

Sin City Rebels Volleyball Club



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Parent and Athlete Handbook

TABLE OF CONTENTS

TABLE OF CONTENTS 1

WELCOME..... 2

SIN CITY REBELS MISSION STATEMENT..... 2

 CLUB OBJECTIVE AND GOALS 2

WEBSITE 3

PRACTICE LOCATION(S) RULES & REGULATIONS..... 3

SOCIAL ACTIVITY ONLINE & OFFLINE 4

PLAYING TIME PHILOSOPHY 5

TRAINING EXPECTATIONS 6

TEAM COMMUNICATION..... 7

TOURNAMENT EXPECTATIONS 9

TEAM TRAVEL POLICY 10

UNIFORMS 11

CLUB DUES..... 12

COMMUNITY INVOLVEMENT 13

HARASSMENT POLICY 13

SKILLS ASSESMENTS..... 14

CLOSING 15

ATHLETE STATEMENT OF UNDERSTANDING..... 15

FAMILY STATEMENT OF UNDERSTANDING 16

WELCOME

Welcome to Sin City Rebels 3rd Season! We are excited to have you as a part of our program. We hope you are looking forward to continuing our tradition of excellence this season as much as we are. We put this handbook together to tell you about our Club, its policies, and to answer questions we receive from athletes and their families.

Sin City Rebels (the “Club”) is a Sole Proprietor. Dominique McCullough the Owner, Managing Member, and Director of the Club. Sin City Rebels Club logos are the exclusive property of the Club. The names and logos are not to be used without the express, written consent of the Club. This includes apparel.

This Handbook is meant to be a guide for all families and athletes. The Club reserves the right to amend this Handbook at any time in its sole discretion.

SIN CITY REBELS MISSION STATEMENT

Our mission is to provide a secure and supportive environment for young athletes to develop their skills, build self-confidence, and promote teamwork through the sport of volleyball. We are dedicated to fostering diversity and inclusion within our organization. Our goal is to create opportunities for underprivileged children/athletes. Our program aims to build a foundation that empowers future athletes and encourages them to become well-rounded individuals and valuable members of society.

CLUB OBJECTIVE AND GOALS

Sin City Rebels Volleyball Club is located on the East Side of Las Vegas, NV. Established in 2023, our program is designed to teach young athletes how to play volleyball at a competitive level while emphasizing the importance of balancing mental health. The program aims to promote inclusivity and diversity among young volleyball athletes aged 8

to 18. It focuses on teamwork, regardless of gender, race, ethnic background, or financial circumstances.

WEBSITE

Our website address is www.sincityrebelsvbc.com. Within our Sports Engine site, the team will have a page for their roster, schedule, etc. For any website questions or changes, please contact sincityrebelsvbc@gmail.com.

PRACTICE LOCATION(S) RULES & REGULATIONS

As a club, we have yet to obtain a permanent location, hence practice locations may vary. However, regardless of where we practice, we will treat it as if it is our own. To keep any rented facility clean, comfortable, and safe for everyone, the following rules are in effect:

- ✓ Profanity, derogatory remarks, obscene gestures or threats will not be tolerated at any time on the courts, in the stands, in the common areas of the facility, or the parking lot. Patrons or guests using such language or gestures will be asked not to return.
- ✓ Graffiti of any kind will not be tolerated; those who choose to damage any facility, or any part thereof will be charged janitorial and/or damage fees and may be asked not to return to any facility.
- ✓ Following each training session, the athletes are responsible for cleaning up all their belongings, trash, and equipment.
- ✓ Gum and food are not permitted while on the courts.
- ✓ Family members (i.e., parents or caregivers) are permitted to watch practices (unless the coach deems it to close practice for tournament prep). We expect all spectators to be respectful, and not interrupt or interfere during practice.
- ✓ Anyone caught removing, without authorization, or stealing equipment from any facility will be charged for replacement of the items taken and may be asked not to return to any facility.

NOTE: Athletes, families, or spectators who continuously violate the above rules may be removed from the Club and/or the facility without a refund or relief from financial responsibility.

SOCIAL ACTIVITY ONLINE & OFFLINE

We recognize the prevalence of electronic communication and social media in today's world. Many of our student athletes use these means as their primary method of communication. The Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. For example, electronic communication should not contain or relate to any of the following:

- Drugs or alcohol use.
- Sexually oriented conversation; sexually explicit language, sexual activity.
- The adult's personal life, social activities, relationship or family issues, or personal problems.
- Inappropriate or sexually explicit pictures.
- Political or religious statements

Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with athletes is Transparent, Accessible and Professional ("TAP"):

- **Transparent:** All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.
- **Accessible:** All electronic communication between coaches and athletes should be considered a matter of record and part of the Club's records. Include another coach or parent in the communication so there is no question regarding accessibility.
- **Professional:** All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club. This includes word choice, tone, grammar and subject matter that model the standards and integrity of a staff member.

FACEBOOK, INSTAGRAM, BLOGS AND SIMILAR SITES: Coaches may have personal Facebook (or other social media site) pages, but Coaches and athletes are not

permitted to “direct message” each other through Facebook, Instagram, Blogs and similar sites. Sin City Rebels has an official Instagram page and website that athletes and their parents can follow for information and updates on team-related matters. Athletes are also encouraged to set their personal pages to “private” to prevent adults from accessing the athlete’s personal information.

TEXTING: Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 6am until 10pm. Texting shall only be used for the purpose of communicating information directly related to team activities. When communicating with a coach through text, **a parent or another coach/director must be included in the text.**

EMAIL: Athletes and coaches may use email to communicate. When communicating with a coach through email, **a parent, another coach/director must also be copied.**

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS: The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communications. Immediate compliance without repercussion must be granted.

MISCONDUCT: social media and electronic communications can be used to commit misconduct (e.g., emotional, sexual, bullying, harassment and hazing). Such communications by coaches, staff, volunteers, administrators, officials, parents or athletes will not be tolerated and are considered violations of the SafeSport Handbook.

VIOLATIONS: Violations of the Club’s social media and Electronic Communications Policy should be reported to the Club Director. Complaints and allegations will be addressed following the appropriate procedure.

An athlete or parent of an athlete who violates this policy is subject to appropriate disciplinary action, including but not limited to suspension, dismissal and/or referral to law enforcement authorities.

PLAYING TIME PHILOSOPHY

We, as a club, strive to teach our athletes how to reach their full potential. Playing time during practices should be the same for all players, but playing time for matches is something that is earned.

Our playing time philosophy for matches is different at each division:

National – Playing time is earned and not guaranteed. Coaches and Directors will not discuss playing time; however, direct feedback on how to improve will be given to the athlete to earn more playing time.

American – Playing time may be more balanced, but still not guaranteed. Coaches and Directors will not discuss playing time; however, direct feedback on how to improve will be given to the athlete to earn more playing time.

Regional – Playing time should be fair for all athletes, but still not guaranteed. Please keep in mind that playing time cannot be equal due to the nature of the different positions in volleyball. We want every athlete to have a positive experience by learning through gameplay.

TRAINING EXPECTATIONS

We believe training is the most critical component of everyone's Club experience. We want to ensure every athlete receives as much training as possible. We want all athletes to receive opportunities in practice that will allow them to grow as an athlete and that allows them to earn playing time at tournaments. Most of the time the staff will not place athletes into drills, it is the responsibility of the athletes to make sure they are getting to the floor. Athletes will get as much out of practice as they are willing to put in. We want every athlete to have a valuable experience.

The following are the expectations for each practice with the Club. The Club reserves the right to release any athlete from the program, without refund or relief from financial responsibility, should violations of these expectations become a habit or a hindrance to the Club or the team.

a. Each athlete is expected to be ready for practice at their designated start time. Athletes who arrive 5-10 minutes early generally have enough time to prepare for practice. Athletes who are consistently late will risk losing playing time.

b. Each athlete is expected to be properly equipped in their practice gear and should not be wearing any jewelry or chewing gum.

c. Athletes are expected to attend every practice. If an athlete must miss a practice session, the athlete is expected to notify the staff as soon as possible. Excused absences include family emergency, illness followed by a doctor's note, in-season school sports, mandatory school or church functions. All other absences (i.e., travel/vacation) need pre-approval by the director. Athletes who are absent will risk losing playing time. It is expected that all team members will not miss practices or tournaments during the qualifying or national preparation season.

d. Families are not expected to stay and watch practices. If they choose to do so, they must stay in the concourse area. At NO time should parents be on the court and/or disrupt training. Parents are not to approach a coach during a training session. If athletes have any issues or questions, they may talk to their coach or trainer before or after practice.

e. Each team and tier will have a specific responsibility with respect to keeping the courts clean (pick up trash, put equipment away, etc.). Athletes are not allowed to leave the court or the facility before their responsibilities are complete, unless approved by the coach.

f. Schedule changes or cancellations will be on the website/Heja as soon as possible. If the weather is poor or any facility has closed/cancelled, the athlete or family should check the website before coming to practice.

Please note: At no time should an athlete train at another club, individually or in a group setting, while under contract with Sin City Rebels Volleyball Club. This includes early commits.

TEAM COMMUNICATION

The main channel of communication will be via the Heja App.

Effective communication is necessary between the coach and athlete. Both athletes and coaches are responsible for establishing a relationship of trust and mutual respect. Bringing up a problem can be difficult for an athlete, but this is a life skill that sports can teach. Parents may need to push their athlete to take the first step. Club coaches work to be approachable and to create a safe environment for athletes to bring up concerns.

For athletes, the most common concern that they have revolves around playing time. While we don't discuss playing time directly, athletes who are not satisfied with their coach's decisions must engage with the coach to identify the issue by following these steps:

1. The athlete must first approach the coach and start a dialogue. Not the parents.
 - a. Often, athletes are unclear on what they need to improve, and an early conversation can address these questions.
 - b. Our expectation is that athletes should start this conversation by asking what they need to do to improve and how to work towards playing a larger role in contributing to the team's success.
2. If the question or problem is still unanswered or unresolved, the athlete must again approach the coach for clarification and direction.

3. If the question or problem is still unanswered or unresolved, the athlete can request an athlete/coach meeting with parents and a club administrator in attendance.

If you, as a parent, have a legitimate concern about a coach other than your athlete's coach, or with an athlete other than your own, you should contact a Club Director.

The Club wants to encourage proper communication between our families and the staff. Below are examples of proper communication.

- Information about the athlete's health
 - Recent illnesses, medical restrictions, allergies, medication needs, etc.
 - Physical limitations that would restrict or prevent the athlete from practicing or game participation.
 - Emotional health needs (ex: a recent death in the family, struggling in school, dealing with another emotionally charged issue).
- A "head's up" that your athlete is struggling to communicate with her coach.
 - Remember that we begin this conversation with the athlete first, but we appreciate being notified. This should be communicated to the coach and the Club Director.

There are topics of communication with the coach that may arise, but are **not** appropriate depending on setting, best practice is to set appropriate time to make that contact:

- Conversations about playing time:
 - If your athlete is receiving playing time consistent with this Handbook and has not tried to discuss the athlete's role on the team with the coach, it is inappropriate for you, the parent, to do so at any time.
- Other athletes on the team:
 - Your individual opinions of other athlete's attitudes, skill, performance, or conduct are not appropriate topics of conversation for you to have with anyone (ex: coaches, directors, other parents, athletes, etc.).
 - There are some exceptions. For example, any issues relative to drugs, alcohol, sexual conduct, or weapons should be brought up with a Club Director immediately.
- Coaching technique, tactics, systems, game-time decisions, etc.
 - These are all issues that are not open for discussion or negotiation. If there are questions or concerns, we encourage parents to provide feedback on these topics to the Club Director in writing via email sincityrebelsvbc@gmail.com.

Here are some guidelines for finding the best time to meet:

- If there is a question about player development and the athlete's role on the team, communication early in the season is ideal.
- We have a **24-hour no contact rule**. This means no questions, comments or concerns are to be addressed until 24 hours following the conclusion of the tournament. This allows emotions to subside, resulting in a more productive conversation.
- Prior to the meeting, notify the director of the requested meeting topic. Avoid lengthy emails, text messages, or phone messages, these tend to be too emotional and accusatory.

TOURNAMENT EXPECTATIONS

The following are the expectations for every tournament. Sin City Rebels Volleyball Club reserves the right to release athletes from the program, without refund or relief from financial responsibility, should violations of these expectations become a habit or a hindrance to the Club or team.

a. Athletes are expected to be on the court, dressed in uniform ready to play, at the time designated by the Club. We require athletes to bring ALL of their jerseys each day of a tournament. It is inexcusable for athletes to arrive late. Athletes who are consistently late or miss will potentially risk their playing time.

b. When athletes are not playing in matches, warming up, officiating, or bonding with their team, they are expected to be supporting the Club at an assigned court. Athletes can get food, and then report to support their Club as a team. At NO time during a tournament is an athlete to leave their team until their coach releases them at the end of the day. We arrive, play and leave the event as a team. Athletes who need to leave the court must notify their coach of where they are going and take at least one teammate or adult with them.

c. Cell phones are NOT allowed during a tournament (unless on break). Phones shall be put away while playing and/or officiating. If an athlete needs to use a phone to contact a parent, then they can ask to briefly use the phone.

d. Parents, athletes, friends, and family members are NOT allowed to approach a coach, director, or staff member during a tournament to discuss coaching decisions in person or electronically. The proper protocol for communicating concerns is set forth in this Handbook. Those athletes or families who break this rule will be given one warning. If it happens a second time, the Club reserves the right to remove an athlete from the tournament without relief from financial responsibilities or a refund.

e. Parents, friends, and family members are expected to cheer for the team and Club in a positive manner. Those who direct negative language, obscene gestures or derogatory remarks towards athletes, coaches, officials, or spectators will be asked to leave the tournament venue. At all times, adults are expected to serve as positive role models.

f. Sightseeing is acceptable AFTER the tournament has concluded for the athletes. We ask respectfully that athletes refrain from visits to amusement parks or sightseeing (ex: long walking activities) the day prior to or during the day(s) of play. We expect athletes to be fully rested.

TEAM TRAVEL POLICY

While most tournaments/events will be local travel, The Club does look forward to traveling out of state for a few events this season. The Club 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 athlete safety and improve the athlete's experience while keeping travel a fun and enjoyable experience.

a. "Local Travel" occurs when the Club does not sponsor, coordinate or arrange for travel.

b. Parents/guardians are responsible for making all arrangements for Local Travel. It is the sole responsibility of the parents/guardians to ensure the person transporting the athlete 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.

c. The employees, coaches, and/or volunteers of the Club or one of its teams, who are not also acting as a parent, should not drive alone with an unrelated athlete unless they have prior written permission from the parent/guardian.

d. "Team Travel" is overnight travel that occurs when the Club arranges accommodations for travel so that teams can compete locally, regionally, or nationally. Because of the greater distances, staff may travel with the athletes.

e. The Club will provide reasonable advance notice before "Team Travel", including designated team hotels for overnight stays. Parent representatives will help with lodging details. All athletes are required to stay with the Club. All athletes must arrive at the Club hotel and check-in the night before play (for any tournament that is 4+ hours away) no later than 11 p.m., regardless of the wave.

f. Parents/guardians are solely responsible for the transportation of their athlete(s). If a parent/guardian cannot accompany an athlete, they are responsible for finding a teammate or family member that the athlete can travel and stay with.

g. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with an athlete (unless the coach is the parent, guardian, or sibling of the athlete).

h. Club families will conduct themselves in a respectable manner while staying at hotels. We will treat ourselves as guests of the hotel, and we will respect all employees and other guests. The Club community will be expected to follow the hotel curfew for the lounge areas, and all athletes will be in their rooms no later than 11 p.m. regardless of wave (coaches may set an earlier curfew). Any athlete, parent, or guardian that demonstrates unacceptable behavior at the hotel may be removed from the Club without the release of financial responsibility or refund.

i. Meetings between a coach and a team 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 athlete.

j. No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their respective coaching and/or chaperoning duties.

k. If disciplinary action against an athlete is required while the athlete is traveling without his/her parents, then the Family will be notified before any action is taken, or promptly after when immediate action is necessary.

UNIFORMS

The uniform package will be included with tuition. Please see separate attachment for uniforms.

For tournaments, the Club requires that each athlete wear Club-issued uniforms. Ankle support is encouraged but not required. During tournaments, athletes are required to wear their Club warm-up before any match until instructed by coach. Jersey color will be noted on Heja the day before the tournament.

Athletes who lose or damage part of their uniform are financially responsible and required to replace the lost or damaged item.

CLUB DUES

Club dues include facility fees for practice, tournament entry fees, Club uniform packages, registration fees for coaches, coaches' uniforms, coaches' salaries, and administrative fees. The payment of Club dues does not guarantee an athlete's tournament playing time.

Club dues may be paid via the following methods;

- Online via invoice
- CashApp
- Venmo
- Zelle
- check made payable to "Sin City Rebels"

a. The payment schedule is posted within the financial agreements. Those who set up and follow their payment plan will not be fined the late fees outlined below in subsection c.

b. The Club may choose to adjust/add more tournaments. Club dues will not be increased without the unanimous consent of the team.

c. Payments are due on the **1st of the month**. Payments received after the 10th of the month will result in a \$50 Late fee applied to the balance.

d. Any athlete who has not paid her 2025-26 club dues may be asked to sit out of practice and may not receive/return their uniform package. Athletes can begin practicing and will receive uniforms once payments have been submitted.

e. Athletes will receive no compensation for travel reservation expenses to tournaments during the time they are suspended.

f. Fees will not be refunded or reduced for athletes who leave the Club before the end of the season. We operate on a very tight budget; therefore, we cannot refund or reduce fees when an athlete decides not to play or is unable to play. Signing the contract commits the athlete and her family to full financial obligation regardless of their participation with the Club.

h. There is a convenience fee for paying dues online. If you'd like to avoid the fee, please use any of the alternate methods listed above.

Refund Policy: THERE ARE NO REFUNDS AND ALL CLUB FEES FOR THE ENTIRE YEAR MUST BE PAID REGARDLESS OF THE CIRCUMSTANCES.

Optional Insurance: Sports Fee Insurance protects the registration fees of a club. If a player is unable to participate in the sport for a covered peril the parent's financial obligation is paid to the club or reimbursed to the parent. It can be offered to the parents as optional coverage. Learn more [here](#).

Sign Up Here: <https://jva.sportsfees.us/>

COMMUNITY INVOLVEMENT

We will be a quality club that looks to give back to its community through volunteer work. We intend to volunteer within the Las Vegas valley at least once a month or every other month during the club season.

HARASSMENT POLICY

The Club prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, and hazing. Harassment is defined as any unwanted physical or verbal conduct that offends or humiliates the recipient, who interferes with their ability to play and learn or leads to adverse consequences, and that any reasonable person ought to have known would be unwelcome. It does not include the legitimate exercise of coaching authority regarding performance feedback, game evaluations, or valid disciplinary measures. It may create an intimidating, hostile, or offensive team setting. Examples of harassment include, but are not limited to, racial or sexual slurs, name calling, racist or sexist jokes, negative stereotyping, physical assault, bullying, threats, demeaning pictures, posters and graffiti.

Harassment includes the following categories of behavior, whether the behavior occurs one or many times:

Discriminatory behavior: Discrimination refers to treating people differently, negatively, or adversely because of one or more of the following: race, color, ancestry, place of origin, political belief, religion, age, sex, sexual orientation, marital status, family status, or physical or mental disability.

Personal harassment: Personal harassment includes objectionable conduct, comment, or display made on either a one-time or continuous basis that demeans, belittles, or causes personal humiliation or embarrassment on the part of the recipient. It may or may not be linked to discriminatory behavior.

Bullying: Bullying consists of behavior to attack and diminish another by subjecting the recipient to unjustified criticism and trivial fault-finding, humiliating the recipient (especially in front of others), and/or ignoring, overruling, isolating and excluding the recipient.

Sexual harassment: Sexual harassment refers to any conduct, comment, gesture, or contact of a sexual nature, whether on a one-time basis or a series of incidents, which might reasonably be expected to cause offence or humiliation or that might reasonably be perceived as placing a condition of a sexual nature on participation. Examples of behavior that can constitute sexual harassment include, but are not limited to:

- i. unwanted touching, patting or leering.
- ii. sexual assault.
- iii. inquiries or comments about a person's sex life.
- iv. telephone calls or other forms of communication with sexual overtones.
- v. gender-based insults or jokes causing embarrassment or humiliation.
- vi. repeated unwanted social or sexual invitations; and
- vii. inappropriate or unwelcome focus/comments on a person's physical attributes or appearance.

Reporting Harassment: If you see an employee behave in a way you believe appears to be inappropriate, or if you experience behavior from another athlete, coach or administrator that you believe is inappropriate, report it immediately to a Club Director. All complaints will be investigated. Any employee found to be in violation of the harassment policy will be subject to discipline, which may include dismissal. There will be no retaliation against any complainants or any witnesses who participate in an investigation of a harassment charge.

SKILLS ASSESSMENTS

The Club may also measure the success and ongoing learning from our athletes. Athletes' skill level may be reviewed throughout the season, and feedback will be delivered. Skills testing may be done in efforts to move the needle and excel to their highest potential by the end of the program.

CLOSING

Playing sports and other organized activities is a critical component to a child's development. It is an additional opportunity to develop themselves further outside the classroom or home. The lessons from sports; winning and losing, striving for personal development, and learning to deal with others, are key emotional skills needed throughout their lifetime. The lessons children learn in sports stay with them throughout their lives and we thank you for creating history with us!

Thank you again for participating in Sin City Rebels Volleyball Club. We wish you and your athletes a safe and successful season.

ATHLETE STATEMENT OF UNDERSTANDING

As a Sin City Rebels athlete, I, the athlete named above, have read and understand the Sin City Rebels Parent and Athlete Handbook. I understand that I am responsible for my conduct while participating with the Club. I understand that I risk being removed from the Club without a refund if I violate any part of the Handbook.

By signing below, I am confirming that I have read the 2025-26 Parent and Athlete Handbook in full and agree to the "Statement of Understanding" terms above. By printing my name below, I am submitting my online signature.

Full Name of Athlete *

Full Name of Athlete Parents/Guardians *

Athlete signature *

Date (MM/DD/YYYY) *

Date (MM/DD/YYYY) *

FAMILY STATEMENT OF UNDERSTANDING

As the parent or guardian of the above-referenced Sin City Rebels athlete, I have read and understand the Sin City Rebels Parent and Athlete Handbook. I understand that the athlete is responsible for her conduct while participating with the Club. I understand that I am responsible for my own conduct while the athlete is participating with the Club as well as the conduct of the friends and family members that attend tournaments, training sessions, and other Club events. I understand that I risk having the athlete removed from the Club if I, or she, violates any part of the Handbook. I understand that if the athlete is removed from or quits the Club for any reason, I am still obligated to have full financial responsibilities to the Club.

By signing below, I am confirming that I have read the 2024-25 Parent and Athlete Handbook in full and agree to the “Statement of Understanding” terms above. By printing my name below, I am submitting my online signature.

Email address *

Parent/Guardian signature *

Date (MM/DD/YYYY) *

Parent/Guardian signature *

Date (MM/DD/YYYY) *

Submit