



SASVBC Handbook 2016-2017

(Revised: January, 2017)

This document serves as a guide to SASVBC players, parents, and coaches.
It is intended to outline the clubs policies and the expectations of its participants.

Club Directors:
Kevin Wong
Sherry Harper Wong

INSPIRE. INFORM. EXCEL. TRANSFORM.

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Eating to Win - Sports Nutrition created for Spike and Serve by Dr. Rachel Coel & Dr. Lisa Ignacio

Queen's Center for Sports Medicine. Page 16

To be read, signed and turned in to the Club Director & Filed into Team Binder:

Parent/Guardian Code of Conduct: pages 12-13

Athlete Code of Conduct: page 14

Athlete Travel Agreement: page 15

SASVBC Travel Authorization Form: page 22

SASVBC FINANCIAL CONTRACT: page 23 - To be turned in to the Club Director.

CLUB MISSION

Spike and Serve Volleyball Club deeply believes in developing each individual as a volleyball player, a scholar-athlete, and most importantly as a person. We strive to utilize the framework of team sports to build self-confidence, promote team pride, foster positive relationships, and teach valuable life skills. By doing this, we are committed to preparing our players to be both successful on the volleyball court and in life. While learning how to achieve success in competitive situations is certainly an important part of the process, we do not place winning above our core club goals and believe that there is as much or more to be learned in a loss. In fact, through the highly successful and competitive nature of our teams, we have shown that winning is simply a rewarding by-product of our positive learning environment. Spike & Serve is Hawaii Club Volleyball at it's best.

MOTTO: INSPIRE. INFORM. EXCEL. TRANSFORM.

CLUB HISTORY

Beach Volleyball Olympian Kevin Wong started SASVBC in 2012. Without email blasts, multi-day tryouts or high-pressure sales pitches, a team of 25 athletes was assembled. **This inaugural U15 team won the gold at the USAV Girls Junior National Championships** in Dallas, Texas on July 4, 2013 **winning with a perfect 12 – 0.**

Year two brought recognition for Coach Kevin as USAV's Outstanding Male Coach of the Year. At the 2014 GJNC SAS 16s brought home the silver, SAS 14s brought home the bronze, and one of the SAS 13s finished 10th, the highest ranking 13s at the GJNC and in the nation.

Year three brought another gold from SASVBC 14s Blue and top ten finishes from five of the eight teams who traveled to the BJNC and GJNC.

Year four brought a U14 GJNC Girls Silver, U12 BJNC Boys Bronze, U16 BJNC Bronze in the Open Division and two top ten U16 Girls finishes at the GJNC.

CLUB POLICIES

SECTION 1: GENERAL

1.1 Communication – In general, email will be used as the primary method of club communications. Often, team communications will be passed through the coaches or team parents for distribution to the entire team through their respective teams Shutterfly website. In addition, important announcements and schedules will be placed on the club website: www.spikeandserve.com

1.2 Club Dues – Club dues are \$1600 for two (2) indoor team practices times a week, gym rental fees, USAV Registration, coach fees, insurance fees and tournament entry fees.

1.3 An additional, highly recommended and **optional POSITION SPECIFIC** day of practice is available throughout the season for a fee of \$500.

1.4 One day of weekly **seasonal** beach practice is included in the club fee.

1.5 Payment plan: It is encouraged to pay all club dues at the beginning of the season, however, if this cannot be done payments can be made during this schedule:

-\$600: due at time of commitment

-\$500 Second installment: **due on or before December 1 for girls, October 15 for boys.**

-\$500 Third installment: **due on or before January 1 for girls, December 1 for boys.**

Please see the SASVBC Financial Agreement

-Other balance (including A La Carte Position Specific and/or Recruiting fees due at the time of commitment or on/before December 1 for girls, October 15 for boys. Payments: check, credit card or cash. **If payment is made by credit card an extra 3% will be charged to the amount.**

LATE PAYMENTS – Late payments will be assessed a \$50 fee. Players with delinquent accounts will not be allowed to train or compete with their team until payment has been received.

REFUNDS – Club dues and travel deposits are non- refundable. Travel deposits are only refundable if under budget after the conclusion of travel.

- **Travel payments are non-refundable to protect the families that do travel. Pulling out after making the commitment to travel can have a financial impact on the team.**
- **TRAVEL DUES REFUND EXCEPTION: PHYSICAL INJURY. DOCTOR'S NOTE/LETTER MUST BE PRESENTED TO CLUB DIRECTOR.**
- **CLUB DUES ARE NON-REFUNDABLE.**

ESTIMATED TRAVEL EXPENSES

Estimated travel expenses include tournament registration fees, staff per diem, practice gym fee, staff airfare (coaches, 1 chaperone), player and staff accommodations, player and staff vehicles, parking & food.

Player airfare is not included in the estimate. Group arrangements are usually made through a travel agent and each family will be responsible for submitting payment to the travel agent or paying on their own if not traveling with the team.

Estimated Travel Expense:

ROSTER SIZE	8	9	10	11	12
QUALIFIER (\$7500)	\$935 per player	\$835 per player	\$750 per player	\$680 per player	\$625 per player
NATIONALS (\$9500)	\$1185	\$1050	\$950	\$865	\$790

All travel payments are deposited into their team bank account. Refunds for travel will be given after the conclusion of each trip if under the estimated budget.

TRAVEL PAYMENTS DUE:

QUALIFIER – PAYMENT 1: OCTOBER 1 PAYMENT 2: NOVEMBER 1

NATIONALS – PAYMENT 1: JANUARY 1 PAYMENT 2: FEBRUARY 1

Recruiting Fees - (Optional) SASVBC has a strong recruiting database of coaches from universities across the nation. We can provide an onsite tournament agent at mainland tournaments to help with the recruitment of your child. If you choose this option, your fee will cover the recruiter’s airfare/lodging/meals. Recruiting fees will vary per team with the consideration of how many athletes participate.

1.6 Club dues do **not** include travel fees, uniforms, shoes, *additional mainland* tournaments or merchandise. The full amount is due at the time of club registration at the beginning of the season unless you choose a payment plan. **Payments must be received by the due dates, or be penalized**

with a late fee of \$50. Failure to maintain your account in good status with the club may result in player probation and potentially removal from the club.

1.7 Please remember that club fees pay the coach salaries as well as determining the budget for the season with gym rental, tournament and insurance fees. Receiving the funds on time is necessary for our club to run smoothly.

1.3 Drugs & Alcohol – Any alcohol or substance use/abuse by any player is strictly prohibited. If this activity occurs **during any club activity** it will result in a loss of membership in the club without a refund. It may also involve a sanction from the region or the national organization including possible forfeiture of playing status for a year. If it occurs during a traveling tournament it will mean early transportation home and the parents will incur the added costs. If this action penalizes the entire team, because of the number participating in the illegal activities and thus results in the teams' inability to participate in a tournament, parents of the responsible will assume those costs as well. If a player suspects another of substance abuse, the club director should be advised. The information will be handled as confidential.

1.4 First Aid – Coaches have not necessarily been certified in first aid or CPR. Coaches are not able to distribute any medications without a signed parent waiver. Any injuries should be examined by a medical professional and communicated to the player's coach and the club director.

SECTION 2: PLAYER RESPONSIBILITIES

2.1 Practice

2.1.1 Schedules – All SASVBC teams will normally be scheduled for **two indoor team practices, one day of seasonal beach practice, and one elective position specific practice each week of the season.** This typically includes one Saturday or Sunday indoor practice, one regular weeknight indoor practice and one after school beach practice. Practices may be rescheduled or cancelled due to one or more of the following scenarios: the team is playing in a tournament, a holiday, coach sickness or absence, gym conflicts, weather or club director discretion. ***IF A TEAM WANTS MORE THAN TWO INDOOR PRACTICES A WEEK, THE PARENTS OF THIS TEAM MUST SUBSIDIZE PAYMENTS FOR THEIR COACHES, GYM TIME AND INSURANCE. SASVBC CLUB DUES ARE ONE OF THE LOWEST IN HAWAII SO THAT WE MAY SERVE MORE CHILDREN IN THE COMMUNITY. OUR CLUB BUDGET ALLOWS FOR TWO INDOOR PRACTICES A WEEK PER TEAM. MORE THAN TWO INDOOR PRACTICES A WEEK MUST BE APPROVED BY THE CLUB DIRECTOR.**

2.1.2 Attendance - Players are expected to attend all practice sessions scheduled by the club. We realize that this is not always possible due to any number of outside conflicts. However, all absences, planned or emergency, must be communicated to the team's coach/team parent as early as possible. It is recommended that parents utilize the attendance check off list located on their team's shutterfly site to notify coaches of absences. Consequences for missing practice are handled on a team basis by the coaching staff. It is important that every player understand the nature of team sports and the effect their absence has on the entire team.

2.1.3 Attire – **All players are expected to wear SASVBC attire for practices or scrimmages.** Water fountains are available in most gyms, however bringing your own water bottle is

recommended. Protective gear (such as ankle braces) are not mandatory certainly encouraged. **Note:** *Any attire with a club logo other than SASVBC is highly discouraged.*

2.2 Tournaments

2.2.1 **Attendance** - Players are expected to attend all tournaments scheduled by the club. We realize that this is not always possible due to any number of outside conflicts. However, all absences, planned or emergency, must be communicated to the team's coach as early as possible. Consequences for missing a tournament are handled on a case basis by the coaching staff. It is important that every player understand the nature of team sports and the effect their absence has on the entire team.

2.2.2 **Attire** – Players should arrive at the tournament wearing the uniform that was previously selected by the team for that day of competition. In addition, players should **ALWAYS** have **all** of their jerseys with them when attending a tournament. Female/Male players should also be wearing **navy blue** spandex shorts/competition shorts, these do not have to be the shorts issued by the club, but they must be completely navy blue except for small manufacturer's logos. They must also always wear **white** kneepads, **not black**. This is to ensure a professional, cohesive team look. Socks should also be **white** and every athlete should be wearing the same length of sock.

REF/SCOREKEEPING

Depending on Aloha Region's attendance policy, a specified number of athletes on each team will be required to attend and pass either the referee or scorekeeping certification course. Coaches and chaperones are encouraged to attend the certification courses.

2.2.3

2.3 Punctuality – Please be on time for all club events. This means that you are in the gym or playing facility with shoes and kneepads on at the scheduled start time. Arriving 10 to 15 minutes early for practice is recommended in order to make sure you are ready to go and can help with setting up nets or other equipment. For tournaments, this means arriving at the playing facility early enough to find your team, get settled, and prepare yourself to play. You can expect that your coaches will want you to be gathered as a team and ready to go at least 45 minutes before the first match. There may be consequences enforced on a case basis for arriving late to practices or tournaments.

ATHLETE EXPECTATIONS

-To attend all practices and tournaments. If you cannot attend for whatever reason, it is your responsibility to contact your coach directly as far in advance as possible.

-Team player. The team comes first always and under any circumstance. Be the kind of teammate you would like to have beside you. Encourage, and make your teammates better. Bullying (on or off the court) of any kind is not tolerated.

-Positive attitude. Encourage and support your teammates on and off the court.

-To demonstrate strong club/team spirit and pride.

- To be leaders on and off the court.
- To stay focused, mindful and to display a strong work ethic at every practice/scrimmage.
- To always show respect to all teammates, parents, coaches and officials.**
- To not provide, use, condone the use of tobacco products, alcoholic beverages, or recreational drugs. Any use of any illegal or under age product is not tolerated at SASVBC and will be cause for immediate expulsion from the club.

2.4 CLUB DISCIPLINE POLICY

1st Offense- Warning. Athlete/Coach meeting. Parents and club director(s) immediately notified.

2nd Offense- Meeting. Athlete/Coach/Parent/Club Director meeting. One-week suspension. Athlete must come to scheduled practices, must help coach set up, help with drills, etc., but may not actively participate in the practice.

3rd Offense- Meeting. Coach/Parent/Club Director meeting. Two-week suspension. Athlete may not participate in any team practices or gatherings.

4th Offense- Expulsion. Coach/Parent/Athlete/Club Director meeting. Athlete may not return to SASVBC. No refund is given to parent.

-Any illegal drug use or under age alcohol consumption is subject to immediate expulsion from SASVBC. No refund is given to parent.

SECTION 3: PARENT RESPONSIBILITIES

Parents are a critical element in providing a successful and positive experience for everyone in the club. The parents play an important role to the athlete, their team and the club as a support system.

3.1 Help Reinforce Team Commitment

- 3.1.1** Make SASVBC a priority. Try to avoid scheduling conflicts during club activities and stress the importance of following through on the commitment each player has made to their team. Try to bring your son/daughter to all tournaments and practices on time.
- 3.1.2** Be supportive of the coaches. If your daughter/son is unhappy with their coach, encourage them to *speak with the coach directly or to Kevin or Sherry Wong*.
- 3.1.3** Be supportive of the team and all of its players. SASVBC players are expected to contribute, so the strength of any given team is only as strong as all of its parts. Never speak negatively about any SASVBC player or coach with your daughter or other parents; this ultimately only hurts the whole team.

3.2 Guidelines for Parents

- 3.2.1** **Be supportive.** Let your children know that win or lose, you love them unconditionally and that you are proud of their efforts. Always give positive reinforcement.
- 3.2.2** Show them you are pleased that they chose to play sports and accept all the challenges that come with trying to better themselves in practices and games. Let them know that you understand how hard it is to constantly put themselves on the line in front of peers and spectators.
- 3.2.3** **Be completely honest** about your child's athletic ability, attitude, and sportsmanship. Remember that you don't always know what happens in practice; you can't second-guess the coach's decisions, because you probably don't have all of the information.

- 3.2.4** **Let your children live their own lives.** Try not to relive your athletic life through your children. Don't pressure them to shine for your own ego. *It's okay if they make mistakes – because we all do.*
- 3.2.5** **Coach attitude, but don't coach skill.** Leave that to the coaches. Refrain from the inclination to try to make your child just a little better by giving them tips on the way home from matches, or at dinner, or when they are just trying to go to sleep.
- 3.2.6** **Don't compete with the coach.** You each have different roles to fill; leave them theirs and work on your own. You are a role model for your young athlete. As such, *you should model composure and poise on the sidelines.* Stay calm, composed, and in control during games so your child can mimic those positive behaviors. *Refrain from game-time coaching and give positive encouragement.*
- 3.2.7** **Never compare** the skill, athletic ability, or attitudes of your child with other members of the team. Even if they are not a starter, celebrate their skills and the contributions they make to the team. A team's success is a reflection of every player on that team.
- 3.2.8** **Ask your young athlete the right questions.** Asking the right questions after competition and games will tell your child what you think is important in sports. *If you ask, "Did you win?" your child will think winning is important. If you ask, "Did you try your hardest?" she will assume working hard is important.*
- 3.2.9** **Always remember that children tend to exaggerate** both when praised and when criticized. Allow them time to cool off. Chances are, tomorrow they will have more appropriately evaluated a situation. If you feel the situation warrants your attention, investigate quietly before overreacting.
- 3.2.10** **Remember that young athletes decide to compete in sports for many reasons.** They enjoy the competition, like the social aspect, like being part of a team, and enjoy the challenge that comes with sports. Always be supportive and encouraging whatever their reasons.

Parents who follow the above guidelines will consider it high praise when, later in life, their children say, "My parents were always there for me, and were my best support. I couldn't have done it without them!" Sports should be fun! The primary goal should be to have fun and enjoy healthy competition.

(The above information was taken from the book "Coaching Volleyball: Building a Winning Team" by Carl McGown, Hilde Franske, and Launa Moser and an article, "Sports Psychology Guidelines for Sports Parents" by Dr. Patrick J. Cohn.

ALL PARENTS OR GUARDIANS OF SASVBC ATHLETES MUST READ AND SIGN THE PROVIDED PARENT CODE OF CONDUCT.

SECTION 4: TEAM PARENTS

- 4.1 Be a Positive Representative** - As team parent, you are the messenger for the other parents and players on your team. If an issue or concern arises either from yourself or another family with the team, please first address the concern with your team coach and, if applicable, with one of the club directors. You are responsible for setting an example for other club members and parents **by refraining from criticizing the coach or club, and respecting and supporting the decisions of the coach and directors.** If someone on the team has a difficult time with being

positive, please inform the coach or the directors so that the issue can be resolved and team unity can be maintained.

4.2 Meals - During tournaments, players and coaches need food ready to eat during their snack and lunch breaks. **The team, chaperones and travel parents need to coordinate collectively** for the team, organizing a system of meal signups that works best for your team. Organizing a system for having water for the players and coaches at the tournaments is also part of this job. We have found that the best system involves assigning food duties at least one week prior to the given tournament. Many hands make light work and it this should not be on the shoulders of one parent. **THE ALOHA REGION DOES NOT ALLOW POTLUCKS AT ANY GYM AT ANY TIME. PLAYERS ARE ONLY ALLOWED TO BRING THEIR OWN SNACKS. COOLERS ARE ALLOWED.**

4.3 Transportation – Team and travel parents need to make sure that all players have rides to each tournament, and that all families are aware of the location of each tournament. It is **not** your responsibility to drive all the players, but to encourage carpools. We suggest putting together and distributing a team roster with contact information for your team as soon as possible so that carpools for practices can also be set up, if needed. Please notify each family of the necessary arrival time for each tournament.

4.4 Social Director - For some parents, this is the most fun part of this position. As team social parent, it helps to build team unity by organizing team gatherings before and throughout the season, as well as at the end of the season. The boys/girls enjoy getting together outside of the gym, and tend to play better when they have a chance to get to know each other in a more casual setting.

4.5 Team Chaperones – For tournaments that require an overnight stay, each team will designate one (1) official USAV team chaperone. This person is sometimes the team parent, but may also be any other parent from the team. The team chaperone for these overnight tournaments have the following responsibilities:

- **Travel Roster** – Complete a travel roster for the team which includes:
- **Responsibility** - if not traveling with their parent, who will be responsible for them.
- **Contacts** - a contact list with cell phone numbers to be able to contact each player and parent.
- Responsible for **carrying the team binder** to all local and mainland tournaments.

4.5.1 Meals – The team chaperone for the tournament will coordinate the food for the tournament with other traveling Team Parents. This includes water and snacks during tournament play as well as any team meals.

Team Travel Parent Handles Transportation – Coordinates the team’s transportation to and from the hotel, meals, and the playing venue.

- Coordinates rental cars, housing/hotel stays.
- Travel - how each player will be traveling to and from the tournament.
- Time of Arrival & Departure - what time they will be arriving at the tournament; what time they will be flying back.

4.5.2 All Team Chaperones and traveling Parents Oversee Team Conduct – Help ensure the players on the team are **in bed in their rooms by the designated curfew** and are resting up for tournament play. Make sure the players are awake in time to prepare for tournament play. **To gather all electronics before bedtime, ensure that no athlete is participating in any outside sport or using any pool, Jacuzzi, hot tub, etc. AT ANY TIME.**

- 4.5.3 **Note: The team chaperone(s) is NOT a babysitter.** Parents are responsible for their own child. If parents are not attending mainland tournaments, all traveling parents are responsible for every child on the team. We must work **TOGETHER** to ensure the success of the teams while traveling.
- 4.5.4 Overnight tournaments are a lot of work and we all need to work together to ensure a fun experience for everyone.
- 4.5.5 **EVERY SASVBC ATHLETE IS EXPECTED TO READ, SIGN and AGREE TO THE PROVIDED ATHLETE TRAVEL AGREEMENT.**

SECTION 5: TOURNAMENTS

- 5.1 **Format** – In general, tournaments are all day affairs. The schedule is determined by the tournament organizers and may not be known until the day of the event. Inevitably, the team can expect to both play in and officiate multiple matches over the course of the day. Players and parents should expect to arrive at the tournament facility approximately **one hour** before play begins and stay until the coach releases the team. In the case of multiple day tournaments, it is important that the coach is able to communicate where and when the team will be playing the following day as this can vary greatly depending on the current day's competition.
- 5.2 **Food** – *The Aloha Region does not allow potlucks at any gym.* Coolers are allowed. Each child is expected to bring snacks & hydration for themselves. Please follow any venues rules and regulations closely; violation of the facilities' rules can result in fines and suspensions for the club. *Smoking is not permitted at any facility.*
- 5.3 **Spectators** – All spectators are also representatives of the club. *As such, it is expected that they will act in accordance with the club's policies.* Please be positive in all of your words and actions toward other club members, opposing team members and fans, officials, and tournament directors. In addition, many venues have specific rules about the types of chairs and food/drink that are and are not allowed near the playing area; please respect these restrictions.
- 5.4 **Transportation** – The club does not provide transportation to local tournaments for club members. Coaches are not allowed to transport players unless approved by the club director. Parents are encouraged to arrange carpools for players whenever possible, however, please be aware of the burden of responsibility that this may place on other parents.
- 5.5 **Mainland Tournaments - Lodging**
 - 5.5.1 **Junior Olympics, Junior Olympic Qualifiers, etc.** – SASVBC does not pay for hotel accommodations for the *coaches, players, or team chaperone.* Parents will be responsible for arranging their own accommodations while working with their team Travel Parent.
 - 5.5.2 **CLUB –WIDE POLICIES**
 - Every team is allowed (1) **official** USAV team chaperone. The chaperone flight and hotel room are paid for by the team.
 - 5.5.3 **Parent Lodging – IF KNOWN,** SASVBC will provide information regarding the tournament site and give any information that will assist in finding appropriate lodging for parents; however, parents are ultimately responsible for their own accommodations. Each team will be responsible, with the help of their team travel parent, to provide transportation, supervision, and meals for each player traveling to the tournament. Most

USAV TOURNAMENTS ARE “STAY AND PLAY” WHICH MEANS TEAMS MUST STAY IN THE ALLOWED HOTELS PROVIDED BY USAV.

5.6 Additional Mainland Tournaments - SASVBC is committed to providing a competitive and fun learning environment for all of its members. At the same time, we recognize and encourage our players to pursue and excel at activities outside of volleyball. The tournament schedules that are outlined at the beginning of each season are a direct reflection of this philosophy. We feel that they provide ample opportunities for our players to compete and grow as volleyball players and individuals while still allowing for other important aspects in their lives to flourish.

Should a SASVBC team want to play in any additional tournaments that are not part of the originally documented schedule for a given season, the following guidelines must be followed to ensure the team is able to participate:

- The team’s request must be submitted verbally or in writing to the club director either by the coach or the team parent. The club director must then approve the selected tournament; this decision will be at the sole discretion of club director.
- A qualified coach as approved by the club director must accompany the team to the tournament. This is preferably the coach assigned to the team, but it does not have to be.
- The team must also be accompanied by an adequate number of chaperones. This will be a minimum of 1 chaperone for every 5 players traveling, but may vary depending on the type of travel required and on the age group of the team.
- A minimum of 8 players from the team must be committed to attending the tournament. A player will be considered “committed” when the appropriate tournament commitment letter is signed and the appropriate financial deposit is made to the club.
- An estimate cost for the tournament will be given to all the players on the team; however, the final cost may vary. Whatever the final cost is determined to be, all players who participated in the tournament will share the cost equally. This cost may include but is not limited to tournament registration fees, coaching fees, transportation and lodging fees, and administrative fees
- Players, parents, and chaperones will be responsible for providing their own transportation for the tournament unless otherwise agreed to by the club. The club will provide these services for any coaches or other staff members as necessary.

CONTACT INFORMATION

Mailing Address

SPIKE AND SERVE

PO BOX 161031

HONOLULU, HI 96816

PHONE: 808-561-4220 or 808-266-0132

EMAIL: SPIKEANDSERVECLUB@GMAIL.COM or SPIKEANDSERVE1@GMAIL.COM

WEBSITE: spikeandserve.com

Directors: Kevin and Sherry Wong

SASVBC PARENT/GUARDIAN CODE OF CONDUCT

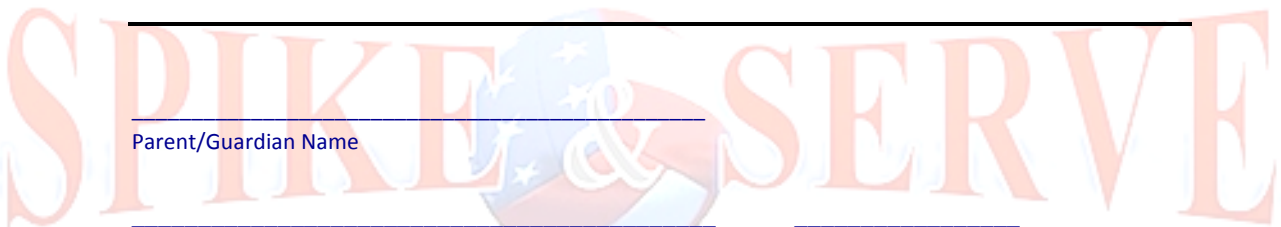
I understand that as a parent/guardian of a Spike and Serve Volleyball Club (SASVBC) athlete that my child and I do not possess a Constitutional right or a Constitutional privilege to participate in Spike and Serve Club Volleyball. It is an opportunity afforded to my child and I, provided that we abide by the rules and regulations that are established to govern SASVBC. I further understand that athletics involve more than volleyball games or sports itself, that it includes values and attitude development beyond the playing field. Therefore, as a parent of a member of TEAM SAS I will comply with the following conditions of the Parents Code of Conduct: *Please read carefully.*

1. I will not force my child to participate in volleyball.
2. I will remember that children participate to have fun and that SASVBC is for youth, not adults.
3. I will inform the coach or team parent of any physical disability or ailment that may affect the safety of my child or the safety of other children.
4. I, (and my guests or family members) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for ALL players, coaches, officials, and spectators at every game, practice, scrimmages or tournaments.
5. I, (and my guests or family members) will not engage in **ANY** kind of unsportsmanlike conduct with any coach, official, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
6. I will not encourage behaviors or practices that would endanger the health and well being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or her performance.
10. I will praise my child for competing fairly and trying hard, and reinforce to my child that she is already a winner in life regardless of winning or losing a game in volleyball.
11. I will never ridicule or yell at my child or any other participant for making a mistake or losing a competition during or after any tournament, practice or scrimmage. *I understand that if I yell at any child at any time, under any circumstance, I will be asked to leave immediately.*
12. I will praise my child for competing fairly and trying hard.
13. I will emphasize skill development and practices and how they benefit my child over winning.
14. I will promote the emotional and physical well being of all athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches during a tournament, scrimmage or practice and will take time to speak with a team parent at an agreed upon time and place if I have a question or concern.
16. I understand that SASVBC Director Coach Kevin Wong and the SASVBC staff want the best for my child and I will trust and believe in his process without question knowing that the welfare of each child is important in our program.
17. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
18. I will refrain from coaching my child or other players during games and practices. *I understand that I am not their coach. I understand that I will not be allowed to attend practices, scrimmages or tournaments if I engage in this activity.*
19. I will bring my child to games, practices and meetings on time or early. If I am going to be late I will inform the team parent.
20. *I will not gossip about any child, parent or coach in the SASVBC program. If I have any opinions, I will keep them to myself.*
21. I will be part of the solution and not part of the problem to any issues that may arise during the club season.

- 22. I understand that SASVBC *prohibits any discussion of playing time* with SASVBC staff, coaches, or parents of athletes. Playing time is left to the sole discretion of the coach, and I understand that the coaches for SASVBC are completely unbiased and want the best for every child in the program.
- 23. I understand that if I agree to be on a competitive travelling team for SASVBC and later decide not to travel for whatever reason, I must still pay the travel fees that I initially agreed to and *will not* receive a refund knowing that this would be unfair to the other families and athletes on the SASVBC team. **Exception:** INJURY.
- 24. I understand that it is SASVBC policy that *all dues must be paid in full whether it is at the start of the season or utilizing the payment plan. If my child's dues are not fully paid at the appropriate time, I understand that he/she will not be allowed to practice with the team until my account is settled.*

A VIOLATION OF ANY OF THE RULES, REGULATIONS AND THE CODE OF CONDUCT WILL BE SUBJECT TO DISCIPLINARY ACTION BY SPIKE AND SERVE STAFF. DISCIPLINARY ACTION MAY INCLUDE ISSUANCE OF WARNING, TEMPORARY SUSPENSION, OR EXPULSION FROM SASVBC WITHOUT A REFUND BASED ON THE SEVERITY OF THE VIOLATION. ALL DISCIPLINARY ACTION DECISIONS ARE FINAL.

I have read the Code of Conduct and understand its contents. I further agree to the contents in its entirety and understand my signature below is binding. Signature for one (1) parent/guardian will be binding for all parents and/or guardians or any extended family members.



Parent/Guardian Name

Signature

Date

SASVBC ATHLETE CODE OF CONDUCT

I, _____ player/athlete for SASVBC do hereby agree to the following:

1. I will know and follow all team rules.
2. I will respect all coaches, players, teammates, parents and game officials.
3. I will take care of my uniform, shoes and all equipment. This is my responsibility.
4. I will wear my practice jersey to all practices and informal scrimmages.
5. When competing I will wear my regulated uniform and I will look and be professional knowing I am representing SASVBC in my appearance and attitude.
6. I will be on time to games and practices. If I am going to be late or absent I will contact the coach or team parent.
7. **I understand that SASVBC has a ZERO BULLYING POLICY. Therefore, I will not tease, taunt, criticize, bully, cyber bully, hit, post negative photos, or gossip about any player on my team or any other team. I agree not to bully anyone online or with my cell phone by sending pictures or sharing videos without the permission of the person(s) in the photo/video, or by spreading gossip, setting up fake profiles, or saying cruel things about people. I understand that I will be asked to leave SASVBC immediately if it is found that I have engaged in any of these negative activities.**
8. **I will always communicate with my teammates in a positive and respectful manner.**
9. I will inform my coach if I have an issue with any person on my team or any other team.
10. **I understand that I am not a coach and I will not “coach” my teammates before, during or after any scrimmage, competition or tournament. I also understand that I am not a “better” or “worse” player than anyone else on my team; that my teammates and I are equals and must play and work together as one team to succeed.**
11. I will put my education first. I realize that playing for SASVBC is a privilege and if I fall behind on my studies I will not be allowed to participate in practice, scrimmages or tournaments.
12. I will practice safety at all times.
13. I will pay attention at all times. I will focus and listen to my coaches.
14. I will have a positive attitude. I will think positive and try my best. I will never give up.
15. I can do it!
16. I will give 100% of my effort in practices, scrimmages and tournaments.
17. I will not use profane language or gestures at any time.
18. I will not consume any illegal drugs, alcohol, or tobacco products at any time.
19. I will ask questions when I do not understand what is being taught to me.
20. I understand that there is no “I” in TEAM and SASVBC stresses the importance of TEAMWORK.
21. I will have fun! ☺

A VIOLATION OF ANY OF THE RULES, REGULATIONS AND THE CODE OF CONDUCT WILL BE SUBJECT TO DISCIPLINARY ACTION BY SPIKE AND SERVE STAFF. DISCIPLINARY ACTION MAY INCLUDE ISSUANCE OF WARNING, TEMPORARY SUSPENSION, OR EXPULSION FROM SASVBC WITHOUT A REFUND TO MY PARENTS BASED ON THE SEVERITY OF THE VIOLATION. ALL DISCIPLINARY ACTION DECISIONS ARE FINAL.

I have read the Code of Conduct and understand its contents. I further agree to the contents in its entirety and understand my signature below is binding.

Signature

Date

SASVBC ATHLETE TRAVEL AGREEMENT

1. All players are expected to observe and honor the commitments outlined in the player agreement.
2. We are dedicated to fostering national and international amateur sports competition, therefore, when traveling our primary focus is on competing. **Recreational activities such as sightseeing, shopping, dinner with relatives, etc. are secondary. Every action must be centered for the TEAM during trips.**
3. Players may not leave the hotel grounds for any reason unless permission has been obtained from the team chaperone and coaching staff.
4. All players must observe the **curfew** set by the coaching staff or chaperone. **Traveling parents are expected to help enforce the curfew. ABSOLUTELY NO ELECTRONICS ARE TO BE USED ONCE THE CURFEW IS ENFORCED.**
5. Players are **prohibited** from swimming in pools, sitting in hot tubs, whirlpools or Jacuzzi's until **after the competition is completed. Players are prohibited from playing any other recreational sports while traveling!**
6. Players and parents are expected to report any illness to the coaching staff or chaperone *immediately*.
7. Room and phone numbers are not to be given out *under any circumstance*. Only those in the travel party (team parents, team players, chaperone, and coaching staff) are permitted to have this information.
8. Hotel room doors are not to be left ajar for any reason. If players must leave their rooms, they are expected to inform the coaching staff or chaperone and must travel in pairs.
9. Players are expected to room with the team unless noted otherwise.
10. Any player who damages property at lodging or a playing facility will be held personally responsible for the damages and may be cut from the roster, pending a review of the circumstances by the Club Director.
11. Any player found in possession of alcohol, tobacco, and/or illegal substances will be sent home immediately at the expense of the parent(s) or guardian(s) and their status with the club will be revoked.
12. Any player who violates the travel agreement may be sent home at the expense of the parent(s) or guardian(s). All violations will result in a review by the Club Director. After the review is completed, the team member in question may be prohibited from participating in the program. If a player is removed from the team, all fees, dues, and deposits are non-refundable.

I, _____, the athlete, acknowledge that I have read, understand, and agree to the rules detailed in the travel agreement.

I hereby acknowledge that I have read and understand the rules detailed in the travel agreement.

NAME: _____

DATE: _____

EATING TO WIN: SPORTS NUTRITION



Created for Spike and Serve Volleyball Club by Dr. Rachel Coel

HOW TO CALCULATE WHAT YOUR DAILY CALORIE INTAKE SHOULD BE:

Level of Activity:

SEDENTARY (0-5 minutes a day): $10 - 12 \times$ (Body Weight in lbs)

MODERATE (10-60 minutes a day): $12 - 15 \times$ (Body Weight in lbs)

HIGH (more than 60 minutes a day): $15 - 18 \times$ (Body Weight in lbs)

DOUBLE-DAYS: $18 - 22 \times$ (Body Weight)

EXAMPLE: Sarah weighs 120 lbs. Her daily activity level is moderate, about 30-60 minutes a day. $12 \times 120 = 1440$. $15 \times 120 = 1800$. She should eat between 1440 – 1800 calories per day of moderate activity.

HOW MUCH OF EACH FOOD TYPE YOU SHOULD EAT EVERY DAY:

- **CARBS** = 55 – 60%
- **PROTEIN** = 10 – 15%
- **FAT** = 25 – 30%

EXAMPLE: If Sarah plans to eat 1500 calories every day, then here's how her daily diet should break down: $1500 \times 55-60\% = 825-900$ calories Carbs. $1500 \times 10-15\% = 150-225$ calories Protein. $1500 \times 25-30\% = 375-450$ calories Fat.

AVOID SIMPLE CARBOHYDRATES: Less nutrients, less vitamins; higher calories, higher fat

- Avoid simple carbs if you can, especially high fructose corn syrup
- Poor energy source: rollercoaster of quick high followed by rapid drop to low energy
- Examples: white bread, white pasta, white rice, cakes, cookies, candy, soda pop, juice
- Simple lifestyle changes:
 - ✓ **Switch from soda to drinking flavored vitamin water.**
 - ✓ **Switch from drinking juice to eating the real piece of fruit. (EXAMPLE: eat an apple or an orange instead of drinking apple juice or orange juice)**
 - ✓ **Need a sweet treat? Switch from cookies or candy bars to chocolate chip granola bars or fruit cereal bars.**

CHOOSE COMPLEX CARBOHYDRATES: More nutrients, more vitamins; less calories, less fat

- Choose complex carbohydrates when possible
 - Stabilizes blood sugar and keeps energy level consistent
- *Examples:* whole grain bread/pasta/rice, oatmeal, fruits, veggies, beans, yogurt, milk/soy
- Simple lifestyle changes:
 - ✓ Order sushi with BROWN rice. Order your favorite Italian dish with whole wheat pasta.
 - ✓ Make your sandwiches on whole wheat or multi-grain bread.

PROTEIN: Choose healthier proteins with lower fat and cholesterol, such as nuts, beans, lowfat cheese, edamame, tofu/soy, lean meats such as chicken or turkey or fish

- Avoid red meat, lamb, & pork.

FAT: Choose healthier fats, such as nuts, soy, avocado, olive oil, fish, tofu

- **Avoid fast food, simple carbohydrates (white rice/bread, cake, soda), or fried or processed foods.**

DRINKS: Choose water most of the time. If your exercise lasts longer than 1 hour, switch to an electrolyte sports drink (Gatorade, Powerade, etc) at that point.

- *Do not drink electrolyte sports drinks (Gatorade, Powerade) when you are not exercising.* They contain more calories and sugar than you need unless you are working out or competing.
- *Children and young adults under the age of 18 should not drink caffeine.* It can cause serious health problems such as heart problems, seizures, and mood/behavior changes. Avoid caffeinated beverages (coffee, soda, tea, energy drinks) or caffeinated sports energy gels/chews (Clif Shots, Gu, PowerBar Energy, etc). Choose the non-caffeinated varieties.
- *Children and young adults under the age of 18 should not drink energy drinks.* They can cause serious health problems such as heart problems, seizures, and mood/behavior changes. Energy drinks are NOT the same thing as electrolyte drinks for exercise. Energy drinks typically contain high amounts of caffeine and other stimulants that can be unsafe for young people. Examples are Monster, Red Bull, Rockstar, AMP, 5-Hour Energy, and Full Throttle.
- *Use the color of your urine to know if you are well hydrated.* If your pee is the color of apple juice (dark yellow), you are dehydrated and need to start drinking right away. If your pee is the color of light lemonade (clear light yellow), you are hydrated and should continue drinking the way you have been.

THE BASICS OF A TRAINING DIET:

- **BEFORE EXERCISE:**
 - *NEVER exercise on an empty stomach.* You should eat a small snack as a healthy source of energy about 1 hour before exercise.
 - *Choose WATER.* Start drinking small amounts of water over 2-3 hours before your exercise to be sure you begin your session fully hydrated.
 - Eat carbs, but also be sure to eat protein and small amounts of fat. Don't go overboard on calories or a carbo-loading diet.
 - Stop eating 20-30 minutes before your exercise begins, but continue to drink water.
 - Choose familiar foods, low fat & low fiber foods to minimize stomach upset. ***Avoid French fries, heavy meats like beef or pork, fried foods, ice cream, candy bars, chips.***
 - Examples of easily digested, healthy choices for pre-exercise meals include:
 - pasta with tomato sauce baked potatoes
 - fresh fruit
 - bread, bagels
 - energy bar, cereal bar, or granola bar
 - cereal with lowfat or skim milk
 - lowfat yogurt
 - whole grain toast/bread with peanut butter & jelly, lean meat, or cheese
 - water

- **DURING EXERCISE:**
 - During the 1st hour of your exercise, drink WATER.
 - If your exercise goes more than 1 hour, begin drinking ELECTROLYTE DRINKS after the 1st hour. (EXAMPLES: Gatorade, Powerade)
 - If your exercise is an endurance event lasting longer than an hour, you may need carbs. You can try a non-caffeinated exercise energy bar, gel, chew, or shot to help boost your energy if you are on the go, or try a small banana, apple, pretzels, or whole grain fig bar if you have a short break.
- **AFTER EXERCISE:**
 - Use low-fat chocolate milk, an electrolyte sports drink or water to re-hydrate. Don't wait; start drinking immediately after you finish and drink small amounts every 15-20 minutes until your urine is a clear light yellow color (light lemonade).
 - Drinking low-fat chocolate milk after exercise refuels energy stores, builds muscle, and reduces fat. It has a great balance of carbs and protein.
Eat low-fat CARBS AND PROTEIN together to replenish energy stores and rebuild muscles.
 - Don't wait! The body recovers best if you eat within 15-30 minutes of finishing your workout.
 - EXAMPLES: *Carbs:* pretzels, waffles, bagel, Cheerios, honey, rice, mashed potatoes, vanilla wafers; *Protein:* peanut butter, eggs, fish, tofu

THE ADVANCED TRAINING DIET (for those who want to calculate specifics):

(CONVERTING POUNDS TO KG: 2.2 lbs. = 1 kg. [Divide your body wt in lbs by 2.2] = weight in kg)

- **BEFORE EXERCISE:**
 - *Fluids:* Choose WATER. Starting 2-3 hrs before exercise, drink 400-600mL total (about 200mL every hour).
 - *Carbs:* 4g/kg at 3-4 hrs before exercise; then 0.5-1g/kg at 1-2 hrs before exercise
 - Choose familiar foods, low fat & low fiber foods to minimize stomach upset
- **DURING EXERCISE:**
 - *Fluids:* Water (if <1 hr exercise); Sports drink (if >1hr exercise or heavy sweating), 150-350mL (6-12 oz) every 15-20 minutes.
 - *Carbs:* 0.7g/kg (30-60g) per hour divided every 15-20 minutes
 - *Sodium:* if heavy sweating or prolonged exercise
- **AFTER EXERCISE:**
 - *Fluids:* Sports drink and water, 450-700mL per 0.5kg of body weight lost during exercise event; begin immediately after event is completed.
 - *Carbs:* High glycemic index and simple sugars (glucose, sucrose), 1-1.5g/kg every 2 hrs; begin immediately after event and through 4 hrs after event.
 - *Protein:* 0.2-0.4g/kg every 2 hrs; begin immediately after event through 4 hrs after event.
 - Eating protein with carbs within 30 minutes of ending exercise greatly replenishes your energy stores. The optimal carbohydrate to protein ratio for this effect is 4 carbs : 1 protein.
 - *Sodium:* moderate amount with each meal; i.e. pickles, ketchup, soup, pretzels.

GENERIC CLUB INFORMATION

BOYS SEASON

Session 1: BEGINS: September. ENDS: January after the SCVA Qualifier

Session 2: BEGINS: April/May. ENDS: July / Starts after school season, ends with BJNC.

GIRLS SEASON

TRAVEL TEAMS:

BEGINS: After tryouts. ENDS: June/July Ends with GJNC

NON-TRAVEL TEAMS:

BEGINS: After tryouts. ENDS: May

PRACTICES

Girls and Boys teams practice a minimum of twice a week.

Gearing up towards travel they may practice three times a week – this is left to the coaches' discretion.

Practices are open and parents can attend the sessions. Parents are prohibited from coaching their children from the sideline or acquire their attention during practice. A failure to comply will result in loss of attendance privileges. ***Coaches reserve the right to hold closed-door practices.***

ATTENDANCE

It is highly recommended that athletes attend all practices. The development of team chemistry and progression of skill sets is dependent upon this. Athletes should notify coaches 24 hours in advance if they cannot attend a practice.

OUTSIDE SPORTS

Outside sports are encouraged, however we expect multi-sport athletes to prioritize club team practices. Team member absences affect the entire team.

TOURNAMENTS

SASVBC Teams usually participate in two regional tournaments a month. More or less tournaments are left to the coaches' discretion.

PLAYING TIME

Playing time is left to the coaches' discretion and is never to be discussed with the coach.

NUTRITION

Please refer to the **Queen's Center for Sports Medicine Handbook created for SASVBC athletes.** We encourage all club members and parents to review this material that will help them become stronger and healthier and therefore perform better in competition and practice.

REF/SCOREKEEPING

Depending on Aloha Region's attendance policy, a specified number of athletes on each team will be required to attend and pass either the referee or scorekeeping certification course. Coaches and chaperones are encouraged to attend the certification courses.

TRAVEL

SASVBC recognizes the costs associated with travel and how the cost can impact families. Parents may choose whether their child travels with the team and how they pay for transportation.

- Each team member is expected to arrive at the venue on a specified date no matter how they travel.
- Athletes are expected to stay with their team while at the venue.
- Travel expenses are not pro-rated.
- SASVBC does not collect or pay for athlete airfare.

TEAM TRAVEL

Team Travel Parent work with a travel agent and arrange for the group booking. Parents have the choice of traveling with the group or booking on their own. Parents are responsible to pay for their child's airfare.

ATHLETE EXPECTATIONS

Refer to Athlete Travel and Code of Conduct Agreement.

PARENTAL EXPECTATIONS

Refer to Parent/Guardian Code of Conduct Agreement.

AIR TRAVEL

Athletes are encouraged to sit with their teammates if possible.

GROUND TRANSPORTATION

The team is expected to utilize a rental vehicle that will accommodate the entire team when possible. Team rental vehicles are for the team only. No additional passengers are permitted.

Parents are responsible for their own transportation.

ACCOMMODATIONS

Hotel versus House Accommodations are decided by the team. Some prefer houses, others, hotels. The parents should discuss and decide which is best for their team dynamic.

SASVBC TRAVEL AUTHORIZATION

*To be completed and signed by the athlete and his/her parent/guardian and returned to the chaperone PRIOR to travel. If not completed and signed, athlete is not permitted to travel.

ATHLETE NAME: _____ TEAM: _____

TOURNAMENT: _____ DESTINATION: _____

DEPARTURE DATE: _____ RETURN DATE: _____

I, _____ the parent/guardian of the above named athlete hereby agree to:

- Give permission to above named athlete to participate in the described above activity.
- Give permission for above named athlete to travel by private or commercial vehicle.
- Release Spike and Serve Club, its' agents, coaches and representatives from any and all liability to us and the athlete for any injury, damage, loss that may occur because of the athlete's participation in the event.
- In the event of illness or injury to the athlete, consent to authorize medical treatment as may be deemed necessary at no cost to SASVBC.

In case of emergency and a parent cannot be reached, I authorize any SASVBC representative (coach, and/or chaperone) to obtain medical treatment for my child (including but not limited to emergency room treatment) that may be deemed necessary for my child's welfare.

It is expected that athletes conduct themselves according to the SASVBC Athlete Travel Agreement.

I understand that for any major incident I will be notified by phone and my child will be sent home immediately at my expense including the transportation expense required for a chaperone to escort my child to the airport. All expenses incurred for this trip will be non-refundable.

I have read and understood both the SASVBC Travel Agreement and the above SASVBC Travel Authorization.

Parent Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

SASVBC TRAVEL AUTHORIZATION/INFORMATION

ATHLETE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE NUMBER: _____

I GIVE MY AUTHORIZATION TO DISPENSE THE FOLLOWING OVER THE COUNTER MEDICATIONS TO MY CHILD.

PLEASE CHECK ALL THAT APPLY:

IBUPROFEN (Advil)

ACETAMINOPHEN (Tylenol)

Pepto Bismol

Immodium AD

Kaopectate

Dramamine

Mylanta

Asprin

Other: _____

Medical/Physical Limitations: _____

Allergies: _____

Blood Type: _____

Notification of Possession of Prescription Medication(s):

My child will have the following medication(s) in his/her possession for his/her use only. I will ensure that all medications are sent with my child's name, physician name, dosage instructions and my own instructions:

Parent/Legal Guardian Signature: _____

Date: _____

SASVBC FINANCIAL CONTRACT

Athlete Name: _____ Team: _____

DUES: \$1600

Covers volleyball equipment, local gym fees, USAV Registration, regional tournament entry fees, coach salaries and insurance.

Payment Plans: (please check one)

Full Payment \$1600

Installment Plan:

- \$600: due at time of commitment

- \$500 Second installment: **due on or before December 1 for girls, October 15 for boys.**

- \$500 Third installment: **due on or before January 1 for girls, December 1 for boys.**

Notice: Club dues do **not** include travel fees, uniforms, shoes, *additional mainland* tournaments or merchandise. The full amount is due at the time of club registration at the beginning of the season unless you choose a payment plan. **Payments must be received by the due dates, or will be penalized with a late fee of \$50.** Failure to maintain your account in good status with the club may result in player probation and potential removal from the club.

LATE PAYMENTS – Late payments and bounced checks will be assessed a \$50 fee. Players with delinquent accounts will not be allowed to train or compete with their team until payment has been received.

REFUNDS – Club dues and travel deposits are non-refundable. Partial Travel deposits are only refundable if under budget after the conclusion of travel.

PAYMENT METHODS – Cash, check or credit card. A 3% fee will be added to credit card payments. Spike and Serve does not accept American Express.

ESTIMATED TRAVEL EXPENSES

Estimated travel expenses include tournament registration fees, staff per diem, practice gym fee, staff airfare (coaches, 1 chaperone), player and staff accommodations, team vehicles, parking & food.

Player airfare is not included in the estimate. Group arrangements are usually made through a travel agent and each family will be responsible for submitting payment to the travel agent or paying on their own if not traveling with the team. **Estimated**

Travel Sliding Scale:

ROSTER SIZE	8	9	10	11	12
QUALIFIER (\$7500)	\$935 per player	\$835 per player	\$750 per player	\$680 per player	\$625 per player
NATIONALS (\$9500)	\$1185	\$1050	\$950	\$865	\$790

All travel payments are deposited into their team bank account.

TRAVEL PAYMENTS DUE Dates:

QUALIFIER – PAYMENT 1: OCTOBER 1, PAYMENT 2: NOVEMBER 1

NATIONALS – PAYMENT 1: JANUARY 1, PAYMENT 2: FEBRUARY 1

CREDIT CARD AUTHORIZATION: By signing below I agree that if I choose to pay Spike and Serve Club dues or buy miscellaneous gear with my credit card, I will not contest the charges or stop payment on my credit card. I authorize Spike and Serve Club staff to apply club dues and/or gear charges to my credit card.

By signing below, you the parent/legal guardian of the above named athlete, assume financial responsibility and have read, understood and agree to the above SASVBC Financial Contract.

Parent/Legal Guardian Name & Signature: _____ Date: _____