



RULES AND REGULATIONS

Behavior:

- Remember, you represent PVA. Any inappropriate conduct or behavior will not be tolerated and will be appropriately disciplined.
- Players play and coaches coach.
- Players are the bridge of communication between parents and coaches. Any concerns about playing time from parents should be addressed to their player. If it becomes necessary and problems aren't solved at this level, player, coach, parent and administrative meeting will be conducted.
- During practices all athletes will hustle at all time, during and between drills.
- Keep all comments positive.
- Be willing to learn and accept feedback.
- **Work hard, Compete, Get a lot Better and Have fun!**

Attendance:

- **We expect our athletes to attend all practices and tournaments.** However, if a situation arises where there is a conflict with the schedule, **the athlete must call her coach.** Regular practice attendance is critical in the development of the individual athlete as well as the team.
- If you are absent from practices or tournaments without notifying a coach prior to the absence, you will not play in the next tournament. If you miss a practice before a tournament you will not play in the first game.
- A player can make up a practice with another team with the approval of the coach.
- Please make any appointments around practices and tournaments.
- All athletes are expected to be at the gym 15 minutes prior to the scheduled start time of practice to help in the setup of the facility and prepare for practice.
- Attending the Junior Olympics or Volleyball Festival is mandatory.

Playing Time:

- Playing time at tournaments will be determined at the discretion of the coaches. Line-up decisions will be consistent with the goals set for each team. An athlete's playing time may vary from tournament to tournament. Abilities demonstrated at practice and personal progress, are among the many factors that determine playing time. Each player will receive equal training during practice.
- Positions and Playing time earned.
- Poor behavior and attendance are also factors in playing time. Regular practice attendance is critical in the development of the individual athlete as well as the team.
- Players are the bridge of communication between parents and coaches. Any concerns about playing time from parents should be addressed to their player. If it becomes necessary and problems aren't solved at this level, player, coach, parent and administrative meeting will be conducted.

Attire:

- All players will wear shorts or spandex, t-shirt, running/volleyball shoes and kneepads to all practices. No cutoffs, tank tops, street shoes, etc will be worn to practices. Failure to do so will result in ineligibility to participate in practice.
- Appropriate PVA attire will be worn to **ALL** tournaments. Athletes will arrive ready to play. **NO ONSITE DRESSING FOR TOURNAMENTS.**

Parents:

- Support your daughter's commitments and make sure she understands and adheres to them.
- Understand the program and our philosophy.
- Show respect to team members, parents, opponents, coaches and officials.
- Show support by attending matches often.
- Help with over night chaperone duties.
- Honor your financial commitment to PVA.
- Follow USVBA & SCVA guidelines.
- Provide transportation to practices and tournaments.
- Help maintain a positive environment for your daughter, be it at practices or tournaments.
- If a problem arises and your daughter needs assistance in solving it, PLEASE remember not to approach the coach at a tournament or practice. Call the coach at home or set up an appointment with coach, club director or head coach to rationally discuss the problem.

As a club, we believe these rules must be implemented in order to provide all athletes the environment needed to develop in sportsmanship, leadership, teamwork, and ethical and moral conduct in order for our athletes to mature and progress into responsible people that will make positive contributions in our society.

Failure to comply with these rules may lead to a suspension or possible removal from the Performance Volleyball Academy.

Please tear here and turn in the bottom part

By signing below I acknowledge that I have read and agreed to the above, and understand I will be held responsible to comply with above rules and regulations,

Player Signature _____ Date _____

Parent Signature _____ Date _____