



**PLAYER AND PARENT
HANDBOOK**

2021-22 Season

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INTRODUCTION

East Coast Power Volleyball was formed by coaches, former college players and parents who, quite simply, love volleyball. We've seen our own daughters grow in confidence and skill as a result of club volleyball, and now our goal is to grow the game and create as many opportunities as possible for young women to develop a passion for this sport we love.

While East Coast Power Volleyball has quickly developed into the strongest and most-winning club volleyball program on the East Coast, we do not measure our success by wins and losses. Instead, we believe that the success of our club should be measured by our players and the quality of their experiences during team practice and competition each season. Our goal is to instill a winning attitude, strong work ethic, confidence, perseverance and integrity into all of our players. Our program is designed to position our players to achieve their goals, whether it's competing at the CYO, club, high school varsity and college level. Ultimately, our goal is to help your daughters develop into confident, capable young women. Volleyball is a lifelong sport, and our hope is that our players will develop a passion for the game that will allow them to continue learning, playing and teaching volleyball for the rest of their lives.

We've developed this parent and player handbook to educate our club families about the mission, core values, goals and policies of our club, and to clearly define coach, player and parent responsibilities during the season. We hope this handbook will address any questions you have about our club and will serve as a useful guide for getting the most out of the club volleyball experience.



CLUB LEADERSHIP & STAFF

East Coast Power has assembled a team of the best club, college and high school coaches in the region and an experienced staff to support our club families.

Brian McCann - Executive Director

Roberta McGuiney - Director

Laura Zewe - Allegheny Division Director

Mike Krause - Director, Emeritus

Division Support

Emily McCann - Division Manager (Supporting all divisions)

Steve Lieber - King of Prussia

Donna Roman, Don West - Lehigh Valley

Denny Werner - Susquehanna Valley

Janet Quinn - Bucks, & Power Jrs

Harry Bitzberger - West

Chris Smith - Manager of Chesapeake

Amy Skidmore - DC

Mahrya O'Conner & John Delaney - DC

Chris Ho - Club Lehigh Power (Boys)

Recruiting & Player Development

Steve Lieber, Recruiting Coordinator

Devon Maugle

Roberta McGuiney

Administration

Nikki Reels - Manager of Volleyball Club

Kathy Arnow - Business Manager

Tina Judkins, Travel and Hotels

Janet Quinn - Uniforms, Spirit Wear & all apparel

PART I: PLAYING FOR AN ECP TEAM

MISSION STATEMENT & CORE VALUES

East Coast Power Volleyball is committed to helping our student athletes reach their full potential on and off the volleyball court. We challenge our players to practice and compete at the highest level, and hold them to a high standard that includes a competitive attitude, hard work and team spirit. Our goal is to develop the “whole athlete” and create opportunities for all of our players to improve their skills, develop lasting friendships, continue their volleyball careers into college and grow into confident, capable young women and men. Below you’ll find a summary of our core values, which will be reiterated throughout this handbook.

- **Player Development**: Individual player development, both on and off the court, is the key to the success of any club or team. Our training program is focused on helping individual athletes reach their full potential.
- **Coaching Excellence**: Coaches are a significant influence on the lives of our players. We hold our coaches to a high standard both on and off the court and offer a comprehensive coach development program so that every East Coast Power player receives the highest level of quality coaching.
- **Effort**: Each time our athletes step on the court, they have an opportunity to better themselves. We expect maximum effort in both practice and competition. As a club, we put forth tremendous effort to ensure a positive, enriching experience for your child.
- **Competition**: Challenging players against tough competition is more important than a short-term win. We put our teams and players in highly competitive situations and ask them to raise both their physical and mental game in order to reach their full potential.
- **Attitude**: We believe that the attitude of our players, parents and coaches determines the success of our club. We expect a winning attitude of respect, effort, discipline and teamwork from players, parents and coaches.
- **Communication**: Communication - among coaches, players, parents and staff -- is essential to a successful program. We believe that teaching our daughters how to communicate with coaches and teammates is an important part of the growth process offered by club volleyball. We encourage thoughtful, constructive communication between all parties.

- **Club Philosophy - A Winning Attitude** Individual player development, focusing on both physical skills and mental attitude, is at the center of the East Coast Power Volleyball training program. Every interaction with our players is guided by the belief that attitude is the most important quality in a player's success, on and off the court. While winning is not the ultimate goal of our player development program, we ask players to maintain a winning attitude, which means staying positive and respectful with teammates and coaches, and putting forth maximum effort at both practices and tournaments, regardless of the scoreboard.

OPEN GYMS & TRYOUTS

East Coast Power Volleyball holds open gyms and tryouts each year to select players for our teams. Open gyms for girls teams typically are scheduled in September and October with tryouts held the at the end of October and mid late November. To learn more about USA Volleyball and the Ohio Valley Region go to www.OVR.org.

Open Gyms

Attendance at an Open Gym is optional, however, we encourage players who are strongly interested in playing for our club to attend Open Gyms as this creates the best opportunity to be seen and fully evaluated by our coaches. Parents (not players) are free to approach coaches at open gyms and discuss the potential of their athlete and how a player may best fit into our club. While no formal offers are made during open gyms, our coaches may have preliminary conversations with parents of athletes about their interest in joining ECP.

Selection Process

Selection to an East Coast Power team will be based upon the following criteria:

- Player performance during open gyms and tryouts, including skill level, effort, competitiveness and interaction with other athletes
- Athletic potential, and how a player may develop over the course of a season
- Attitude and coachability of the player
- Evaluations of the player from past club seasons, camps or high school performance
- Past history of parental involvement or behavior
- Being in good standing with East Coast Power, OVR and USA Volleyball

Notification and Commitments

East Coast Power Volleyball Club complies with all OVR rules related to tryouts, recruiting and offers. During the tryout process, ECP will verbally contact parents of players being offered a position within the club. Per the OVR rules, we are not allowed to speak to players. The parents will be asked to verbally commit to the team. This will be followed by a written offer via email in compliance with the offer schedule set forth by the region. A parent must reply and accept the offer via email, copying the OVR office on the response. Once a parent has replied and committed to our club, the commitment is binding for the season.

Response time

Currently OVR rules give player families 48 hours to respond to a written offer. We would like to remind parents that if they plan to decline our offer to please do so as quickly as possible so we can offer the opportunity to another player.

Waiting List

After the first round of offers is made, all remaining players are placed on a waiting list. Please know that in past seasons, the majority of players on our waiting list receive offers. Depending on the size of the waiting list, we may create an additional team to accommodate strong interest in a particular age group. We will do our best to keep everyone in the age group informed of their status and will send an email once all the team positions are filled.

Pre-Season Offers

For the 2020-2021 Season, a significant rule change by OVR allowed ECP and other clubs to make early offers to players who were members of the club during the previous season. For the 2020-21 Season, ECP did not make these early "loyalty" offers, instead choosing to let players develop over the summer to create equal opportunities for all players during the fall tryout season.

Time Commitment

East Coast Power Volleyball encourages our players to be involved in school activities and understands the value of participation in high school sports. We will do our best to accommodate the reasonable demands of other sports and school activities. Academics should always be the priority of our athletes, but we expect ECP practices and tournaments to take priority over other sports during the club season. Athletes who have conflicts with other sports should discuss this with their coaches as soon as possible, but a decision to miss practice or a tournament for another sport may have an impact on

future playing time. Typically, winter sports pose fewer conflicts with club volleyball than spring sports. Before trying out, players and parents should discuss whether the athlete can make the necessary time commitment to the club and her team. Our Premier and Travel teams typically offer a more flexible schedule for our multi-sport athletes.

GIRLS TEAMS

All teams will consist of 11-12 athletes and 2 coaches. We carry this number because we have multi-sport athletes, there is always the possibility of injuries throughout the season, and to promote healthy competition within the team.

National & Premier Teams

Players who join a National or Premier Team typically play 16-20 days of competition each season. This consists of all multi-day events, including one or two national USAV qualifiers. Multi-day events may require overnight stay. We register for out-of-region tournaments to (1) ensure that ECP players are challenged at the highest level and (2) to create opportunities for our players to be seen by the college recruiting community. By committing to any ECP National or Premier team, player families are making a financial commitment to attend every tournament at their own expense. All members of a National team at all ECP branches are expected to compete in either USAV Nationals (if the team qualifies) or AAU Nationals at the end of the season. All players on any ECP team that qualifies for USAV Nationals will be expected to travel to the USAV Girls Junior National Championship Tournament.

Players competing in post-season tournaments will be required to pay an additional postseason tuition payment not to exceed \$550. All players on a National team are financially obligated to pay the \$550 post-season tuition fee. All other players who qualify for a bid to nationals must pay the fee upon receiving the invoice.

Travel Teams

Travel Teams typically play 14-18 days of competition. This consists of both multi-day and single-day events. Multi-day events may require overnight stay, but the amount of travel will be less than our National or Premier teams. This will not affect the level of competition that our Travel teams will see throughout the season. To ensure that players on travel teams are challenged at the highest level, teams sometimes may compete in a higher age group.

TEAM PRACTICES

Schedule

East Coast Power Volleyball teams practice 2 to 3 days a week, depending on the age of the team and whether it is a National, Premier or Travel team. Team practices are usually 2 hours in length, and may consist of group skills practices with other teams, team-specific practice or a joint-practice and scrimmage with another ECP team. We will do our best to maintain a consistent practice schedule at the same location throughout the season.

Practice Requirements and Conduct

The following rules apply to all practices

- Players are expected to attend all scheduled practices during the season.
- Players are expected to be on time to all practices. At ECP, on time means arriving 10-15 minutes prior to the start of practice, dressed and ready to play
- Players are expected to work hard and be attentive and respectful to their coach and teammates during practice.
- Players are expected to wear their ECP Practice shirt to all practices.
- Cell phone use is strictly prohibited during practice unless you have permission from your coach.
- Players/Parents need to communicate with their coaches if they are going to be late, are sick, or need to miss practice for any reason.
- All players are required to attend team training.
- Players should not talk with parents, nor should parents engage their players during practice.
- Player violations of the ECP practice policies may result in suspension or missed play time at tournaments.
- Parent violations of the ECP practice policies may result in suspension from practices.

Cancelled Practice

Some practices may be cancelled due to weather conditions or facility scheduling conflicts. While ECP will do its best to makeup a cancelled practice, this may not always be possible.

TOURNAMENTS

East Coast Power girls teams typically will compete in 14-20 days of competition during the regular season, which begins in January and ends in early May. National teams and bid-winning teams attending post-season tournaments will continue to practice and compete through June or early July, depending on the schedule of the tournament. Tentative team schedules will be posted on the ECP website during tryouts, but these schedules are subject to change depending on tournament availability and other scheduling issues. Players who accept a position on an ECP team are making a commitment to attend all tournaments, including those that are not outlined on the preliminary schedule.

Local Tournaments

A local tournament is defined as a tournament within a two-hour drive of the practice facility. Local tournaments do not require a hotel stay, although some families may choose to stay in a nearby hotel the night before a competition. No travel arrangements will be made by ECP staff for local tournaments.

Post-Season Tournaments for Non National Teams:

If a team wins a USAV bid through a national qualifier, all players on that team are committed to attending the USAV Girls Jr National Championship tournament (GJNC). Parents of players on bid-winning teams agree to pay an additional tuition payment of \$550 upon receipt of that invoice. You are also responsible for all player and parent travel costs associated with attending the GJNC tournament.

Post-Season Tournaments for National Teams:

In accepting a position on a National team parents and players are committing to attend a post-season national tournament (GJNC or AAUs) in June and/or July. An additional fee of \$550 for the extended National season will be invoiced to the player with a payable date of March 15. All parent and player travel and hotel expenses are paid for by player families and are not included in tuition. Hotels for GJNC are arranged through the tournament with ECP and players are required to stay in the team hotel in order to participate. No exceptions. Players who are not current on their accounts, including nationals fees, will not be eligible to participate in bid tournaments or USAV qualifiers.

Cancelled Tournaments:

While we do our best to adhere to the planned tournament schedule, unforeseen events may lead to a tournament cancellation or a team not being accepted to play. In the event a tournament is cancelled for any reason, ECP will attempt to replace the tournament with a similar event. However, it is not always possible to find an alternative tournament, and no refunds will be given for a cancelled tournament. ECP is not responsible for player costs, airline fees or hotel costs related to cancelled tournaments.

TOURNAMENT POLICIES

East Coast Power teams attend all tournaments to compete. Everything else is secondary. While we know many player families travel with their players and schedule vacation time around the tournament schedule, we ask that parents support their player's goal to compete at the highest level. This means that sightseeing, socializing and visiting family members should be saved for the end of a tournament and should not interfere with a player's focus during the tournament. The following rules apply to help players maintain maximum focus during team competition.

PREPAREDNESS

- Players should arrive on time to all tournaments and scheduled warmups and matches. It is club policy that players who are late to a tournament, warm ups or match would possibly lose playing time at the discretion of the coach.
- Players commit to getting enough sleep prior to the tournament and to maintaining proper nutrition before and during the tournament.
- Players must bring their full uniform including all jerseys to every tournament
Failure to do so could result in lack of playing time.
- Players should wear their full warmups when entering the tournament venue.
- Players should line up backpacks neatly on the court or in the camping area.
- Players should have adequate amounts of water with them at tournaments to be able to be properly hydrated during matches.
- As with practices, on time for ECP players is 10-15 minutes early and ready to play

ATTITUDE & BEHAVIOR

- Players and Parents are representing the club, their coach, their teammates/players, and themselves at a tournament and are committing to always behave in a respectful manner to tournament officials, coaches, teammates/players, parents and their opponents.
- Cell phones are to be put away during warmups, competition and work duties. Players who violate this policy will sit out the next set. No exceptions.
- Camp areas are to be kept neat.
- Players and parents should never argue with officials. This includes player line judges and scorekeepers. Disputes over scores should be handled by players and coaches only, and parents should not shout or intervene in any way.
- Parents are not allowed to approach a coach about issues of playing time, position or other disputes during a tournament. (Please see the *Conflict Resolution* section of this handbook where we elaborate more on this point.)
- All players are required to help with the line judging, scorekeeping, score flipping, and down officiating. No headsets or cell phones are to be used during officiating assignments. This also means absolutely no cell phones at the scorekeeper's table. Anyone that does not adhere to work assignments could be penalized at the discretion of the coach.

TEAM TOGETHERNESS

- Players will stay with their team at all times during a tournament. This means players will spend time together in between matches whenever possible.
- Players should do their best to stay focused on the task at hand. Spend your downtime with your teammates and please save socializing for after play has ended for the day.
- Players should always show respect for their teammates on and off the court.
- Team Events are essential to success and mandatory. Team parents should consult with the group to plan a reasonable number of affordable team activities at a tournament, and players are required to attend once a team activity has been arranged and agreed upon by a majority of the group. Players who skip team events risk playing time penalties.
- Players, whenever possible, should spend their downtime supporting other East Coast Power teammates competing in the venue.

PLAYING TIME

When a parent and player make a commitment to club volleyball, they are investing in the benefits and challenges of playing a team sport and all that goes with it. At East Coast Power, our commitment to parents and players is that we will focus on the whole athlete, helping her develop her volleyball skills by providing quality coaching, intensive practice and player development opportunities and tournament competition. In the course of the club season, players also learn how to cope with adversity and pressure, develop poise and mental toughness and how to balance the competing demands of school, sports, college goals and friendship.

Season Playtime Breakdown

At East Coast Power we have designed our season to be broken down into thirds regarding playing time.

- The First Third: This encompasses your first 2-3 events at which point all players will have **equal opportunity** to play in the positions that they are interested in playing and have been training for. This does not mean equal playtime. It means equal opportunity to earn playtime.
- The Second Third: This encompasses your more competitive multi-day events and qualifiers. At this time, coaches are encouraged to put together a line-up they think will be the most competitive and will give their team the best opportunity for success. We do encourage an equal opportunity mindset if teams are knocked out of contention.
- The Final Third: This encompasses the final segment of the season where we revert back to an equal opportunity mindset. Nationals will be treated as a qualifying event and teams will be encouraged to be as competitive as possible until they are knocked out of contention.

Parents and Playing Time

The support of parents is essential to an individual player and the success of his or her team. We ask our parents to maintain a positive attitude and encourage their player to stay confident and positive, whether he/she is a starting player who receives significant playing time or a substitute who plays fewer rotations. Coaches and the club leadership are the ultimate authority about team lineups and playing time decisions. Under no circumstances is a parent to discuss lineups or playing time with coaches whether at a

tournament, at practice or by email or text. A parent who wants to discuss playtime decisions should follow the steps outlined in the conflict resolution policy.

Playtime Violations of the Conflict Resolution Policy

Approaching a coach at a tournament to air a complaint is a serious violation of club policy. A parent who tries to talk to a coach or club leadership about an issue of playing time or position will be reminded to follow the conflict resolution policy. A second infraction will result in lost practice and/or tournament playing time for the player. At the discretion of club leadership, parents who approach a coach may be asked to leave the tournament and subject to suspension from practice and future events. A second violation will result in a more severe penalty, including possible player expulsion from the club.

Constructive Communication

We recognize that sometimes a parent may feel angry or frustrated and be tempted to vent his or her feelings. We also know that at times a parent may have a legitimate concern that needs to be aired. We ask both our coaches and our parents to maintain perspective and self control at all times, complying with our 24-hour rule and our conflict resolution policy (see Conflict Resolution Policy).

PART II: OUR COMMITMENT TO OUR PLAYERS

PLAYER DEVELOPMENT PROGRAM

Player development is a core value of East Coast Power Volleyball. Our unique player development program is aimed at helping every player set and achieve their goals during the season and reach their full potential on and off the court.

Our lead coaches, team coaches, specialty coaches and leadership all will work with athletes to ensure a positive club experience. Members of our recruiting and player development staff will help players focus on individual goals and offer club-wide programming that focuses on both skill training and character development.

Skill Development

Individual skills training is essential to player and team success. During the first part of the season, ECP teams are more focused on individual skill development and fundamental training. All players will be taught and trained at each skill with our 12U-14U teams. We believe doing each skill the right way leads to a higher level of play as they progress through their season. The goal at the start of the season is not necessarily to win every match but to develop a consistent skill base in our players that will bring success in the later part of the season.

Whole Athlete Development

The Power Up Whole Athlete player development program will include handouts, emails and talks on confidence, teamwork and attitude, as well as team-building programs and other activities to help players set and achieve goals and gain confidence. We ask players to take part in all player development activities as members of an ECP team.

COLLEGE RECRUITING PROGRAM

Players who make the time and financial commitment to compete on a National or Premier team (and some players on travel teams) are often interested in continuing their volleyball careers in college. East Coast Power Volleyball offers the most comprehensive college recruiting program in the region to help players navigate the recruiting process.

Player Recruiting Plan

ECP recruiting staff will conduct class specific meetings to help create a step-by-step plan for your individual recruiting process. This will teach you how to organize your recruiting effort, such as identifying target colleges, developing a player profile and contacting coaches.

Player Profile:

High school players graduating within three years (typically 16U, 17U and 18U teams) will receive guidance on creating a custom online recruiting profile on the East Coast Power website. Players can use this profile to post videos and will share links to this profile when contacting college coaches. Parents and players will be responsible for notifying ECP with updates for the online profile.

Recruiting Events & College Combine

ECP will host club-wide recruiting seminars and offer additional recruiting support to player families. ECP players also get preferred admission to the Northeast Collegiate Volleyball Combine, the largest fall college recruiting event on the East Coast.

College Contacts

Our coaching roster includes Division I, II and III college coaches and players as well as experienced club coaches with numerous contacts in the college recruiting community. Once our players establish their college recruiting goals and target colleges, our coaches will work closely with the college recruiting community to help athletes connect with a college program.

COACH DEVELOPMENT PROGRAM

Coaching Excellence is a core value of East Coast Power Volleyball. We know coaches have a significant influence on the lives of our players, and at ECP we hold them to a high standard both on and off the court. To support our coaching staff, we offer a comprehensive coach development program and numerous coaching resources to assist them in providing every East Coast Power player the highest quality coaching possible.

Coaching Curriculum

We have developed an extensive coaching curriculum to help standardize ECP practices and training so that all ECP players receive the same high-level of technical development. We continue to evaluate and update this curriculum on a regular basis to keep up with current coaching techniques.

Practice Plan Coordination

ECP leadership works with all of our coaches to develop consistent practice plans so every ECP player receives the same quality coaching instruction regardless of age level or team. New this season we will be implementing a standardized 45 minutes of skill based training that will be executed at all levels and in all divisions.

Credentials

All East Coast Power Coaches are Impact certified by USA Volleyball and are registered coaches with the Ohio Valley Region Volleyball Association.

COMMUNICATION

Communication is a core value of East Coast Power Volleyball. We believe strong communication is the cornerstone of a strong program. We feel strongly that problems and misunderstandings can be avoided when the club and coaches communicate clearly with parents and players.

Website

Our website www.ecpowervolleyball.com is your best resource for keeping up with everything happening in our club. Our website is used to celebrate your child's accomplishments and to keep everyone updated on news and information related to tournament schedules and practices. You will also find club policies, club contact information, coach information and team schedules, rosters and player profiles on our website.

Social Media

Please follow us on Facebook (@ECPowerVball), Twitter (@ECPowerVball), and Instagram (@ecpowervball) for the latest updates from our club.

Emails

Email is our main form of club communication so please check your email regularly for important updates. If you do not see emails from our club, please check and make sure we have your correct address. When filling out our Welcome form or other forms PLEASE use care to input your correct email address. Careless typos mean we will not have your correct contact information.

Cell Phones, Text Messaging & Team Snap

We understand that players often communicate best by text messaging, however we have implemented the use of TeamSnap for player/coach communication.

Parent Communications

We encourage parents to email ecpowervolleyball@gmail.com with questions about club business. You are also welcome to contact coaches by email or text message about issues of logistics or scheduling. However, please refer to our Conflict Resolution Policy in this manual for guidance on how to communicate about issues related to your child's performance or playing time.

PART III: POLICIES AND PROCEDURES

UNIFORM INFORMATION

Players are responsible for their uniforms, for maintaining their uniform in top condition and for keeping track of their uniform and equipment at all times.

Players must take all pieces of their uniform package to each tournament. Failure to have a complete uniform could result in lost playing time.

Information about uniform replacement policies, reporting uniform issues such as wrong size or damaged uniforms as well as tips for uniform care can be found on the Uniform page on the website. [Uniforms - Issues, Assistance & Care](#)

TRAVEL: HOTEL & FLIGHT POLICIES

East Coast Power Volleyball manages travel each year for hundreds of coaches, players, and their families. For this reason, it is essential that our parents pay attention to emails about travel and hotel bookings in order to meet deadlines. It is the parent's responsibility to ensure that they have booked hotels and airfare in a timely fashion to attend tournaments.

When committing to an ECP team, parents are also committing to comply with our hotel policy. Parents will be asked to secure rooms using a personal credit card. All hotel costs related to tournaments are paid for by player families and are not included in season tuition.

OUR PRIMARY MODE OF CONTACTING YOU ABOUT HOTELS AND TRAVEL IS VIA EMAIL. IF YOU KNOW YOUR TEAM IN ATTENDING A TOURNAMENT THAT REQUIRES A HOTEL STAY PLEASE CHECK YOUR EMAIL FREQUENTLY.

HOTEL INFO & POLICIES:

Our Hotel Coordinator Tina Judkins works with all of our travel event operators to secure **Team Hotels** for our ECP teams and coaches. We are issued what is called a **Hotel Block** which is a certain amount of rooms within a hotel at a designated rate.

ECP reserves one room per team member in the Hotel Block. Should your family require additional rooms they must be secured directly from the hotel and may not be at the same team rate.

Most travel events are considered **Stay-to-Play** events. These events require that registered teams book their hotel rooms in the hotels the event provides. Failure to book at their hotels can result in a team's expulsion from the tournament. **Please note that players are required to book a room in the designated Team Hotel and within the specific Hotel Block we were provided by the event. Failure to stay in the Team Hotel will result in the player being suspended for the tournament.**

When we request Hotel Blocks for these travel tournaments we have to take the blocks that the event operator provides. There are many factors that go into how they issue these blocks. We make every effort to put our families in hotels that are clean, well run and close to the venue. That being said, we cannot always control those factors. We ask that you be understanding as we are always trying to make your travel experience as enjoyable as possible. ECP families are required to stay in the Team Hotel and comply with the hotel policies of our tournaments even if more desirable rooms might be available at another hotel.

We have a program we call **Hotelpalooza** which is a week when all (most) of your hotel information for booking will be available on the ECP website. This is in early December shortly after our teams are formed. Parents need to keep an eye out for information about this event. Parents are asked to make all hotel reservations or complete rooming lists at this time. The timing of booking hotels is critical and you should be sure to get your bookings done during this period. Your player must stay at the Team Hotel, failure to do so will result in suspension from that tournament.

Occasionally **Rooming Lists** are required by our hotel contracts to protect the integrity of a Hotel Block. This is a list of player families who are allowed to book a room in our block. When a rooming list is required, parents must not contact the hotel directly, doing so could result in having their reservations automatically cancelled once our rooming list is submitted.

If your team earns a bid to USAV Girls Junior Nationals, it is a Stay-to-Play event and players again are REQUIRED to stay in the Team Hotel as it is assigned.

FLIGHT INFO & POLICIES:

Airline reservations should be scheduled to arrive the day before a tournament, with arrival before 8 p.m. Families may not book the last flight of the day as unexpected cancellations may prevent a player from arriving at the tournament on time.

Return travel should be scheduled after 6 p.m. on the final day of a tournament.

Players who schedule late arrivals prior to a tournament or early departures that require leaving a tournament before a team has finished playing will be penalized at future tournaments.

ADMINISTRATIVE COMMITMENT

A player family that commits to play for East Coast Power Volleyball is also committing to meeting all administrative requirements in a timely fashion. Any player who does not meet administrative deadlines will be benched from practices and tournaments. These deadlines include (but are not limited to):

- Show your coach a copy of the updated, full-season OVR registration membership. Deadline: First practice
- Providing medical forms and proof-of-age-documents by required deadlines. Deadline: First practice
- Ordering uniform by required dates.
- Completing all hotel week/Hotelpalooza requirements in a timely fashion.

FINANCIAL COMMITMENT

A player family that commits to play for East Coast Power Volleyball is making a financial commitment to pay the full tuition in a timely manner.

Payment Options

- East Coast Power Team tuition can be paid in-full at registration or spread out over a 4-payment plan. If you choose to pay in full, you will receive a \$50 discount. If you choose to pay via payment plan, the first payment will be due upon acceptance and the following payments will be due in December, January, and February. If you are on a national team, your nationals fee payment will be due in March.
- If your account were to become delinquent, it could result in your player's removal from the team roster.
- You will be assessed a \$40 fee on any returned checks.

Injuries

While we do our best to help players practice and play safely, injuries are an inevitable part of any sport. We do not issue refunds to injured players and expect injured players to continue coming to practice until healed. Long-term injuries that remove a player from a team for the majority of the season will be considered on a case-by-case basis.

PART IV: PARENT/ PLAYER RESPONSIBILITIES

ROLE OF THE PARENT

Parents are essential partners in training the club athlete. We know parents make a significant financial and time commitment to allow their children to take part in club volleyball. We also know parents are an important influence on a player's attitude at practice and tournaments. For these reasons we have outlined some helpful reminders to ensure that your player gets the most out of her season.

- Let the coaches coach
- Be your child's biggest fan
- Do not talk about other players
- Support all players on the team
- Promote the ECP culture & core values
- Encourage your child to talk with their coaches
- Display appropriate behavior at all times
- Help your child keep his/her priorities straight
- Keep volleyball in its proper perspective:

Competitive sports can produce strong emotions in parents. We feel our child's disappointments so strongly, it can be difficult to keep those feelings under control. Remember your relationship will continue with your children long after their competitive volleyball days are over.

- Have fun!

CONFLICT RESOLUTION POLICY

While our club and team policies are outlined in this document, we know that from time to time, some concerns may arise. Our conflict resolution policy gives parents, players and coaches a constructive forum for resolving questions and concerns. We offer the following guidelines to assist in resolving areas of concern.

Step 1: Player Communicates to Coach: We encourage our players to communicate issues or concerns to their coach, whether at practice or during a tournament, our coaches know to make themselves available to talk with players. We ask that even at the youngest age groups parents encourage their daughters to take this step and help

them learn to communicate with their coach(es). We ask our coaches to have an open door policy when it comes to player communication and to provide thoughtful & productive feedback to players who are in search of it. Below is some guidance for players.

- Always feel free to talk to your coach if you are struggling with a skill or have a question about an instruction, lineup, practice time or tournament issue.
- Specific questions about playing time should be scheduled at time convenient to both coach and player.
- Parents should discuss the parent-coach conversation with your player, showing support for her/his effort and continue to stay positive about the team.

Step 2: Parent and Player Communicate with Coach: If, after the player-coach meeting, you feel your issue or concern requires further discussion, please schedule a time for *you and your player* to meet with the coach.

- Email, text or call to set up meetings, don't put your concerns in writing, save that discussion for the scheduled meeting.
- We expect coaches and parents to go into these meetings with an open mind and a willingness to listen to each other and seek an amicable resolution.
- The goal of the meeting is to gather information, resolve differences and agree on a course of action to help a player achieve her goals.
- The focus of this conversation should be on ways to improve the current situation, and identify solutions that work for both parent/player & coach.
- Never approach a coach at a tournament to discuss playing time or other grievances related to competition. This includes the entire duration of the tournament including travel time, downtime during the competition, and evenings at restaurants or team hotels. Violations of this policy are taken seriously and will result in player suspension from the tournament and possible expulsion from the team.
- Parents are always asked to adhere to the "24 hour rule" and wait at least 24-hours after the final play of a tournament before raising any concerns with the coach. Violation of the 24-hour rule may result in a negative ramification for the parent or player.

Step 3: Parent/Player Meeting with Leadership:

Schedule a meeting with a member of the club leadership and/or director. Most of the time, players, coaches, and parents are able to resolve conflicts on their own. In rare

cases, parents and/or coaches may feel the need to approach the club director to mediate a dispute. While we hope parent-coach conflicts never reach this level, we will coordinate these meetings if needed.

FINAL THOUGHTS

ECP was founded by parents and coaches who love this game, and we love the opportunities it creates for our daughters. Our club has grown far beyond our wildest expectations. We now have five girls divisions in PA: KOP, Bucks, Lehigh, Susquehanna, and West and sister clubs ECP Delaware & DC. We also have a boys program, Club Lehigh Power, and other great programs including Power Beach and Power Juniors.

Throughout it all, we have never lost sight of the fact that our coaches, players and families are what make this such a special club. Every decision we make, whether it's the uniform, the tournaments we play or planning our holiday party, is made with the growth, development and wellbeing of our players in mind. Every person involved in ECP leadership has either had a child in our program or been a player themselves. We love these girls. We want the best for them. We know we don't get everything right, and all of us have made mistakes along the way. But we hope that every time you interact with us - by email, by phone or in person -- you will keep in mind that we are all here for the same reason: to give your daughters the opportunity to grow and develop as volleyball players and strong young women on and off the court. Our loyalty is always to our players and what is best for them. We will do our best to give your daughter a great experience and to solve any issues that arise during the season.