**WELCOME TO GPS CRUSH Parents & Coaches Meeting - NOVEMBER 24 Kick-Off & SIGNING PARTY**

**GPS CRUSH: SOME BUSINESS & REQUIRED ACTIONS:**

1. **ACCEPT YOUR GPS CRUSH OFFER**

**2) MAKE YOUR ONLINE PAYMENT FOR GPS CRUSH CLUB FEES- PMTS**

VISIT OUR OFFERS AND PAYMENT PAGE & PROCEED TO THE PAYMENT BUTTON TO MAKE YOUR ONLINE PAYMENT BY CC OR ACCOUNT. This is within the Sport Ngin system.

**3) AFFILIATE YOUR KRVA MEMBERSHIP WITH GPS CRUSH**

CLUB AFFILIATION IS A DROP DOWN MENU IN YOUR MEMBERSHIP PAGE AT KRVA- CHOOSE GPS CRUSH TO WE CAN ADD YOU TO YOUR TEAM ROSTER. This is within the KRVA system. We cannot see your membership information or add you to a roster until you are affiliated with GPS CRUSH.

**4) UPGRADE TO FULL KRVA MEMBERSHIP MONDAY 11/24 if you purchased a $15 Try Out membership.**

UPGRADE YOUR USAV KRVA Membership at [www.krva.org](http://www.krva.org) beginning Monday November 24. You cannot be added to a roster until you have a full membership (expires 10-31-15)

**GPS CRUSH Please always act, play and work as a team**. **GPS CRUSH will be a** **positive, team-focused** environment. **Bleed Orange** throughout this club season with your high school or other loyalties being secondary. No clothing with other club logos allowed please at GPS CRUSH at PSC Highpoint. Only GPS CRUSH apparel is to be worn at tournaments, scrimmages, during play, rest, work & warm up. Do not alter your club issued apparel. Be sure your UNIFORM Sizes are correct on your try out registration & edit if necessary. Orders are going in asap. Jerseys & spandex are women’s sizing. Sweats are uni-sex sizing. The GPS CRUSH family apparel store will open soon.

**GPS CRUSH** **Practice** **(with the volleyballs) begins at your practice start time**. Warm ups, shoe changes stretching & socializing should be done as a team and in advance of the practice start time so arrive **15 minutes early**, organize and start moving. Keep **cell phones** in your bag during practice. Attend & put **all your energy and focus** into all practices and tournaments. Play hard, cheer loudly, work and support the team. When the team succeeds, we all succeed. This is a team and practices are planned around the full team and the roles individuals play. You will reap what you put in at practice. **Communicate** with your head coach about any special circumstances, conflicts etc. In 2015 **Coaches** do sometimes have their practice plan in the notes on their phones.

**GPS CRUSH** **Regarding Face Book** **&** **social media**: There were 2 player suspensions in recent past seasons as a result of negative hurtful comments posted on social media. **These are your teammates and this is your club.** People do see these things and they do talk, screen-shot & share: IT IS THERE FOREVER. Talk with your player about this. If you don’t have anything nice to say, don’t say anything at all, especially in a public/online venue. Positive energy everyone! If you have a real issue, work it out with the help of a coach or director if necessary. Then move on & go back to the business of positive volleyball learning and team-like interaction.

**GPS CRUSH At tourneys**, **everyone comes early & stays late for work slots as well as play slots**. And everyone works. No excuses or reasons. \***No cell phones allowed at work table** or when calling lines or working as a down ref. We actually get penalized POINTS or FORFEIT in our next match if caught. Work team participants must also wear court shoes (not slides) while working. **Players may not leave the tournament location** between matches. Eat **quality food** at tournaments. Parents, help us out here. Kids cannot survive & be healthy on hot dogs & concessions food. We are what we eat, and we need quality foods to sustain that great play you want to see on the court all day. If she loads up on sugar and soda she’ll be wondering why she “can’t pass today”. **Team should stay together** as this is great bonding time. Teams, come up with some great “down-time” team activities & plan some social off-court things together. Cards, phone / board games.

**GPS CRUSH Drug and Alcohol use:** Any use of drugs or alcohol is illegal and will not be tolerated. Any offense will be possiblesuspension from the team. Issues with drug or alcohol at practice or tournaments (no matter how far away) will be **ICYP: I**mmediate **C**all **Y**our **P**arent to come and get you. Coaches will not spend time “working things out” but will allow authorities to handle matters. Coaches will concentrate on their team.

Parents, you are a chaperone in a youth sports program. This is all about the kids.

**GPS CRUSH COMMUNICATE** with coaches, director & each other so we can help you help your athlete be the best volleyball player, the best teammate & the best individual that she can be. We will create group emails. PLEASE DO NOT PRESS “REPLY ALL”.

**OTHER IMPORTANT NOTES & MISCELLANEOUS:**

**Add IMPORTANT DATES to your calendar now**- **DETAILS on HOME Page**. Practices start Dec 1, January Mandatory Score Clinic, January Uniform & Picture Day, May Girls Spring Quads, May End of Year Party, Spring Volley Tech, July Volleyball GPS CRUSH Camp and Gold Medal Squared Camp..

**Watch for additional GPS CRUSH events**: We are planning other events & opportunities. Spring Volley Tech, College Recruiting seminar/s at PSC HIGHPOINT

**GPS CRUSH is partnering with Charley Lowe of LD&D- professional videographer to OFFER bulk Video sessions for** Skills videos at a highly discounted rate for groups of GPS CRUSH players. BECAUSE THEY WILL BE SHOOTING A SIZEABLE GROUP OF PLAYERS, THE SESSIONS WILL BE OFFERED AT A SUBSTANTIAL DISCOUNT TO OUR GPS CRUSH PLAYERS. WE DID NOT WANT TO ROLL THIS INTO OUR CLUB FEES FOR EVERY PLAYER SO IT IS NOT INCLUDED IN YOUR CLUB FEES and these are totally optional. Watch the College Recruiting page for more details, video dates and registration information.

**GPS CRUSH/ PSC HIGHPOINT STRENGTH TRAINING SCHEDULE IS NOW POSTED** ON THE “STRENGTH TRAINING” PAGE UNDER TEAMS. CALL/ EMAIL PSC TO SCHEDULE YOUR TIME SLOT/ DAY OF WEEK BEGINNING TUESDAY NOV 25.

**GPS CRUSH Keep watching our Home Page, Topic pages and Team pages for updates and information**: www.gpscrush.com USE OUR WEBSITE. I SPEND HOURS UPDATING INFORMATION THERE. OUR COACHES ARE INSTRUCTED NOT TO ENABLE PARENTS BY HAND FEEDING INFORMATION THAT IS READILY AVAILABLE & IS ACCURATELY POSTED ON OUR SITE. We need to email less and have families be more self-sufficient. When in doubt or have a question, always check website first. Then email is by far the best communication method. I can’t answer my phone in the gym. Going forward, please text only in emergency.

I can edit our site from my phone. IN INCLEMENT WEATHER CHECK THE WEBSITE BEFORE YOU HEAD OUT!

**Thank you all for joining GPS CRUSH**. We all look forward to a terrific season together.

[**www.gpscrush.com**](http://www.gpscrush.com)