



**2018 – 2019**  
**Commitment Packet**

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## Club Philosophy

Xcel Athletes Volleyball Clubs strive to provide the best training possible so players can reach their top potential. This is completed through the ability to balance respect and attention to detail with creating a culture that promotes rapport and communication between the players and coach. This coaching style leads to a more dynamic winning environment in which the mutual respect between the player and coach allows for optimum development through hard work and communication.

### CLUB GOALS AND OBJECTIVES:

- Provide dedicated training and coaching for players of all abilities.
- Ensure athletes feel that they are doing all that they can to reach their top potential.
- Provide guidance for the present as well as the future in terms of goals.
- Focus on individual development rather than “mass production”
- Create a positive reputation that elicits expansion over time
- Allow for a well-rounded athlete while still focusing on development of volleyball skills
- Promote positive life skills such as sportsmanship, respect, and social interaction

### BENEFITS:

- Elite coaching based on the US National Team/High Performance programs
- Dedicated college recruitment team & resources/connections
- Strength and conditioning regimen designed by certified personal trainers
- Video coaching and feedback (both individual and team focused)
- Statistical tracking and analysis
- Personalized player evaluations beginning, middle, and year end

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**Xcel Athletes is the parent company of Hitmen and Rampage volleyball clubs.**

**Club Director & Owner: Mike Liedtke**

Phone #: 630-750-4822 E-Mail: [Mike@XcelAthletes.com](mailto:Mike@XcelAthletes.com)

**Rampage Club Director: Nic Cook**

Phone #: 630-750-2930

E-Mail: [Nic.Cook@XcelAthletes.com](mailto:Nic.Cook@XcelAthletes.com)

**Please fill out the following forms and turn this entire packet in to the Club Director.**

**1. Club Rules**

- Rules required to maintain proper conduct by the athletes and parents

**2. Club Contract**

- Commitment contract for the entire season.

**3. Attendance Agreement & School Conflicts**

**4. Picture Release**

**5. Club Travel Policy**

**6. USAV Medical Form**

**- Failure to fill out this form completely will result in the athlete not being able to participate in any activity or practice until the form is completed.**

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# CLUB RULES

(Attachment 1)

1. We realize that our financial commitment to the club is for the entire season, even if our son/daughter chooses to leave the program. If he/she decides not to participate in the club after the start of the season, written notice must be made through e-mail to Mike@XcelAthletes.com which includes the reason why and the last date of participation. You will still be responsible for any outstanding fees. No releases will be granted to play for another club for any reason until these conditions are met.

**Player Initials:** \_\_\_\_\_

**Parent Initials:** \_\_\_\_\_

2. We realize that using illegal drugs, alcohol or tobacco could result in an athlete's dismissal from the club. Additionally, any delinquent conduct that would be considered detrimental to the athlete will be dealt with on a case by case basis. We realize that a delinquent act can result in anything from a warning to full dismissal from the program.

**Player Initials:** \_\_\_\_\_

**Parent Initials:** \_\_\_\_\_

3. We will be positive and refrain from any public outburst that could be viewed as detrimental to our child, the coaches, teammates, or the club. We agree to handle ourselves in a professional manner and observe a 24 hour "cooling off" period before responding to any complaint you may have. All problems should be addressed to Mike Liedtke at 630-750-4822 or to Mike@XcelAthletes.com.

**Player Initials:** \_\_\_\_\_

**Parent Initials:** \_\_\_\_\_

4. We understand that our payment to Xcel Athletes and/or its respective clubs is for coaching in practices. Equal attention will be provided to all athletes in practice, however equal playing time in tournaments is not guaranteed.

**Player Initials:** \_\_\_\_\_

**Parent Initials:** \_\_\_\_\_

5. We understand that the club director has the right to remove a player from practice and/or tournaments and send him/her home should his conduct warrant it. Players are always expected to be respectful to the coaching staff. Failure to listen to a coach by the player and/or conducting yourself in behavior that is distracting to the rest of the team during practice may result in your removal at the discretion of the club director. If the tournament required any sort of team travel, all expenses incurred by the club in sending the athlete home will be reimbursed to the club by the parents/guardians.

**Player Initials:** \_\_\_\_\_

**Parent Initials:** \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENT/GUARDIAN**

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PLAYER**

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# Xcel Athletes Club Commitment Contract

## **SECTION 1 Conditions of Participation & Commitment**

I/We, the parent(s)/guardian(s) of \_\_\_\_\_ have read the enclosed information concerning the policies and practices of one of *Xcel Athletes Programs – Hitmen VBC or Rampage VBC* (hereafter called the "club"). We agree, that having been selected to a team, to let the athlete join the club for the USAV 2018-2019 season.

I/We understand that we are responsible for all fees due by the player as well as his/her transportation to all practices and tournaments. Maintaining membership on a specific team will be at the discretion of the director of the club. Promotions and demotions are possible depending upon the development of the individual player including his/her commitment, coachability, behavior, etc. Consideration will be made as to the best interest of the player as well as to the program.

I/We have read the material provided and understand the time commitment involved in practice and competition. I/We have reviewed the applicable fee schedule in section 3 of this agreement. I/we understand that the individual must pay all fees in full regardless of the duration of participation or team assignment. This is due to the fact that membership in the club is limited and others may or may not have been denied a position by your acceptance of a position in the club.

Understanding the stipulations and having discussed these with our child, we agree to and will support his/her participation in the club. The commitment to Xcel Athletes begins on the date this contract is dated and will conclude on July 15<sup>th</sup>, 2019. We understand that once registered with and having competed with the club, the player will be unable to transfer clubs and compete in USA Volleyball Regional and Junior National Championship.

The undersigned has received, read, understands and agrees to abide by and cause family members and guests to abide by the rules and regulations of the club as they now exist and as they may from time to time be amended or supplemented. The club rules include, but are not limited to, those listed in the attached packet.

## **SECTION 2 Membership Fees**

The undersigned player and parent/guardian, hereafter designated as member, agree to accept membership with *Xcel Athletes (Hitmen or Rampage VBC)* for the 2018-2019 season in one of the programs explained in Attachment 2. Membership entitles the member to participate in practices and local tournaments designated by the club. Equal opportunity to participate will be provided during practice, however, on court time at tournaments is not guaranteed, but is to be determined by the club staff.

The total applicable membership fee is described on Attachment 2 of this contract.

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**SECTION 3 Waiver of Liability**

By taking part in activities and/or events sponsored by the club, and by use of the facilities provided by the club, the member expressly agrees that the club shall not be liable for any damages arising from personal injuries sustained by the member or her guests(s) in, on, or about the premises of the said facilities. The member further agrees that the CLUB shall not be liable for any loss or theft of personal property. Members assume full responsibility for any injuries, damages or losses which may occur to the member or guest, in or about the premises of said facilities and does hereby fully and forever release and discharge the CLUB, owners, employees and agent from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the member's or guest's use or intended use of the said facilities or the facilities and equipment thereof provided, however, that nothing contained shall release or discharge the CLUB from its negligence or the negligence of employees, or officer.

Member warrants, represents and agrees that the member is in good physical condition and that he/she has no disability, impairment or ailment that prevents him from engaging in active or passive exercise that will be detrimental to her health, safety, comfort or physical condition if she does so engage or participate. It is recommended that everyone consult his or her own physician before beginning any exercise program. Members shall not be relieved of their obligations to make any payment herein agreed to and no deduction or allowance from said payments shall be made, by reason of the absence or withdrawal of the member from membership or by reason of the member's failure to attend or use the facility.

**SECTION 4 Notice**

This agreement is not assignable or transferable by the member without the specific agreement and approval of the club. That due to the fact that damages under this agreement are difficult to ascertain, the parties mutually agree that in the event of a default the club is entitled to receive the entire contract balance due as liquidated damages plus all delinquency fees as prefaced herein.

This agreement, together with any attachment(s), will be governed by the laws of the state, supersedes all prior oral or written representations or communications between the parties, constitutes the entire understanding of the parties regarding the subject matter of this agreement, and may only be modified or amended by a written supplement signed by both parties. In event of default, this obligation is referred to an attorney, and/or a collection agency, the member agrees to pay, over and above their liabilities, reasonable club attorney fees, court costs and the cost of collection.

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENT/GUARDIAN**

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PLAYER**

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## Xcel Athletes Participation and Attendance Agreement

All practices with Xcel Athletes are considered mandatory. However, we also understand that many players have busy schedules as they may play other sports or are involved in other activities. For this reason, we are open to having players attend alternative practices so that they can maintain their volleyball training if a conflict does come up. **If a conflict does arise, it is important that you contact your coach as soon as it becomes known. Those with recurring conflicts are required to send a copy of your sport/activity schedule for practices/events to the Club Director at Mike@XcelAthletes.com.**

Showing up late to a practice without having a conflict causing you to be late will result in appropriate consequences. Consequences could range from sprints/conditioning, missed time at tournaments, or even being sent home after showing up late. Proper communication can help resolve most conflicts and will ensure the best experience for you with Xcel Athletes. In addition to this, **please plan abide to the famous "Lombardi Time". Early is on-time, on-time is late, and late is unacceptable. If you always plan to be 15 minutes early, you will never be late!**

In order to get the most out of practices, any conditioning in excess of 15 minutes that is the result of being late and/or missing practices must be conducted either before or after the regularly scheduled practices **and completed before the next tournament. If the consequence is not completed by the tournament then playing time will be adjusted accordingly.** Times can be arranged by contacting the club director.

### **TOURNAMENTS**

It is essential to have a full team to compete at all tournaments whenever possible in order for the team to play at its highest potential. If you are unable to attend a tournament (either in full or partially) then you must contact the club director as soon as you become aware of your absence so that your team can adequately prepare for your absence in practice. **If a player does have to miss time for a tournament, they will be required to "sit out" some time once returning to tournament play. Whether this is in the same tournament, or in a subsequent tournament.** Missing a tournament does not count towards fulfilling any unexcused absence. Your son/daughter must be at the tournament to cheer on his/her team when sitting due to an unexcused absence.

### **ALLOTMENT OF ABSENCES**

Xcel Athletes understands that other situations come up and there are occasionally needs to miss practice. Therefore we allow an athlete an allotment of 5 absences for various reasons that an athlete can use throughout the season. **Any practices used outside of this allotment will be considered unexcused regardless of the reason. Therefore, proper time management is essential in order to use your allotment only when it is absolutely necessary.** If you "make up" a practice after approval from the club director, it will not count towards your allotment of absences.

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Extenuating circumstances may arise in which in the discretion of the club director, modifications to this policy may result. Situations such as a documented injury or chronic medical condition will be taken into account on a case by case basis when proper documentation is provided.

### **Xcel Athletes School Conflict Hierarchy**

All practices with our clubs are considered mandatory. However, we also understand that school sports and activities often take up some of our player's time. Because of busy schedules, players are often told that they are required to attend two or more different activities at the same time.

To allow for a well-rounded lifestyle, Xcel Athletes, Inc. has established the following hierarchy to help athletes prioritize things the best that they can. Having said this, it will be much easier for the coach to accept the player missing time if the player is actively showing that they are doing their best to accommodate his schedules. This includes making as much practice as possible (even if having to leave early/come late) and communicating things clearly with the Club Director.

The following hierarchy will need to be followed and is only applicable for school sports/organized ongoing school activities. If an athlete is involved in extra-curricular activities outside of school, this hierarchy does not apply and it is expected that the athlete can manage their schedule so that they can attend all commitments. As stated above, should a conflict arise, there will be opportunities to either stay later or come in early to make up for time missed due to other activities/sports. Should such an opportunity arise, it must be scheduled with the club director at least 24 hours in advance.

**PROPER COMMUNICATION can help resolve most conflicts and will ensure the best experience for you.**

Unexcused absences will result in your son/daughter sitting for one game at the next tournament that he/she is able to attend for each unexcused absence. Missing a tournament does not count towards fulfilling any unexcused absence. Your son/daughter must be at the tournament to cheer on the team when he/she is sitting due to an unexcused absence.

Extenuating circumstances may arise in which in the discretion of the club director, modifications to this policy may result. Situations such as a documented injury or chronic medical condition will be considered on a case by case basis when proper documentation is provided.

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High School Playoffs/State Level Event

Xcel Athletes National Qualifier/Nationals

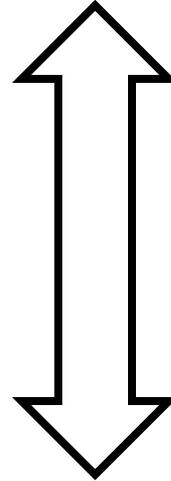
High School Game/Production

Xcel Athletes Tournament

High School Practice

Xcel Athletes Practice

Most Important



Less Important

After reviewing the above noted hierarchy, I understand and agree to stand behind any implemented consequences based on what is stated above.

Read, acknowledged and agreed to this date, \_\_\_\_\_, 2018

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENT/GUARDIAN**

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PLAYER**

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## PARENTAL CONSENT MEDIA RELEASE:

**Player Name:** \_\_\_\_\_

The undersigned as the legal guardian of the above named player consents to the release of pictures and/or video of the Child taken during sanctioned club activities including but not limited to practices, tournaments, and other team functions between this present date through July 15<sup>th</sup>, 2019.

By signing below, pictures or other media may be used in advertising and promotion for the club and its affiliated business.

This Consent Form may be revoked at any time before the expiration date with written notice to Organizer.

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENT/GUARDIAN**

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## **Travel Policy for Participants of Xcel Athletes Training Programs**

Xcel Athletes, Inc. has some teams that travel regularly to play in tournaments, has some teams where travel is limited to a few events per season, and some teams where there is no travel other than local travel to and from our own area. Xcel Athletes prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Volleyball SafeSport Handbook. Xcel Athletes has established policies to guide our travel, minimize one-on-one interactions and reduce the risk of abuse or misconduct. Adherence to these travel guidelines will increase player safety and improve the player's experience while keeping travel a fun and enjoyable experience.

We distinguish between travel to training, practice and local tournaments ("local travel") and team travel involving an overnight stay ("team travel").

### **Local Travel**

Local travel occurs when an Xcel Athletes program does not sponsor, coordinate or arrange for travel.

- ✓ Players and/or their parents/guardian are responsible for making all arrangements for local travel. The team and its coaches, managers or administrators should avoid responsibility for arranging or coordinating local travel. It is the responsibility of the parents/guardians to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order, and compliance with applicable state laws.
- ✓ The employees, coaches and/or volunteers of Xcel Athletes or one of its teams, who are not also acting as a parent, should not drive alone with an unrelated minor player.

### **Team Travel**

Team travel is overnight travel that occurs when Xcel Athletes or one of its teams or designee's sponsors, coordinates or arranges for travel so that our team can compete locally, regionally or nationally. Because of the greater distances, coaches, staff, volunteers and chaperones will often travel with the players.

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- ✓ When possible, Xcel Athletes will provide reasonable notice before team travel. Travel notice will also include designated team hotels for overnight stays as well as a contact person within the respective club/program or the team. This individual will be the point of contact to confirm your intention to travel and to help with travel details.
- ✓ Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player (unless the coach is the parent, guardian or sibling of the player).
- ✓ The coach or his/her designee will establish a curfew by when all players must be in their hotel rooms or in a supervised location. Regular monitoring and curfew checks will be made of each room by at least two properly background screened adults. Nightly compliance room checks will be conducted in accordance with the policy below. At no time should only one adult be present in a room with an individual minor player, regardless of gender.
- ✓ Team personnel shall ask hotels to block adult pay per view channels and other incidental charges.
- ✓ Individual meetings between a coach and a player may not occur in hotel sleeping rooms and must be held in public settings or with additional adults present, with at least one of those adults being the same gender as the player.
- ✓ Family members who wish to stay in the team hotel are permitted and encouraged to do so.
- ✓ The team will make every effort to accommodate reasonable parental requests when a child is away from home without a parent. If any special arrangements are necessary for your child, please contact the team personnel who can either make or assist with making those arrangements.
- ✓ No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperoning duties.
- ✓ In all cases involving travel, parents have the right to transport their minor player.
- ✓

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- ✓ Prior to any travel, coaches will endeavor to make players and parents aware of all expectations and rules. Coaches will also support chaperones and/or participate in the monitoring of the players for adherence to curfew restrictions and other travel rules.
- ✓ If disciplinary action against a player is required while the player is traveling without his/her parents, then except where immediate action is necessary, parents will be notified before any action is taken, or immediately after.

### **Room Checks**

- ✓ Nightly compliance room checks will be conducted. During these checks, players will grant access to their hotel room to ensure proper behavior and to check for any contraband. Player's agree to allow the searching of their personal belongings if a reasonable expectation of contraband exists. In the event an individual's property requires search, a minimum of two adults will conduct the search. Upon the completion of room checks, players may not leave their room for any reason without the permission of their coach.

### **General Policies**

The following policies are general guidelines for Xcel Athletes programs.

- ✓ Players are expected to remain with the team at all times during the trip. Players are not to leave the competition venue, the hotel, restaurant or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- ✓ When visiting public places such as shopping malls, movie theatres, etc., players will stay in groups of no less than three persons. Athletes 12 and under will be accompanied by a chaperone.
- ✓ Driving Policies
  - Travel speed must not exceed the regular flow of traffic
  - Radio/Music played must be maintained at a reasonable volume
  - Must wear seatbelts and remain seated in vehicles
- ✓ Behavior Policies
  - Be quiet and respect the rights of teammates and others in the hotel
  - Be prompt and on time

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- Cell phones may be used during free time, but not during team activities.
  - Cell phones MAY be taken from the athletes during team activities. If a phone is taken from a player, at no time will they be away from the coach. In the event a parent needs to get ahold of a player, they can contact the head coach.
- Use appropriate behavior in public facilities, including language
- Players must stay in their assigned hotel room
- Needs and well-being of the team come first
- ✓ Financial
  - No room service without permission
  - Players are responsible for all incidental charges
  - Players are responsible for any damages or thievery at hotel
  - Players must participate in team meals

### **Code of Conduct / Honor Code.**

- ✓ Team members will display proper respect and sportsmanship toward coaches, officials, administrator, teammates, fellow competitors and the public at all times.
- ✓ Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- ✓ The possession or use of alcohol or tobacco products by any athlete is prohibited.
- ✓ The possession use or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- ✓ Team members are reminded that when competing in tournaments, traveling on trips and attending other club-related functions, they are representing both themselves and Xcel Athletes. Athlete behavior must positively reflect the high standards of the club.
- ✓ Players are to refrain from inappropriate physical contact at all times.
- ✓ Players are to refrain from the use of inappropriate language.

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Potential Consequences:

Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline can include, but may not be limited to:

- i. Conditioning
- ii. Limiting of playing time
- iii. Dismissal from the trip and immediate return home at the athlete's expense;
- iv. Disqualification from future tournaments, either local or traveling;
- v. Financial penalties;
- vi. Dismissal from team; and/or
- vii. Penalties set forth in the USA Volleyball Participant Code of Conduct, which may include a lifetime ban.

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENT/GUARDIAN**

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PLAYER**

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## USAV YOUTH & JUNIOR VOLLEYBALL PLAYER MEDICAL RELEASE FORM

This **must be** completed - legibly - and signed in all areas by both the player and his/her parent or guardian. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential. **By signing this form the participant affirms having read and agreed to the terms and conditions listed below.**

Club: \_\_\_\_\_ Team Name: \_\_\_\_\_

Male  Female

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Age \_\_\_\_\_

**Primary Contact: Parent or Guardian**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 City, State & Zip \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

**Secondary Contact:**  Parent/Guardian  Other \_\_\_\_\_

Name: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Primary Insurance Co \_\_\_\_\_ Primary Group/Policy # \_\_\_\_\_ / \_\_\_\_\_

Family Physician Name \_\_\_\_\_ Physician Phone \_\_\_\_\_

Please elaborate on any medical conditions of which we should be aware:

Please list any medications currently being taken:

In the past 24 months, have you been tested, diagnosed and/or treated for a concussion:  Yes  No  
 If yes, provide the date (months and year), who performed the testing/diagnosing/treatment and what was the outcome:

Please list any allergies:

If None, please write None.

Participant Signature \_\_\_\_\_ Date: \_\_\_\_\_  
(regardless of age):

Participant, \_\_\_\_\_, has my permission to participate in training, competition, events, activities and travel sponsored by USA Volleyball or any of its Regional Volleyball Associations (RVAs). I approve of the leaders who will be in charge of this program. I recognize that the leaders are serving to the best of their ability. I certify that the participant has full medical insurance with the company listed above. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential. I agree to allow the authorized adult team personnel to release this information in the event of a medical emergency to a third party medical provider. I also certify to the best of my knowledge that the participant named hereon is physically fit to engage in the activities described above.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

If, during the course of my daughter's/son's activities in volleyball, she/he should become ill or sustain an injury, I hereby **authorize** you to obtain emergency medical/dental care. I will assume financial responsibility for the bills incurred through my insurance company.  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian

or

**I do not authorize** emergency medical/dental care for my daughter/son.  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian



## Consent to Dispense Medication

RE: Consent to Dispense Over the Counter Medication

The undersigned(s) being the lawful parent(s) and/or guardian(s) of the above child (the "Child"), hereby consents to the administration of any over the counter medication initialed below to be taken as needed.

We are aware of the risks of taking any medication whether prescribe or over the counter, and know of no allergies to any of the medication to which we give consent to dispense.

This Consent Form may be revoked at any time before the expiration date with written notice to Organizer.

**Initial** in each box to give your consent

**Ibuprofen (Anti-Inflammatory Ex: Advil, Motrin)**

**Acetaminophen (Pain Reliever Ex: Excedrin, Tylenol)**

**Analgesic Cream (Pain Relief Cream Ex: IcyHot, Flexall, BIOFREEZE, BENGAY)**

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

**PARENT/GUARDIAN**

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