOURNAMENTS ARE SUBJECT TO CHANGE EVEN THE NIGHT BEFORE A TOURNAMENT, SO ALWAYS DOUBLE CHECK LOCATION AND PLAY TIMES LATE THE NIGHT BEFORE OR EARLY MORNING ON TOURNAMENT DAYS.

PREMIER LEAGUE TEAMS WILL GENERALLY TRAVEL LESS THAN 90 MILES FOR A TOURNAMENT WHILE POWER LEAGUE TEAMS MAY TRAVEL 1-5 HOURS FOR A TOURNAMENT. PLAN ACCORDINGLY SO YOU CAN BE ON TIME, FACTORING IN WEATHER DURING THE WINTER FOR TOURNAMENTS THAT ARE A LITTLE FARTHER AWAY.

VEX GENERAL INFO

- VEX POSSIBLE PRACTICE SITES:

SOLANO COMMUNITY COLLEGE
4000 SUISUN VALLEY ROAD
FAIRFIELD, CA

VACAVILLE INDOOR
777 VACA VALLEY PARKWAY
ACAVILLE, CA

ANGELO RODRIGUEZ HIGH SCHOOL
5000 RED TOP RD
FAIRFIELD, CA 94534

- OUR WEBSITE: WWW.VACAVILLEEXTREME.COM
- OUR EMAIL: VACAVILLEEXTREMEVBALL@GMAIL.COM
- FOLLOW US ON FACEBOOK: VACAVILLE EXTREME VOLLEYBALL CLUB