



ACE Elite Volleyball Club

Parent & Player Handbook

Welcome to ACE Elite VBC!

At ACE, we're more than just a volleyball club - we're a community. Our positive and supportive culture helps athletes build confidence, resilience and lasting friendships, all while pushing them to grow on the court.

Player Expectations

- 1. Play for the Fun of the Game.**
Embrace the enjoyment of volleyball and the journey of learning, improving and competing.
- 2. Respect Decisions & Authority.**
Accept the decisions made by your coach, officials and those in positions of authority. Questioning these decisions on or off the court in a disrespectful manner is not acceptable.
- 3. Bring a Positive Attitude.**
Maintain a positive, enthusiastic and coachable attitude at all practices and competitions. Show a willingness to learn and grow, even when things get tough.
- 4. Team First.**
Always prioritize the success and well-being of the team over individual goals. Strive to put the team ahead of yourself in every situation.
- 5. Respect the Game.**
Follow and respect the rules of volleyball. Play with integrity and honor the spirit of the game.

6. Win or Lose, Show Grace.

Be gracious in victory and graceful in defeat. Show respect to opponents and officials, regardless of the outcome.

7. Be Accountable.

Take responsibility for your own actions and behavior, both on and off the court. If mistakes are made, own them and work to improve.

8. Support Your Teammates.

Be positive and encouraging toward your teammates, opponents, officials, and spectators. Disrespectful behavior will not be tolerated.

9. Be Teachable.

Cultivate a teachable spirit that views correction and feedback as opportunities for growth. Take instruction as a compliment and apply it to your game.

10. Commit to Practice and Games.

Make every effort to attend all scheduled practices and tournaments. Inform your coach in advance if you cannot attend. Understand that missed practices may affect your playing time.

11. Be Punctual and Prepared.

Arrive on time and ready to train, wearing appropriate attire and bringing the necessary equipment.

12. Understand Playing Time.

All athletes will be given opportunities to participate, but playing time will not be equal. Coaches will make decisions based on team needs and development.

13. Conduct Yourself with Integrity.

Conduct yourself in a manner that aligns with the team's goals and values. Uphold the standards of ACE Elite VBC in all environments, including practices, games, and social settings.

Respectful Training Environment

At ACE Elite VBC, we are committed to creating a positive, safe, and respectful training environment for all athletes, coaches, and staff. To maintain this standard, all players are expected to:

1. Respect Coaches and Teammates.

Show respect to your coaches by listening, following instructions, and accepting

feedback with a positive attitude. Treat your teammates with kindness, support, and encouragement, fostering a collaborative and inclusive atmosphere.

2. Create a Positive Atmosphere.

Your attitude matters. Bring positivity and enthusiasm to every practice and competition. Avoid negative comments, criticism, or gossip that may disrupt team unity. Contribute to a team culture that is uplifting and motivating for everyone involved.

3. Focus and Discipline.

Approach every training session with focus and discipline. Distractions, whether from phones, side conversations, or negative behaviors, are not welcome. Stay engaged in practice activities and give your full effort to every drill and skill session.

4. Respect the Facility and Equipment.

Take care of the training facility and equipment. Clean up after yourself, and treat the volleyballs, nets, and other gear with respect. This extends to behavior at all tournament and practice locations, representing ACE Elite with pride.

5. Zero Tolerance for Bullying and Disrespect.

Disrespectful behavior, including bullying, harassment, or exclusion of any kind, will not be tolerated. Any actions that make others feel unsafe or unwelcome will be addressed immediately and may result in disciplinary action, including removal from the team.

6. Communication.

If there are issues or concerns within the team or about the training environment, athletes are encouraged to communicate directly with coaches or staff. Honest and open communication fosters trust and helps resolve conflicts before they escalate.

7. Value Each Individual.

Every player brings unique skills and experiences to the team. Respect the differences in skill levels, backgrounds, and perspectives. Recognize that a respectful environment benefits everyone's development and growth as athletes and individuals.

Participation & Commitment

At ACE Elite VBC, we believe that success on and off the court is built on dedication, consistent effort, and full participation. As an Ace Elite athlete, you are making a commitment to your team, coaches, and yourself to give your best at all times. Here are the expectations for participation and commitment:

1. Commitment to Practices.

Regular attendance at all practices is essential for both individual and team

development. Players are expected to attend all scheduled practices unless there is an emergency or prior communication with the coach.

- a. If you must miss a practice, inform your coach as early as possible.
- b. Keep in mind that absences may affect playing time during tournaments as it impacts team preparation.

2. Arriving on Time and Prepared.

Punctuality shows respect for your team and coaches. Arrive at practices and games on time, fully prepared to train, with proper attire, gear, and a focused mindset. Athletes should be ready to start on time, which means arriving early to warm up and mentally prepare.

3. Effort and Attitude

Bring your best effort to every practice and competition. Strive to improve your skills, stay engaged in drills, and approach each session with enthusiasm and a positive attitude. The more you put into your training, the more you will get out of it.

- a. Athletes are expected to put the needs of the team ahead of individual desires. Support your teammates and contribute to the success of the whole group.

4. Commitment to Tournaments and Games.

Just as practices are essential, so too is your commitment to tournaments and games. Athletes are expected to be available for all scheduled events throughout the season.

- a. If an unavoidable conflict arises, communicate it to your coach in advance so they can make necessary adjustments.

5. Team Priorities

As an athlete in Ace Elite's program, you are part of a team. Your individual role is important, but the team's success comes first. This means respecting coaches' decisions on playing time and accepting that it will not always be equal. What is most important is contributing to the team's overall growth and performance.

6. Commitment to Improvement

Participation is more than just showing up. Be committed to improving your skills, both physically and mentally. Take feedback from coaches seriously and use it to develop your game. Embrace challenges as opportunities for growth, and maintain a coachable attitude at all times.

7. Balancing Other Commitments

We understand that athletes have other commitments, including schoolwork, extracurricular activities, and personal responsibilities. However, participating in ACE Elite requires prioritization. We expect our athletes to manage their time effectively and balance these obligations while maintaining their commitment to the team.

8. Season Commitment

By joining Ace Elite, athletes and their families are committing to the entire season. Leaving mid-season disrupts the team's progress and can affect others. We ask that all athletes finish what they start and maintain their commitment until the season concludes.

Playing Time & Player Development

Ace Elite VBC is committed to the growth and development of each athlete on the team. Our practice sessions are designed to provide significant opportunities for all players to develop and refine their skills. Every athlete will be given the chance to showcase their abilities during tournament play.

However, it's important to note that playing time will not be equal among all team members. Several factors are considered when determining playing time, including:

- Position on the court
- Ability to execute specific skills during gameplay
- Attitude and overall effort
- Attendance and punctuality at practices and games
- Ability to receive and apply coaching feedback
- Positive body language and work ethic

Our goal is to provide a competitive environment where athletes are encouraged to strive for excellence while understanding that their development is a continuous process. Playing time will reflect a balance between team needs and individual progress.

Player Health & Substance Policy

ACE Elite VBC is committed to providing a safe, healthy, and positive environment for all athletes. Participation in the program requires athletes to uphold standards that reflect the values of the club on and off the court.

Prohibited Substances:

The use, possession or distribution of the following by any athlete during the club season is strictly prohibited:

- Vaping or e-cigarettes
- Tobacco products
- Alcohol
- Illegal drugs or controlled substances
- Misuse of prescription medications

This policy applies at all times during the club season, including:

- Practices
- Tournaments
- Team Travel
- Team Events
- Any situation where an athlete is representing ACE Elite VBC.

Expectations of Players

Athletes are expected to make choices that support their health, safety and performance. Participation in activities involving vaping, alcohol or drugs is inconsistent with the standards of ACE Elite and the commitment athletes make to their team.

Athletes are also responsible for avoiding environments or situations where these activities are occurring when they are representing ACE Elite VBC.

Consequences

Violations of this policy will be taken seriously and may result in disciplinary actions including:

- Meeting with the athlete, parents and club leadership
- Suspension from practices or tournaments
- Removal from competition for a period of time
- Removal from the team depending on severity

All disciplinary decisions will be made at the discretion of ACE Elite leadership, with the goal of maintaining safety and integrity of the program.

Commitment to Player Well-Being

ACE Elite recognizes that adolescence can involve difficult choices and pressures. Our goal is not only accountability but also support. When concerns arise, the club may work with families to ensure the athlete receives the guidance and support needed to move forward in a positive way.

Parent Expectations

As a parent of an athlete at Ace Elite VBC, your role is essential in fostering a positive and supportive environment for both your child and the team. We ask that parents commit to the following:

- **Be Positive and Encouraging:** Support coaches, team members, parents, opponents, and officials with respect and encouragement.
- **Trust Coaches and Officials:** Accept the judgment of coaches and officials, remaining calm and in control regardless of the outcome.
- **Model Sportsmanship:** Accept the results of each game with grace, without making excuses, and model good sportsmanship for your child.
- **Avoid Sideline Coaching:** Let the coaches coach. Resist the urge to give instructions from the sidelines or during games and practices.
- **Be Present:** Attend as many games and events as possible to show support for your child and the team.
- **Prioritize Emotional Well-Being:** Place your child's emotional health above any personal goals or competitive drive. Avoid projecting your own feelings onto your child.
- **Think Team First:** View the game through the lens of team goals, supporting the collective effort rather than focusing solely on individual performance.

- **Dignify Mistakes:** Respect athletes' efforts and concentration, understanding that mistakes are part of growth and development.
- **Respect Roles:** Acknowledge the distinction between parental and coaching roles. Trust the coaches to guide your child and release them to the coach and team during the season.
- **Teach Life Lessons:** Help your child learn important lessons from winning, losing, personal accomplishments, and mistakes.
- **Be a Good Listener:** Openly listen to your child, understanding their experiences and challenges.
- **Handle Concerns Respectfully:** Address any concerns or questions you may have with the club in accordance with club policies. Involve your child in resolving issues, and work respectfully and ethically with the coach to find solutions.

We value the partnership between parents and the club in creating a respectful, growth-oriented environment for all athletes.

Parent Support at Tournaments

As representatives of your child, the team, and Ace Elite VBC, parents are expected to uphold the same high standards as our coaches and athletes at tournaments. Our Parent Code of Conduct outlines the role and expectations for all Ace Elite parents, with an emphasis on respectful behavior and positive support.

- **Respectful Treatment:** Parents are expected to treat all players, coaches, officials, and other spectators with respect. Disrespectful behavior or any form of discrimination, including racism, will not be tolerated. Offending parties may be asked to leave the tournament venue.
- **Positive and Supportive:** Cheer for and encourage the team at all times. Your role is to support, not instruct—coaching or giving directions from the sidelines is not permitted.
- **No Sideline Coaching:** Allow the coaches to do their job without interference. Avoid approaching coaches during tournaments to discuss strategy, playing time, or any other issues related to your child's role or participation on the team.
- **Set a Positive Example:** Your actions reflect on your child and the team. Stay positive and handle any frustrations privately, after the event, and in accordance with Ace Elite policies.

By maintaining a supportive and respectful environment, parents help create a positive atmosphere where athletes can thrive and focus on their development.

Facilities & Administration

At ACE Elite VBC, we are fortunate to partner with multiple facilities to provide the best training environments for our athletes. Practices, tournaments, and events may take place at different venues based on availability, team needs, and competition schedules. Our facilities are chosen to ensure that athletes have access to high-quality training spaces that promote skill development and team growth.

Here are a few important things to keep in mind regarding our facilities:

- **Multiple Venues:**
Practices and tournaments will be held across a variety of gyms and sports complexes in the area. Each venue may have its own specific guidelines and protocols, which will be communicated in advance.
- **Respect for Facilities:**
All athletes, parents, and coaches are expected to treat each facility with respect. Please ensure that you leave the venue in better condition than when you arrived by picking up trash, adhering to facility rules, and being respectful of property.
- **Punctuality and Preparation:**
Athletes should arrive at all venues with enough time to prepare for training or competition. Familiarize yourself with each facility's parking and entrance procedures to avoid delays.
- **Facility-Specific Policies:** Different venues may have specific policies, such as spectator limits, mask or health protocols, or guidelines for food and drinks. Make sure to follow these rules to ensure that we maintain a positive relationship with each facility.
- **Communication of Locations:**
Practice and tournament schedules, including the addresses and contact information for each facility, will be communicated through our team management system. Please make sure to check these details before traveling to an event.
- **Parking and Safety:**
Parking information for each facility will be shared in advance. Please follow all posted signs and facility guidelines for safe and proper parking. For the safety of our athletes and families, always be mindful of pedestrian areas and facility rules.

- **Administrative Support:**

If you have any questions or concerns regarding facilities, our administrative team is here to help. Please reach out for clarification on location details or facility-specific guidelines.

Weather & Cancellations

At Ace Elite VBC, the safety of our athletes, families, and staff is our top priority. In the event of inclement weather, we will carefully assess the conditions and determine whether it is safe to hold practices, tournaments, or events.

- **Notification of Cancellations:**

If practice or an event is canceled due to weather, notifications will be sent via email and/or posted on our website by 2:00 PM on the day of the event. Please be sure to check your email and our website for updates if weather conditions appear hazardous.

- **Personal Discretion:** We understand that our athletes come from various locations, and weather conditions may differ from one area to another. If you feel that travel is unsafe due to weather conditions in your area, you reserve the right to stay home. Safety always comes first, and your decision to stay home due to hazardous conditions will be respected.

- **Rescheduling:** In the event of a canceled practice or event, we will make every effort to reschedule if possible. Any rescheduled dates and times will be communicated as soon as arrangements are made.

- **Communication Channels:** To stay informed about potential weather-related cancellations, please ensure that your contact information is up-to-date in our system. We rely on email and our website as our primary methods of communication during these situations.

Transportation Policy

Transportation to practices, tournaments, and other team events is the responsibility of the parents or guardians. For insurance and liability reasons, ACE Elite VBC cannot assume responsibility for transportation of athletes.

Key Points:

- **Parental Responsibility:**

Parents and guardians are expected to arrange for their child's transportation to and from all practices and tournaments.

- **Safety First:**
Coaches will ensure that every player's transportation is accounted for before leaving the practice or tournament venue. No athlete will be left without a confirmed ride.
- **Carpooling:**
Parents are encouraged to coordinate carpooling arrangements with other families to facilitate travel to events. This helps build camaraderie among team members and eases transportation logistics.
- **Communication:**
If there are any changes in transportation arrangements, parents should communicate these changes to the coaches promptly. This ensures everyone is aware and can maintain the safety and accountability of the athletes.
- **Emergency Contacts:**
Parents are encouraged to provide emergency contact information to coaches in case of unexpected changes or emergencies during travel to events.

By following these guidelines, we can ensure that transportation to practices and tournaments is safe and well-organized for all athletes involved.

Communication Process

Effective communication is essential for the success of our program and the well-being of our athletes. As a parent, if you have a concern or question regarding your child, the team, or coaching, we encourage you to follow these steps:

1. **Discuss with Your Child:**
Begin by having an open and honest discussion with your child about their experience. Gather all relevant information and be mindful not to project your concerns onto them, as this can create unnecessary discontent.
2. **Familiarize Yourself with Policies:**
Review our club's policies and guidelines to ensure you understand how we operate our program. Familiarity with these documents can often address many common questions and concerns.
3. **Follow the Communication Process:**
If concerns persist after discussing with your child and reviewing our policies, please follow our established communication process:

- a. **Step 1:** The player meets with the coach to discuss the concern.
- b. **Step 2:** If necessary, the player and parent meet with the coach together.
- c. **Step 3:** If the issue remains unresolved, the player and parent can meet with the coach and the club director.

Important Notes:

Involving the player at each step of the process is crucial for two reasons:

1. It ensures that the player’s perspective is clearly communicated and understood by both the parent and coach.
2. It helps the player develop important conflict resolution skills by participating in discussions about their own experiences.

By adhering to this communication policy, we can work together to foster a supportive environment that prioritizes the development and well-being of all athletes.

Electronic Communication & Social Media Policy

Effective communication is essential in fostering a positive environment for our athletes. To ensure that all interactions are constructive and respectful, the following guidelines must be adhered to regarding electronic communication, including email, text messaging, and social Media:

1. TAPP Guidelines:

All electronic communication between coaches, athletes, and parents must be:

- a. **Transparent:** Communication should be open and accessible, fostering trust among all parties.
- b. **Appropriate:** All content shared should be suitable for a youth sports environment, free of inappropriate language, imagery, or subject matter.
- c. **Professional:** Communication should maintain a respectful and professional tone, as representatives of our program.
- d. **Productive:** The purpose of communication should be to support the development and well-being of the athlete and the team.

2. Common Sense Guidelines:

- a. **Content:** All communications should be relevant and constructive, focusing on the athlete's growth and experience within the program.
- b. **Volume:** Communication should be kept to a reasonable level, avoiding excessive messaging that could overwhelm athletes or parents.
- c. **Timing:** Messages should be sent during appropriate hours to respect family time and personal boundaries. Coaches should avoid contacting athletes late at night or during non-practice days unless it is an urgent matter.

By following these guidelines, we can ensure that all electronic communications contribute to a positive atmosphere for our athletes, coaches, and families. Thank you for your cooperation in maintaining a respectful and supportive environment.

Photography/Image/Video Disclaimer

ACE Elite VBC reserves the right to use any photographs, images, or videos taken at Ace Elite VBC-organized events or at any event in which our teams are competing, without the expressed written permission of those included in the photograph/image/video. Ace Elite VBC may utilize these materials in publications or other media produced, used, or contracted by Ace Elite VBC, including but not limited to brochures, invitations, books, newspapers, magazines, television, websites, and social media platforms.

If you or your child do not wish to have their image recorded, please communicate your wishes to the photographer, event organizers, or contact Ace Elite VBC in writing prior to the event.

By participating in an Ace Elite VBC-approved event or by failing to notify Ace Elite VBC in writing of your desire to not have your photograph used, you agree to release, defend, hold harmless, and indemnify Ace Elite VBC from any and all claims involving the use of your image or likeness.

Furthermore, any person or organization not affiliated with Ace Elite VBC may not use, copy, alter, or modify ACE Elite VBC photographs, images, graphics, videography, or other similar reproductions or recordings without the advance written permission of an authorized representative from ACE Elite VBC.

Thank you for your understanding and cooperation.

Payment & Account

Timely payment of fees is essential for your child's participation in Ace Elite VBC. Each family is required to adhere to the payment deadlines outlined in the payment plan established during registration.

Important Points to Remember:

- **Payment Deadlines:** Ensure that all payments are made by the specified deadlines to maintain your account in good standing.
- **Consequences of Late Payments:** Failure to remain current on payments may result in your child being withheld from practices or tournaments until the account is brought up to date.
- **Communication:** If you encounter any difficulties in meeting payment deadlines, please communicate with the Ace Elite VBC administration as soon as possible. We are here to assist and can discuss potential solutions.

By committing to the payment plan, you are helping to ensure a successful and positive experience for your child and the entire team.

Contact Us

We are here to help you with any questions or concerns you may have regarding ACE Elite VBC.

Please feel free to reach out to us at:

Email: info@aceathleticsmn.com

We strive to respond to all inquiries promptly. Your feedback and communication are important to us!