



2011 Virginia Elite

Parent - Player Packet



PARTICIPATION AGREEMENT 2011

1. I (We) agree to become members of Virginia Elite VBC for the 2010-2011 season (December 1, 2010- July 31, 2011) and permit _____ to be a player member.
2. I (We), as the parent(s)/guardian(s) of our daughter, have read the entire handbook and other information concerning the policies and practices of Virginia Elite VBC and agree to abide by the rules established therein.
3. I (We) understand I (we) are responsible for transportation our child to all practices and tournaments for the duration of the season, and that coaches are not allowed to transport players unless they are also a parent and their daughter is present.
4. I (We) understand that parents must provide chaperones for all multi-day tournaments. We will share in that responsibility, as needed.
5. I (We) understand the time commitment involved in practice and competition, as listed on practice and tournament schedules. We understand that there will be no refunds or fee reductions due to inability to attend tournaments.
6. I (We) agree to abide by the Parent and Player Codes of Conduct.
7. I (We) accept that failure to abide by this code of conduct will result in disciplinary action and could result in dismissal from the Club.
8. I (We) understand that should our player quit or be discharged from the Club for violations of this Agreement, Player or Parent Codes of Conduct, or other reasons, I (We) will forfeit all monies previously paid, and all remaining monies due (the balance of the annual membership fee) shall become payable immediately.
9. I (We) have reviewed the fee schedule of this agreement and understand that the individual must pay all fees in full in accordance with the fee schedule, regardless of the duration of participation, since acceptance of a position on a team precludes Virginia Elite from providing opportunities to other players. Full payment will be expected upon termination for any reason.
10. I (We) recognize that a large portion of player fees are based on travel costs and that those costs can only be estimated at the beginning of the year. Should travel costs increase, I(we) agree to pay those additional costs within 30 days of notification by the Club
11. I We understand that a late fee will be charged for late payments and that if we are more than 30 days overdue, our daughter will not be allowed to participate in any club activities, to include practices and tournaments, until full payment is made.
12. I (We) agree to allow Virginia Elite to use my player's image and profile information for marketing purposes, to include posting on club website and club recruiting and marketing material. We understand that Virginia Elite will not share personal information beyond that included in Player Profiles outside the Club without prior permission.

Parent/Guardian Name(s): _____

Parent Signature(s): _____

Date: _____

Player Name/Signature: _____

Date: _____ Team: _____



PARENT CODE OF CONDUCT 2011

As the parent(s)/guardian(s) of a member of the Virginia Elite Volleyball Club, we will conduct ourselves in a manner that will support the players and the Club.

1. I (We) understand that our child has paid to learn the skills and concepts of volleyball in an effective and respectful environment. The Coaching Staff will provide every player with a role on the team and ensure that every player plays in every tournament if they have met their obligations to the team and the club, although this does not mean that each player will play in every match or play the same amount of time. Playing time will be provided in accordance with Club playing time parameters and specific team playing time policies.
2. I (we) realize that our attendance and positive participation is an important aspect of our player's and the team's experience and will make an effort to participate
3. I (we) will set a positive example of personal conduct by treating other players, parents, coaches, and officials with respect. In particular I/we will:
4. Cheer good play and avoid criticizing mistakes.
5. Be patient and supportive when players, coaches, or officials make errors.
6. Respect requests made by a Virginia Elite Staff Member (including other parent members) to discontinue behavior deemed unacceptable.
7. Depart the event if requested to do so by a Virginia Elite Staff Member.
8. Avoid making contact with players during a competition. If I (we) need to communicate with, give something to, or otherwise directly contact a player, I (we) will request contact through a coach.
9. I (We) will be responsible for paying monies due on the specified dates as outlined in the Schedule of Fees.
10. I agree to abide by decisions made by Virginia Elite Staff and to resolve any disputes with those decisions through appeal to the Virginia Elite Board
11. If I (we) have a concern or question about our daughter's status with regard to her team, I (we) will follow the process of discussion and issue resolution described below in order to understand the situation:
12. Together with our daughter, we will request a meeting with the Head Coach before or after a practice. No discussion will take place during practice times or during days of competition.
13. If concerns still exist, either party may request intervention by the VEVBC Executive Committee. If the issue still remains unresolved, the VEVBC Board will intervene to provide final resolution.
14. If I (we) remove our daughter from a competition site during competition without previous permission from the Head Coach, VEVBC will consider her to have resigned from the Club.
15. I/We will be responsible for providing transportation to and from any club functions.
16. I/We understand that coaches will not be permitted to transport players to and from any function, except in emergencies.
17. I/We will be responsible for our player's and guests' conduct.
18. I (we) will avoid use of alcohol in presence of players and limit use of tobacco products to designated smoking areas.
19. I (we) will refrain from using profanity at Club activities.

Parent Name(s): _____

Parent Signature(s): _____

Date: _____



PLAYER CODE OF CONDUCT 2011

I will do my best to act at all times in a manner that brings credit to me, my family, my team and Virginia Elite. In particular, I will:

1. Refrain from using tobacco products, alcohol, or illegal drugs at any time. Any use of these substances is grounds for immediate disciplinary action by my coach and/or the VEVBC Board, and could result in dismissal from the Club.
2. Accept my academic responsibilities and will maintain at least a 2.0 (out of 4.0) overall grade point average in school.
3. Realize that I am part of a team and my personal goals and ambitions must be balanced by team goals. I accept that the coach will need to balance my needs with the needs of other players and will accept my responsibilities to the team and to other players.
4. Appreciate the hard work of the coaches and my parents in providing me the opportunity to be the best player and person that I can be.
5. Respect my teammates and will refrain from criticizing them on the court or off.
6. Let the coaches coach and will limit my remarks to teammates to words of encouragement.
7. During tournaments and overnight trips I will:
 - a. Respect and follow the rules, regulations, and curfews established by the Coaches and/or Chaperones at all times.
 - b. Arrive on time. I will notify the Head Coach and Chaperone immediately once I realize travel conditions may cause me to be late. If I arrive late without prior notification, my play may be limited to exceptional substitutions due to injury during the first match for which I am present.
 - c. Remain with at least two of my teammates or my parents at all times.
 - d. If I am riding with another VA Elite member and her parents, I will present written permission from my parents to the driver and to my Head Coach prior to the tournament date.
 - e. Abide by all rules established by Virginia Elite Staff and Chaperones.
 - f. Act respectfully towards other teams, players, coaches and officials.
 - g. Not leave a tournament site without previous permission from my Head Coach and the chaperone.
 - h. Accept that unsportsmanlike conduct may be grounds for suspension, dismissal and/or removal from a game, match, or tournament.
8. I will do my best to be present at all team functions (practices, tournaments, overnight trips, meetings, special events, etc.) unless I receive prior permission from my Head Coach. I recognize that failure to meet my obligations to the team could result in reductions in playing time.

Player Name: _____ Date: _____

Player Signature: _____



COACH CODE OF CONDUCT 2011

I pledge to maintain practices that protect the players and the club; I will:

1. Continue personal and professional growth, remaining current on new developments in the field through continuing education.
2. Use my knowledge for the benefit of the people I serve.
3. Always strive to be truthful and put colleagues or other professionals in a positive light.
4. Avoid discrimination in all of its forms.
5. I pledge to maintain relationships with athletes on a professional basis; I will:
 - a. Conduct all my relationships from a perspective of dignity and sound educational and scientific foundation.
 - b. Direct comments or criticism relative to the performance, not the athlete.
 - c. Ensure that all activities are suitable for the age, experience and ability of the athletes.
 - d. Educate athletes as to their responsibilities in contributing to a safe environment, and to do my best to ensure that all facilities and equipment meet safety standards and ensure that they are age/ability appropriate.
 - e. Consider the athlete's future health and well being as foremost when making decisions regarding an injured athlete's ability to continue competing or training, and ensure that any injured athlete receive clearance from a Doctor and Parent prior to resuming play or practice and to seek professional medical opinions to serve as a basis for my decisions.
 - f. Be aware of academic responsibilities; conduct practices and match schedules in a manner so as not to unduly interfere with academic success.
 - g. Never encourage, condone, or require any behavior that threatens an athlete's high school, USA Volleyball, collegiate eligibility or amateur status.
 - h. Never encourage, condone, or require any behavior that threatens an athlete's physical or mental health.
 - i. Comply with regulations and ethical guidelines for recruiting practices as defined by governing sport organizations.
 - j. Strive to develop individual and team respect for the ability of opponents.
 - k. Prioritize being present at all practices and competitions and, when unable to, assure knowledgeable and safe supervision.
6. Work with and strive to develop every member of the team.
7. Recognize the trust placed in, and the unique power of, the coach and athlete relationship. I will not exploit the dependency of athletes and will avoid dual relationships (e.g., business or close personal relationships) which could impair my professional judgment, compromise the integrity of the process and/or take advantage of the relationship for my own gain.
8. I will not jeopardize appropriate coach-athlete relations by socializing with players in any way outside the parameters of sanctioned club activities.

9. While serving in a professional capacity or as a role model, I will avoid any drug, tobacco or alcohol use while in the presence of athletes. I will discourage by way of education and example any consumption of these substances by minors and will remain at all times within the limits of the law with regard to legal substances. I will avoid illegal ones entirely. I will not drink alcohol to a point where I am or appear to be intoxicated nor will I engage with athletes in any way if I have been drinking.
10. Not engage in physical, verbal or emotional harassment, abusive words or actions, or exploitative coercion of current or former athletes. I will report immediately any suspected cases of abuse to the Club Board and appropriate authorities.
11. Promote respect among players, parents, and coaches by never criticizing a coach to players or parents, never belittling a player or parent to other players or parents.
12. Recognize that all forms of sexual abuse, assault or harassment with athletes are illegal and unethical, even when an athlete invites or consents to such behavior or involvement. Sexual abuse and harassment is defined as, but not limited to, repeated comments, gestures or physical contacts of a sexual nature. I will report all suspected cases of sexual assault or abuse to the Club Board, and to law enforcement as required by law.
13. Refrain from transporting players unless in a team vehicle at an away tournament, or in an emergency situation. If required to do so by circumstances, I will inform the player's parents and the Club Board as soon as possible, and explain the circumstances.
14. I will respect the integrity and protect the welfare of all persons with whom I work, and pledge to safeguard information about them that has been learned or obtained during the coaching relationship, including performance reviews and all personal confidences. Further, I will obtain permission from athletes before sharing videotape recordings or other personal data about them with anyone except the Virginia Elite VBC staff. The only exception to this will be that I will not use these standards of confidentiality to avoid intervention when it is necessary (e.g., when there is evidence of physical or psychological abuse of minors, or legal issues).

Coach Name: _____

Coach Signature: _____

Date: _____



Scholarship Program 2011

General

In order to prevent players from having to forego opportunities to maximize their potential as volleyball players due to financial constraints, Virginia Elite has established a scholarship program to provide financial support to club members in need. The amount and number of scholarships will vary based on availability of funds. Normally, the scholarship fund will be established in January each year, but if additional funds become available, subsequent rounds of awards will be held. Scholarships will be awarded only to current club members who are current in their fee payments, and will be based solely on demonstrated financial need. Financial needs may vary, from income, to exceptional circumstances such as medical bills, or employment changes. Scholarships may be granted to specific demographic groups at the request of a donor, but the club will make every effort to ensure that all players in need have access to scholarships. All scholarships will be awarded in accordance with NCAA rules to ensure players do not jeopardize their eligibility.

Application Process

Those desiring scholarships should submit the attached application to the Scholarship Coordinator (Barbara Lowrey) no later than January 1, 2011. The Coordinator will collect all applications and present them to the Scholarship Committee, comprised of the members of the Executive Committee of Virginia Elite. Winners and losers will be notified no later than January 15, 2011.

Award Announcement

Once award determination is made, the Scholarship Coordinator will inform all applicants of the result of the Executive Committee vote and request documentation verifying financial need from those awarded scholarships. After financial information is verified, all documentation of applicants will be destroyed to maintain the privacy of the player. Winners' names and scholarship amounts will be maintained by the Scholarship Coordinator only for financial reporting purposes. Names of scholarship winners will not be announced in order to protect the privacy of the player and her family.

Scholarship Application

Name: _____ Team: _____

Parents' Name(s): _____

Basis for Request (explain the financial situation that creates the need for a scholarship. There is no need to attach supporting documentation at this time, as it will only be requested to validate the statements of the scholarship winners.):

I attest to the truth of the statements made in this application and agree that should they be found to be false, my daughter will be disqualified for a Virginia Elite Scholarship.

Name (printed): _____

Signature: _____ Date: _____



Team Chaperone Guidelines 2011

The role of Team Chaperone is vital to the success of the Club. The Board, parents and players are grateful for the efforts of chaperones. This document outlines the expectations for this important position.

Each overnight tournament will have a Team Chaperone. Parent volunteers will chaperone. Team Travel Coordinator will determine the chaperone from volunteers, in coordination with the Head Coach. The Team Chaperone will work with the Team Travel Coordinator, the Club Travel Coordinator and the coach for overnight tournaments. The Team Chaperone's hotel room will be paid for by the club. Chaperone should expect to share a room with a coach of the same gender. Females are preferred as chaperones, to facilitate engagement with the players. Every effort should be made to spread this responsibility around, so parents should only chaperone one overnight trip.

Chaperones will travel with the team by air and will stay in the same hotel as the team and as close to the girls' rooms as possible. The Team Chaperone will be reimbursed by the club for any ancillary money spent on the girls, as approved by the coaches before an expenditure is made. Players are responsible for bringing funds for purchases of food and other personal items. The Team Chaperone will be responsible for the cost of their meals, but will receive a per diem of \$35 per day. The Team Chaperone will be required to submit a short report, via email to the Club Travel Coordinator upon return from the tournament with suggestions, recommendations, etc. for the next year. This can include opinions regarding the motel, restaurants that were good/bad, the venues, etc. This will help with planning for the following year when returning to the same overnight tournament.

1. Communication is the key prior to leaving and while at the tournament.

- Prior to leaving for the overnight tournament, gather as much information as you can and send it out via email to your team (type of information is included below). Be sure to copy the parents and your coach in all the correspondence.
- Telephone list: remind the parents to print out and bring the Team Directory to the tournament. It has everyone's cell phone number on it, including the coaches. Many times you need to make calls, i.e. change of times, venues, etc. Print several additional copies to bring with you.
- *Please keep your cell phone charged and turned on at all times, including at night*

2. Parent Information:

- Prior to leaving, find out what parent(s) will be attending the tournament and at what hotel they will be staying and the phone number of that hotel. You never know if there will be an emergency with their child in the middle of the night.
- This also lets you know what girls are traveling alone and may need a little extra attention!

3. Health Concerns:

- Find out if there are any health concerns with any of the girls that you need to be aware of, i.e. asthma, medications, etc. Not trying to be intrusive, but you and the coach are responsible for

the girls and if they are any new health issues/new prescription drugs (since they filled out health history forms in the beginning of the season), it is important to know, particularly if there is an accident, etc.

- The Emergency Room will need to know this prior to treating them. The coach will have the Emergency Release forms authorizing treatment. Also ask if the parents if any insurance information has changed since filling out the original forms at the beginning of the season.
- **Coaches and chaperones are not permitted to give drugs to players (to include Tylenol, Ibuprofen, Midol, etc.) without a release by parents to do so. Obtain releases from parents as needed.**

4. Hotel Information: Prior to leaving, find out as much hotel information as you can, and email it to the parents and the girls. The Club Travel Coordinator can help provide this information.

-Name, address and phone number of the hotel

-Directions to the hotel

-What the hotel offers:

- a. Do they have a continental breakfast - time and location (a big plus)? Is there a charge for it? How much? Is it a hot breakfast or cold?
- b. Do they have mini refrigerators? Is there a charge for it? It is nice for the girls to have one to keep their water bottles cold. If they don't have them for free, you can usually request one for a fee – it is suggested that the team chaperones have one. Request this prior to arriving so they don't run out of them!
- c. Do they have microwaves in the rooms? Some girls will bring popcorn, etc. if they have use of a microwave.
- d. Which floors have ice machines and vending machines? Make sure the girls know this and fill their water bottles before leaving for the venue.
- e. Do they have blow dryers in the rooms?
- f. Do they have coffee makers in the rooms, especially important for some of the parents!
- g. Do they have an indoor pool?
- h. Do they have laundry facilities? For multi-day tournaments, the team chaperone sometimes has to wash the uniforms. You may want to bring some laundry detergent with you or they usually have vending machines in the laundry room to purchase it. Less expensive to bring a small quantity.

-Find out from the hotel what restaurants are close by, as well as grocery store.

5. Email a supply list to the girls.

- a. The girls know what they need for volleyball. However, you can remind them to bring an old sleeping bag/blanket, pillow, ipod, disc-man, etc. to use at the venue. As the Team Chaperone, if you have a large blanket to use as a team blanket, it is nice to bring. In addition, it “marks our spot” and the girls always use it.
- b. Make sure the girls write their name in permanent marker on all their uniform items (for spandex shorts write on the inside label). Their rooms get messy and you may have to do laundry depending on the length of the tournament.
- c. Make sure the girls bring water bottles or water jugs and fill them with water and ice at the hotel before leaving for the venue. Believe it or not, they do forget to do this!! Some venue's do not sell water or even have a snack bar at all.
- d. **It is important that you specify how many meals they will be responsible for and the approximate amount of money they should bring.** Sounds common sense, but some girls have been known to run out of money.

- e. If there will be time for shopping, or to see a show (i.e. Las Vegas), include extra money for this. Let them know this kind of info, if you know your schedule.

6. Room Assignments

- a. Check with coach regarding room assignments. The coach may desire to do the room assignments (15s-18s). Please do not promise the girls that you will try to get them together. The coach has their reasons for the assignments. These assignments may change with each away tournament. Coaches will attempt to rotate who is in a 4 person room.
- b. Each coach attending the tournament will have his/her own room assignments for his/her team. If possible, try to get this list coordinated from each coach prior to leaving, so that all coaches and chaperones can download the names prior to leaving. When you arrive at the hotel, they will have a master list and you can fill in the room numbers next to the names. Usually, each team will have 5 rooms – 3 for the girls and 2 for coaches/chaperone. It doesn't take that long to fill in the room numbers. Identify room numbers for all coaches, all team chaperones and all girls. Also get the room numbers of the parents on our team as well. If you ask the hotel manager to make copies for you, they are usually accommodating. At the very least: you and your coach will need to have the room numbers of your team, coaches and team chaperone.

7. Transportation to the Venues:

- a. This can always be a bit tricky. It is nice if you are at the same venue the entire time, like at NEQ. However, that is rarely the case. It is usually most efficient if you email the parents prior to leaving, and ask for volunteers to drive. You will usually need at least 3 parents. By arranging this prior to leaving, you are at least guaranteed to have transportation (even though there may be plenty of parents going, they may also be visiting family, or watching another child play, etc). When you get there, you may find that you have more drivers than you need, which is great. It is acceptable to let the girls' ride with who they would like to (rather than assign them). The most important thing is to **ask the driver that they bring back the same girls that they took.** Nothing worse than saying, "I thought you had her – well, I thought you had her!" **It is critical that you as the Team Chaperone (not the coach's responsibility), to ensure that are girls are accounted for to and from each venue.** The drivers and riders may change each day.
- b. The club may rent vans for fly away tournaments. Obtain full insurance. Normally we will need two vans so you will need 2 drivers or one driver and yourself driving a van.
- c. The coaches do not transport girls. They usually ride together; this gives them an opportunity to discuss/strategize for the upcoming play, etc. If you need them to transport, they will, or if we have rental vans the coaches will be riding with the players, and if needed will drive.
- d. Please remind each parent that you are responsible for the girls and that the girls are not to leave the tournament or the hotel without notifying **BOTH** you and the coach – make sure the girls understand that.

8. Venue Locations and Directions:

- a. Prior to leaving, it is helpful, if you go to the tournament website and get as much information as possible.
- b. Many times the website will give the directions to all the venues. If you can email this to the parents/drivers, it is really appreciated.
- c. Print off additional directions to pass out for those that did not print them!
- d. If you can not get the directions prior to leaving, the tournament book (for a purchase price) usually has the directions. Can still have the hotel make copies for the parents.

- e. Try to get the first days information: venue, location and pool play and time. It is nice to have this prior to leaving so that you can plan accordingly and the girls and the families like to have this info as well.

9. Meals: This can be a trickiest of anything you do and may take the most juggling! It changes with each day of each tournament and requires the most coordination!

- a. Breakfast: If there is a continental breakfast in the hotel, this is certainly the easiest. If not, and you have an afternoon pool, you can arrange to go to a restaurant or order take out and eat at the hotel. If you have a morning pool, and there is no breakfast at the hotel, then the Team Chaperone coordinates breakfast. Usually, bagels and cream cheese, muffins, juice, fruit, etc. Some Team Chaperones prefer to bring a cooler and shop at Costco prior to leaving. Others just find a grocery store near the hotel – the challenge here can be to find the time to go to the grocery store! That is why it is also nice to have a refrigerator in the Team chaperone’s room - to store the perishables overnight. Breakfast can be served in your room or one of the girl’s or the coaches. Coordinate with your coach.
- b. Lunch: Also depends on pool play and what the snack bar at the venue has to offer. However, most of the snack bars offer poor tournament food for active play. Try to investigate what is around the hotel and the venue. If time is short, some Team Chaperone’s have gotten a carry out menu in advance, so that a phone order could be called in and picked up. **Do not allow players to leave the venue without the Head Coach’s permission.**
- c. Dinner: Also depends on pool play. If you are off, the coaches may like the girls to eat dinner together at a nearby restaurant (Coaches may eat with the girls, parents are welcome, Team Chaperone must be present). See what is around and check with the coach and the girls. We want to try to make everyone happy with the choice (and usually they are – the girls are usually very accommodating). Having the restaurant picked out before the afternoon play is helpful, because then you can ask a parent to call in a reservation for 20 or more. Most restaurants require reservations for a large party. Some restaurants will allow individual checks – this is certainly the easiest and fairest. Be sure to ask. Buffets are also fast and easy, so be sure to ask at the hotel if there are any in the area.
- d. Team Food Table: Since pool play usually interferes with either lunch or dinner, it is helpful to have a team table with food to supplement a meal until later. Most parents are pretty good about volunteering to bring food; you just have to ask them. If a parent volunteers to bring something, you may want to check with the coach to make sure that it is okay to serve that particular food, if you are unsure.
- e. Types of Food: Pasta Salads, Caesar Salads, Chicken-Caesar Salads, Chicken Pasta, vegetables and dips, all kinds of fruits, etc. Can even bring hot foods if someone wants to bring a crock-pot. Can bring sandwich foods also (ham/turkey/roast beef/cheese/mustard/mayo/sub rolls). Suggest that the person bringing the food also bring the paper products to serve/eat them (bowls, forks, etc). *Note: Tell the parents to store the pasta/salads in a large ziploc bag, it is amazing how much you can put in one – and more importantly, it will then fit in the mini-refrigerator in the rooms. They can then bring a large bowl/Tupperware to serve it in. **Also, it is amazing how many bags of apples you will go through, if someone brings a “spiral apple cutter/corer”. The girls just love it. You need firm apples for this, like Gala apples!
- f. Supplies to Bring for Team Table: It is nice if you or someone has a card table or a folding table; in addition, you will need a tablecloth, trash bags, paper towels, sponge, extra paper plates, bowls, plastic forks and knives, etc.

- g. Some volleyball venues do not allow a food table inside, so you may need to set up outside. Be sure to follow the rules of the venue.

10. Collecting Money For Purchases Made By The Team Chaperone: There are several options available.

- a. You may purchase the food and then have the girls reimburse you (for breakfast, subs, etc.). You may want to bring some ones and fives to make change with!
- b. You may collect an amount in advance from the girls to be used throughout the tournament. This is perfectly acceptable also. If you use this option, please be sure to keep detailed documentation of all purchases and receipts. Please give the documentation to your coach at the end of the tournament. Any money leftover at the end of the tournament should be returned to the girls. I know this is probably pretty obvious, but please check with the girls on food preferences and allergies before you make any purchases. Since it is their own money, and not the clubs, we want them to have input.

11. Club Rules:

- a. The coach determines what time lights out will be each evening.
- b. The girls must travel in groups of 3 at all times (safety in numbers)
- c. As mentioned earlier, **the girls must notify you and the coach both when leaving the hotel or venue for any reason.** They are not to leave even with their parents unless you have both been notified (again you and the coach need your cell phones available at all times so you can communicate with each other). **Parents departing the venue with their player need to give you a cel phone number so you can reach them with schedule changes.**

12. Team Meeting: There is usually a team meeting, with all club teams attending the tournament, on the arrival night. Check with your coach to determine the time and location. Email all parents and girls prior to leaving, the time and location. Additional rules and information is distributed at that meeting.

13. Additional Information: As the Team Chaperone you want to check with the girls to make sure that there are not any issues. Sometimes the tournaments get long and tiring and they just need a little of attention. The coach determines what time they are to meet for breakfast or to leave for the tournament and the girls set their alarms/or call for a wake-up call. I always ask each room what time they set their alarm for – and then I go to their room at that time to make sure that they are up (I just don't want their day to start off badly). I usually make sure that they are okay and help with water bottles and ice, if need be. At night, if someone has had an injury, I also want to double-check and make sure that they have iced or elevated their injury, etc.

For Questions, Please Call: Ben Glon, Club Travel Coordinator or your Head Coach.