

CCE Handbook 2015-2016 Season

www.capitalcityelitedc.com

‘Serving the Nation’s Capital one Student-Athlete at a time!’

Revised November 2015

I. Our Mission

Capital City Elite is a Washington DC based volleyball club developed to present young ladies the opportunity to learn the fundamentals and techniques of the wonderful sport of volleyball. We specialize in helping girls build a personal relationship with the sport by supplying them with one on one as well as team training.

II. Types of Teams

Regional Teams 13U, 14U, 15U – practice 2x per week; compete in up to 6 tournaments within the Chesapeake region. The season runs from December through May.

Regional Teams 16U, 17U – practice 3x per week; compete in at least 8 - 10 tournaments within the Chesapeake region. The season runs from December through May.

Travel Team 16U - practice 3x per week; compete in at least 8 - 10 tournaments within the Chesapeake region. The season runs from December through May.

Developmental Team – Practice 2x per week for one hour. Will not compete in tournaments. The season runs January through April.

III. The Multi-Sport Athlete

Many players in the club are multi-sport athletes who compete in two or more sports at one time. Conflicts are to be worked out well in advance with your coach. However, we expect Capital City Elite Volleyball Club to be your first priority for all non-school related activities.

IV. Team Practices

Practice facility locations can be found on our website. All practices are open for anyone to attend. Coaching suggestions made from spectators will not be welcome. The practice schedule for December-February is different from March-May due to school gym conflicts. You should **ALWAYS** be in contact with your team captains and coaches and or check the CCE Calendar before going to practice in case of any last minute changes. All regular season team practices will conclude by Memorial Day weekend.

V. Practice Policies

Practices begin at the scheduled start time. Players’ “practice prep” (shoes, kneepads, ankle braces, taping, hair, etc...) should all be in place and complete by the scheduled start time. This includes bathroom issues. **If an athlete cannot be at practice, the athlete must call the coach PRIOR to the start of practice.** The athlete must contact the coach directly at home/work/or cell phone number. Injured athletes who can attend school are expected to attend practice, even if they cannot physically participate in practice, to support their team and be available to help where they can.

VI. Uniforms

Required uniform packages will be made available to each team. Uniform package fees are \$250 per athlete and are not included in the overall club fees. If, during the course of the season, any piece of an athlete’s uniform or equipment becomes lost or damaged, it must be replaced immediately at an additional cost.

VII. Financial Information: Participation Dues

2015-16

| Age Group | # of Practices | Total | Deposit 11/25/15 | Uniform 11/25/15 | Due 1/1/16 | Due 2/1/16 | Due 3/1/16 |
|-------------------------|----------------|----------------|---------------------|---------------------|---------------|---------------|---------------|
| Developmental | 2x/week | \$775 | | | | | |
| Payment Option 1 | Mon & Wed | | \$500 | | \$96 | \$96 | \$83 |
| Payment Option 2 | | | \$350 | | \$149 | \$149 | \$128 |
| Practice Player | | | | | | | |
| | | | | | | | |
| 12U | 2x/week | \$1,575 | | | | | |
| Payment Option 1 | Mon & Thu | | \$945 | \$250 | \$221 | \$221 | \$189 |
| Payment Option 2 | | | \$788 | \$250 | \$276 | \$276 | \$236 |
| Practice Player | | \$1000 | \$500 | | \$175 | \$175 | \$150 |
| | | | | | | | |
| 13U | 2x/week | \$1,575 | | | | | |
| Payment Option 1 | Mon & Thu | | \$945 | \$250 | \$221 | \$221 | \$189 |
| Payment Option 2 | | | \$788 | \$250 | \$276 | \$276 | \$236 |
| Practice Player | | \$1000 | \$500 | | \$175 | \$175 | \$150 |
| | | | | | | | |
| 14U | 2x/week | \$1,675 | | | | | |
| Payment Option 1 | Mon & Thu | | \$1,005 | \$250 | \$235 | \$235 | \$201 |
| Payment Option 2 | | | \$838 | \$250 | \$293 | \$293 | \$251 |
| Practice Player | | \$1000 | \$500 | | \$175 | \$175 | \$150 |
| | | | | | | | |
| 15U | 2x/week | \$1,775 | | | | | |
| Payment Option 1 | Tue & Thu | | \$1,065 | \$250 | \$249 | \$249 | \$213 |
| Payment Option 2 | | | \$888 | \$250 | \$311 | \$311 | \$266 |
| Practice Player | | \$1000 | \$500 | | \$175 | \$175 | \$150 |
| | | | | | | | |
| 16U | 3x/week | \$2,175 | | | | | |
| Payment Option 1 | Mon, Wed, Thu | | \$1,305 | \$250 | \$305 | \$305 | \$261 |
| Payment Option 2 | | | \$1,088 | \$250 | \$381 | \$381 | \$326 |
| Practice Player | | \$1125 | \$563 | | \$197 | \$197 | \$169 |
| | | | | | | | |
| 16U Travel | 3x/week | \$2,470 | | | | | |
| Payment Option 1 | Mon, Wed, Thu | | \$1,482 | \$250 | \$346 | \$346 | \$296 |
| Payment Option 2 | | | \$1,235 | \$250 | \$432 | \$432 | \$371 |
| Practice Player | | | | | | | |
| | | | | | | | |
| 17U | 3x/week | \$2,175 | | | | | |
| Payment Option 1 | Mon, Wed, Thu | | \$1,305 | \$250 | \$305 | \$305 | \$261 |
| Payment Option 2 | | | \$1,088 | \$250 | \$381 | \$381 | \$326 |
| Practice Player | | \$1125 | \$563 | | \$197 | \$197 | \$169 |
| | | | | | | | |
| 17U Travel | 3x/week | \$2,575 | | | | | |
| Payment Option 1 | Mon, Wed, Thu | | \$1,545 | \$250 | \$361 | \$361 | \$309 |
| Payment Option 2 | | | \$1,288 | \$250 | \$451 | \$451 | \$386 |
| Practice Player | | | | | | | |
| | | | | | | | |
| 18U | 3x/week | \$2,275 | | | | | |
| Payment Option 1 | Mon, Wed, Thu | | \$1,365 | \$250 | \$319 | \$319 | \$273 |
| Payment Option 2 | | | \$1,138 | \$250 | \$398 | \$398 | \$341 |
| Practice Player | | \$1125 | \$563 | | \$197 | \$197 | \$169 |
| | | | | | | | |
| 18U Travel | 3x/week | \$2,575 | | | | | |
| Payment Option 1 | Mon, Wed, Thu | | \$1,545 | \$250 | \$361 | \$361 | \$309 |
| Payment Option 2 | | | \$1,288 | \$250 | \$451 | \$451 | \$386 |
| Practice Player | | | | | | | |
| | | | | | | | |
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VIII. Tournament Related Travel Fees

Travel fees are additional fees paid by members of the club to cover transportation expenses. Fees will include:

- Ground transportation
- Gas
- Insurance, tolls and parking.

IX. Payment Responsibilities

No athlete will be allowed to participate during the current season unless fees are current. An athlete whose account becomes delinquent during the current season may be denied the privilege of playing in a tournament and/or asked to sit out a practice until the account is paid or arrangements are made for restitution. A player remains obligated for payment if they terminate their contract with Capital City Elite VBC. Extenuating circumstances will be considered and costs prorated accordingly. Examples of extenuating circumstances would be moving out of the state, serious illness or injury. Costs such as USAV player registration and uniform purchase cannot be refunded. Prorated costs will include the number of remaining tournaments, the ability of the player to continue to participate in practices, etc. The final decision on the amount will be determined by Capital City Elite VBC.

X. Tournaments and Travel: Participation

Players are expected to attend all scheduled tournaments. Conflicts should be brought to the attention of the coach at the beginning of the year. Conflicts may result in the athlete's court time being affected as the team prepares during practices leading up to an event. Missed events do not constitute a partial reimbursement of the participant's fees.

XI. Team Officiating

Officiating is the shared responsibility of the entire team. All athletes are **REQUIRED** to help with line judging, score keeping, libero tracking, score flipping, and R2 officiating. An athlete who has an officiating assignment may not leave a tournament before the assignment is completed. Scorekeeper and officiating clinics are **REQUIRED**. Information can be found on our website and by visiting www.chrva.org.

XII. Tournament Policies

- * No food, drinks (other than water), glass containers, or chewing gum is allowed in any gym at any time. Team food and drinks can be kept in the lobby or outside the playing venue.
- * Playing time for athletes is determined by the performance of the athlete during practices and previous matches, and is left to the discretion of the coach.
- * Proper demeanor is expected of all members of the Club (athletes, parents, and supporters); this includes treating members of the officiating crew with respect.
- * Only Capital City Elite uniform pieces will be worn during tournaments
- * All uniform pieces must be brought to tournaments. Uniforms must be clean.
- * No jewelry may be worn once the player arrives at the venue for competition.
- * Athlete may not leave tournament site until excused by the coach.

XIII. Tournament Related Travel Policies

- * Athletes will be courteous and respectfully obey all staff members. This includes all coaches, chaperones, and adults officially traveling with the team.
- * Athletes must report any illness or injury to the coach and chaperone immediately.

- * An athlete who damages any property at a playing facility will be personally responsible for damages.
- * Athletes must dress appropriately at all times.
- * Athletes found in possession of alcohol, tobacco, or illegal drugs will be sent home immediately at the expense of the parent/guardian. Violation of any travel policy may result in the athlete being sent home immediately. Further action by the club will follow.

XIV. Parents Code of Conduct

Capital City Elite will not tolerate hostile, aggressive confrontations by a parent towards an official, a director, a coach, an athlete, or another parent. Violation of this policy may result in the athlete being dismissed from the club. In such cases, no refunds will be issued. The influence, both good and bad, that a parent can have on their child's introduction to or continuation in sports is often misunderstood or underestimated. Your valuable contribution to your athlete is appreciated by Capital City Elite VBC.

XV. Chaperones and Team Parents

Coaches for Capital City Elite volleyball teams will assign a "team parent" to assist the coach as needed. Chaperones will be assigned on a tournament by tournament basis. Volunteers are welcomed and appreciated.

XVI. Trust Rule

Capital City Elite VBC Staff understands that something may come up during the season and create a payment challenge. Our expectation is that our parents communicate with our staff immediately to come to a solution. If a solution is reached, we require that none of the following occur:

- a. Bringing or sending players to practice or tournaments when they have been suspended for delinquent payments
- b. Avoiding staff emails, phone calls or letters when payments are past due
- c. Blatant disregard of initial or subsequent payment arrangements
- d. Mailed payments

Any of the above actions will void all payment arrangements, require full payment of season fees and may result in expulsion from the club.

XVII. Inclement Weather Policy

As our club season spans the winter season, we may experience inclement weather that could possibly cause our practices, meetings or tournaments to be cancelled or end early. We will reschedule any cancelled or shortened events as gym availability, previous schedules and time allow. Please keep in mind that rescheduling may not be possible in all instances. The following procedure will be followed if this becomes necessary:

During inclement weather, a decision will be made as soon as club directors receive information from the venue hosts and/or local media announcements. Notices will be posted immediately to our Facebook and Twitter pages. Announcements will also be email directly to all parents.

The systems that Capital City Elite will pull decision-based information from are as follows:

DC Public Schools
Various DC Private Schools

If you live in or are commuting from areas that are affected more than the above jurisdictions, please use your best judgment to assess the safety and feasibility of attending a scheduled event.