

# PULSE VOLLEYBALL CLUB PLAYER/PARENT POLICY MANUAL 2025-26



## INTRODUCTION

Pulse Volleyball Club is an organization that stands for passion, integrity and heart. Owner, Director and Head Coach Adrienne Beltrami started this club to inspire, motivate and train young ladies in volleyball skills and to help guide them to become strong and confident women. This club is a club that has been developed for all of the right reasons and is about the individual taking their skills and mind to the next level. Even though we desire to develop individual skills and goals we are 150% about TEAM! Volleyball is not an individual sport, it is a team sport. Being a team player not only helps with athletics but in life. This Player/Parent Policy Manual has been created by the Club's Director, to better inform you about the Club's organization, rules and regulations, and expectations of each player, parent, coach and Director.

The Club expects the Director, Staff, Players, and Parents to appreciate and adhere to the Mission, and policies and guidelines outlined in this Player/Parent Policy Manual. It is the Club's goal to provide its member families with a rich experience that will stay with them for the rest of their lives!

## ROLES OF KEY PERSONNEL

### CLUB DIRECTOR

The primary responsibility of the Club Director is to organize and manage a competitive volleyball program which trains and prepares motivated young athletes to participate in volleyball tournaments sanctioned by the Northern California Volleyball Association (NCVA) and at times the Southern California Volleyball Association ("SCVA") and other Volleyball Associations around the country. The Club Director establishes the training systems and additional programs, skills and drills that will be taught to players, supervises coaches and coordinates and monitors team practices.

The Club Director is available to advise or assist those elite players who wish to participate in a collegiate program.

If during the season a player or parent has questions, comments or suggestions concerning a coach, a team, or the Club, they may contact the Club Director at the appropriate time.

The Director manages the day-to-day business operations of running the Club. Questions regarding various program information, uniforms, registration, program fees, scheduling, travel arrangements, or other administrative related matters, may be directed to the Director.

### COACHES

Coaches are selected based on a strong volleyball background as a player and as a coach. They must be willing to commit the time and energy necessary to be a Club coach, and must demonstrate an interest in working with youth. The Club's coaches have extensive backgrounds such as: college coaching, years of club coaching, high school coaching and years of playing volleyball themselves.

All coaches attend and participate in coaches' clinics and monthly meetings presented by the Club Director.

## CLUB PLAYERS

Players are the primary representatives of the Club. Players fulfill their role by giving their best at all practices, playing hard, and showing respect for their teammates, coaches, opponents, officials and the parents who are responsible for their well-being when traveling. Players need to be aware of commitments to their teams and focus their efforts during the season on improving both individual and overall team performances.

## PARENTS

Parents can enhance a player's Club experience by participating in club events, volunteering to be a Team Parent or a chaperone, and by attending their child's tournaments. There are also several specific obligations required of all Club parents. These are discussed in more detail in the "Policies Regarding Parents" section. In short they are: Meeting financial obligations to the Club in a timely fashion; Providing players with transportation to and from practices and tournaments; Being aware of and adhering to tournament etiquette rules.

## TOURNAMENTS

Players are required to attend ALL tournaments. This is a team sport, if one player is missing, it affects the entire team. If there is a situation/emergency, the coach and/or club director needs to be contacted as soon as possible. \*\* If a player does not inform the coach of missing a tournament by commitment night, this player could be suspended or let go from the team.

## CLUB FINANCIAL POLICIES

The Club has financial obligations to meet and a budget to which it must adhere. In order to meet its various expenses, the Club charges program fees which cover the costs of renting practice facilities, paying the entry fees for tournaments, acquiring and maintaining equipment, providing uniforms and club gear, paying coaches, and covering the typical operating expenses incurred while running a business.

As a convenience to our members, the total Club Travel Team program fee amount has been broken down into installment payments as already provided. All payment commitments according to the payment schedule must be met in a timely manner, otherwise the Club cannot function properly.

Payment Reminders will be sent out via email. **Invoices will not be mailed. This year you will receive a statement indicating your monthly installments for the season at the beginning of the season and it is your responsibility to submit each month on time.** Submit payment via Venmo or Check. Checks should be made out to Pulse Volleyball Club and mailed to PO Box 1341, Ripon, CA 95366. Any questions regarding invoices/payments need to be directed to the club's bookkeeper at [pulsevbc.invoice@gmail.com](mailto:pulsevbc.invoice@gmail.com).

## FAILURE TO MAKE SCHEDULED PAYMENTS

If a payment is not received within five (5) days of the due date (the 10th of each month, or the Friday prior if it lands on a weekend) a \$20 dollar late fee will be applied to your next invoice. (This will be enforced this year).

The player will not be allowed to practice or participate in tournaments until payment is received. (This will be enforced this year).

## REFUND POLICY

Each player is required to meet all financial obligations. The Club's budget is based on the number of participants that commit to play on each team each season, and the Club has financial obligations to meet according to that budget. **There are no refunds once the player commits to the team.**

## UNIFORMS

The Club has standardized on "pulse" pink, gray and black as the Club colors. The Club may make changes to uniforms from year to year due to shortages or obsolescence of colors, fabrics or brands, or from other circumstances beyond the control of the Club. The cost for the required uniforms is incorporated in the dues. Should a player lose a uniform piece, it must be replaced at an additional cost to the player.

Teams shall not purchase individual team apparel without the approval of the Club Director.

Players have practice shirts that are mandatory to wear to all practices. Each coach will determine what days their team wears what color. For example: pink shirts on Monday and gray on Wednesdays. Players must wear black or gray spandex to all practices. Players must wear all Pulse VBC issued gear to practices and tournaments. This includes warm up pants/jacket and cover up shorts (when players are referring, eating, walking around, etc. they need to have pants or cover ups on). Players must have white socks and white knee pads, unless the team decides to do a different variation, and this will need the approval of the Club Director.

## PLAYER RULES AND POLICIES

### DEMONSTRATING PROPER RESPECT

The Club expects each player to treat all Club coaches, other Club members (players) and adults (parents, coaches, officials, etc.) with respect and to address them in a proper manner. When at a tournament, Directors, referees, other coaches, and opponent players and parents are to be treated with respect. Failure to adhere to this standard may result in the player's immediate suspension or dismissal from the Club.

- Each situation does vary, and is at the discretion of the Club Director. - WE are in the business of helping raise and uplift kids. (Director will explain in more detail at commitment night).

### COMMUNICATION AND TRUST

If a player has a problem or concern which involves the team or coach, the player should bring it to the attention of the coach and/or the Club Director, so the Club organization can work to solve or answer it. (See also Complaint Procedure below). If any personnel of the Club are told something as a statement of fact and truth, the Club assumes that it is both accurate and truthful (i.e. reasons for missed practice). Our trust in each other is imperative. If this trust is broken, it may result in immediate suspension or dismissal of the player from the Club.

### ATTENDANCE

A team is dependent upon all of its members. Since a player cannot improve and contribute to their team unless they attend practice/workouts, all players are expected to make every effort to attend all practices/workouts/team bondings.

Obviously, there may be unavoidable reasons why a player must miss a practice, but chronic absences and tardiness will impact a player's future in the club. If a player is going to miss a practice/workout, **the player** must inform the coach prior to the practice. Failure to call at a reasonable time can cause the player to be disciplined. A player who fails to attend practices/workouts regularly may be dropped from the team or Club, as the case dictates.

It is also the **players'** responsibility **TO BE ON TIME** for all practices and tournaments. On time for practice is 15 minutes prior to start time on schedule. Players must be ready to practice at that time. If a player has a good reason for being late to a practice or a tournament, the player must communicate this to the coach. Players are expected to attend all scheduled events except in the case of illness, injury, family crisis, or other emergency situation. For example, a family ski trip, or a family birthday is NOT considered an emergency situation.

- Coaches plan their lives around their volleyball schedule and season, and we expect the same from our players and families. The commitment is for everyone and we appreciate it.

#### TEAM CHEMISTRY AND SUPPORT

A very important part of a team's success is the chemistry that develops between the players. The unity, support, friendship, and effort with each other are imperative to the success of the team. All players will be expected to contribute to the team chemistry and to be enthusiastic at both practices and tournaments. Ultimately, sports are supposed to be fun.

#### GRADES AND SCHOOL

All Club players are encouraged to keep a good academic standing throughout the school year. Grades are an extremely important part of each student-athlete's future and the Club feels it is a duty to encourage players to maintain the highest grades each player can achieve.

- It is unfair to the rest of the team, if a player stays home due to their grades, homework or studying. Players need to plan their time accordingly and make time for their studies.

#### PLAYING TIME

The Club has adopted a policy for all teams that participate at the NCVA traveling level to strive to be the most competitive team they can be, and in this course, not all members of these teams will receive equal amounts of playing time at tournaments. attendance, effort, attitude and abilities at practice are among many factors for playing time at tournaments. The goal of the Club is to provide the most competitive environment for all traveling teams and its players, as well as develop individual skills at all levels, in anticipation of players advancing to the highest level possible.

If a player feels there is not a fair opportunity to play at tournaments under the guidelines expressed, the player should approach the coach at an appropriate time for an explanation. If necessary, the player may proceed through the Complaint Procedure described below.

**ROSTER/TEAM CHANGES DURING THE SEASON** Travel Teams: During the season, players will learn and improve at varying rates and achieve varying levels of expertise. Therefore, the Club Director may make periodic changes of personnel on

the teams. If such a decision is made, the Club Director shall meet privately with the player and player's family in order to discuss the decision.

#### DROPPING OR SUSPENDING A PLAYER

There are several reasons why a player would be asked to discontinue playing or be suspended: Lack of commitment as evidenced by missing too many practices and/or tournaments, poor sportsmanship or a lack of respect for authority, poor attitude, lack of effort, disruptions and/or dishonesty.

- If a player is dismissed from the team or quits, the player is still responsible for their remaining dues owed.
- If a player gets injured, they are also responsible for their remaining dues owed.
- In either one of the above situations, if the team is able to replace the player that was dismissed, that quit, or was injured that new player will take over the previous player's dues.

PLAYER CODE OF CONDUCT AND "ZERO TOLERANCE" RULES Players are reminded that they are representatives of the Pulse Volleyball Club and they should exercise good judgment and be considerate of others at all times during tournaments. Players are expected to arrive on time and stay with their team during all one-day tournaments and overnight tournaments. Overnight tournaments are not a time to schedule family visits with relatives or friends until after the player is formally released by coach.

For safety purposes, during overnight tournaments, players are expected to travel in groups of 3's when not escorted by a chaperone or coach. Players must always receive permission from Chaperones/Parents before leaving their rooms for any reason. Players must wear appropriate attire when traveling through hotel halls. For instance, if going to the hotel pool, players must wear footwear and clothing over swimsuits. No walking in hotels barefoot, in bikinis and wrapped towels, robes, etc., at any time.

In addition, parents and players are reminded that there is a "No Tolerance" policy with respect to the following rules:

Players must not take or possess unlawful drugs or alcohol; Players must not participate in any criminal activity, including shoplifting or other forms of theft. Any player who engages in such misconduct will be immediately removed from the team and sent home at the expense of the player's parents.

#### POLICIES AND RULES REGARDING PARENTS AND PARENT CODE OF CONDUCT FOR TOURNAMENTS AND PRACTICES

##### BASIC RESPONSIBILITY

Parent participation and support is essential for the success of our teams and our players. Active and responsible parents also contribute to the positive image the Club enjoys within the community and within the NCVA.

The areas of direct responsibility for parents are: Meeting the financial obligations to the Club; Providing players with transportation to and from practices and tournaments; Knowing and adhering to tournament etiquette rules.

##### TOURNAMENT ETIQUETTE

The Club hopes that each parent will attend many tournaments over the course of the season and that they will be active cheerleaders for the team and the Club.

There are a few rules of proper etiquette and behavior that parents need to follow.

### Supportive Parents make a Stronger Team!

The Club Director and all the Coaches want parents, friends, relatives and fans to enjoy tournaments and to be a cheerleader for the team and the club. The Club expects that questions, concerns and complaints will exist in a program with multiple teams, coaches, personalities, parents, and fans. Regulations have been adopted to make the Club experience as positive as possible and to carry our goals set up by the USA Volleyball (USAV) and the Northern California Volleyball Association (NCVA).

#### WHEN AT A TOURNAMENT

- CHAIRS, FOOD OR DRINK ARE NOT ALLOWED/Unless otherwise specified (except water) inside any of the gyms. "Campsites" may be set up outside on surrounding patios and grassy areas. Do not leave trash behind. NO DOGS AT THE TOURNAMENT SITES. The NCVA warns that many of the tournament sites may deny access due to the teams leaving behind trash and disobeying the gym rules. - DO RESPECT OTHERS. The Club is responsible for the conduct of players, coaches, parents, and fans to make participation in the sport a positive experience. The Club reserves the right to restrict the attendance of parents or relatives and friends at practices and tournaments. If parents do not cooperate, the Club may have no choice but to dismiss a player from the Club.
- DO CHEER for your team and its players. Do not be negative about the players, the coach or the other team at any time. It is great if your child develops friendships with players on other teams. It's part of the game.
- DO NOT COACH from the sidelines. There is a huge difference between cheering for the team and attempting to be a coach from the bleachers. - DO NOT YELL AT OR APPROACH the officials, lines persons, or scorekeepers at a tournament. If a discrepancy occurs, let the coach deal with the problem. - PLAYERS SHOULD TALK TO THE COACH about concerns as soon as reasonably possible. That is part of being on a team and part of growing up. It is healthy to encourage communication between the player and coach. This is not only healthy for the player and coach, but also for the parents and the club. - PARENTS SHOULD COMMUNICATE complaints and disagreements only at the proper time and place. Concerns or complaints should be addressed with the coach at an appointed time, not during tournaments or practices. All communication toward a coach at tournament or practice sites should be in regards to general volleyball questions and/or positive comments. The Club has adopted a "48 HOUR RULE" for parents. If a parent has questions or concerns that they want to address with the coach or director, they must wait 48 hours after the practice or tournament before they make contact. If this is regarding playing time or positioning, we encourage the player to discuss this with the coach first. Ultimately, it is the coaches choice of when and what position each player plays. Other players will ever be discussed with the coach or director.

WE ARE ALL EMOTIONAL BEINGS. IT IS CRUCIAL THAT EVERYONE WAITS 24 HOURS FOR ANY CONTACT, WHICH INCLUDES: IN PERSON, PHONE CALLS, TEXTING AND EMAILING. WHETHER A COACH WINS OR LOSES THEY ARE TRYING TO DO A JOB, THEY DO NOT NEED TO BE CONTACTED. IF A PARENT IS

UPSET OR HAS CONCERNS, THEY NEED TIME TO CALM DOWN AND SEE THINGS CLEARLY. THIS RULE IS IN PLACE FOR EVERYONE'S BEST INTEREST AND FOR THE CLUBS OVERALL WELL BEING AND LONGEVITY.

#### COMPLAINT PROCEDURE

As with any large group of people, there will be issues, concerns, and questions that come up over the course of the season. Most of these can be solved or answered through clear communication. If the player needs to resolve a question or voice a concern or complaint, the player must be encouraged to talk to the coach about it on his or her own. The Club fosters the player's and coach's responsibility of communication toward these matters. If the Parent needs to resolve a question or voice a concern or complaint, they should contact the Club Director or Coaching Staff 48 hours after the incident or tournament has ended. The Club Director will speak to the coach and get back to the parent. The question or conflict at hand should be cleared up, once the player and coaches meet. If not resolved, then the player, both coaches and parent(s) will meet. If the conflict is still not resolved, a meeting with the Club Director, Coaches, player and parent will be arranged.

#### THE TEAM PARENT

Each team will have a Team Parent. The Team Parent is an important member who enhances the team's organization and cohesiveness. An effective Team Parent enables the coach to focus more on coaching and less on paperwork and tournament logistics. Coaches and the Director will identify possible candidates from each team and communicate with them at the beginning of the season. Previous Team Parents have found their experience to be fun and rewarding.

Team Parent responsibilities include:

Assist in the collection of paperwork for their team when applicable; Support of coach, Coaches right hand at tournaments, Organizing food list for tournaments, Collecting any paperwork necessary, Confirmation of player transportation needs no later than Thursday preceding the tournament, if applicable; Supervision and confirmation of necessary arrangements for overnight tournaments; Communication of schedule changes and other important information from the coaches or director to the rest of the team's parents and/or players; Coordinate with other parents to organize social (team-bonding) activities such as team dinners, sleepovers, etc., and any fundraising events the team would like to undertake.

#### FUNDRAISING

This year Pulse VBC will provide fundraisers that will benefit all players that choose to participate.

- Players can get sponsors individually as well. We are not a non profit business, and this will not be a write off.

We are excited for a great season and thank you for being a part of our Pulse Family!

I have received and agree to the  
PULSE VOLLEYBALL CLUB PLAYER/PARENT  
POLICY MANUAL for the 2025-26 season.



By signing this document I agree to abide by all of Pulse Volleyball Clubs standards, rules, expectations, payment schedule and protocols.

Players Team: \_\_\_\_\_  
Example: 18Black

(Please make the printed name easy to read.)

_____ Parent's name printed	_____ Parent's Signature	_____ Date
_____ Parent's name printed	_____ Parent's Signature	_____ Date
_____ Player's name printed	_____ Player's Signature	_____ Date