Participation in the Excel Volleyball Club, LLC (Excel) is a privilege that is earned by following the standards set by the club, coaching staff, and USAV. As a member of Excel, sportsmanship, respect and integrity will be required while participating in club activities.

Eligibility

1. An athlete must be in good standing with Excel, USA Volleyball and be under the age of 19 years old. No athlete 19 years or older is allowed to participate in this juniors volleyball program.
2. An athlete must maintain passing grades in all classes.
3. We recommend athletes complete a medical physical exam with physician's signature and parents'/guardians' consent signature, prior to workouts and competition.
4. An athlete must have completed all required forms set forth by Excel and USAV.

Participation Guidelines

1. An athlete will be ineligible for athletic participation or practice for the following:
   • Smoking
   • Influence or possession of alcohol or drugs
2. Immediate dismissal from the club could result from any the following:
   • Insubordination towards any member of Excel including the coaching staff and chaperones, referees, fans, etc.
   • Obscene gestures; profanity or swearing
   • Provocation
   • Fighting
   • Stealing
   • Unexcused missed practices or games
   • Other disciplinary situations which may arise
   • Nonpayment of membership dues

An athlete who is removed from the team for disciplinary reasons will not be eligible to practice or play with another club until the athlete adheres to the guidelines for changing clubs under the USAV policy.

3. General
   • Be on time for all practices and tournaments.
   • Display good sportsmanship on and off the court.
   • Display respect & show a good, positive attitude toward the sport, teammates, and coaching staff
   • Prepare mentally for competition and take care of details prior to match.
   • Notify your coach if you will be late or not attend an Excel event. This includes practices and tournaments. No notification by the player is considered an unexcused absence and may impact an athletes future play time.

Practice & Tournaments

1. Each athlete will play at the coach’s discretion. The coach will determine the amount of playing time. All athletes are required to be at all practices in order to compete in the following tournament. Any player missing any practices between tournaments will sit out at the coach’s discretion.
2. Any questions concerning playing time must be addressed first through your coach via phone call or meeting on a non-playing day. There will be NO discussions during a game, tournament, or practice.
3. All players are required to participate in tournament work team duties and must stay until all duties and responsibilities are fulfilled.

Fees

1. An athlete's payment of membership dues and acceptance agreement commits the athlete to this club and requires her to adhere to all guidelines and policies set forth by the club.
2. All fees must be paid to continue your Excel membership.
3. Failure to pay membership dues will result in expulsion from Excel and further participation with this club or any USAV club until all fees are paid.
4. Philosophy of this club is that the athlete is paying to provide her/him the opportunity improve her/his volleyball skills. The athlete is not paying for match playing time, but for the betterment of herself/himself in the sport of volleyball.

Parents

1. All parents are expected to adhere to all rules and regulations set forth by the Excel and USAV.
2. All parents must sign a rules agreement before their athlete is allowed to participate in tournaments.
3. All parents are expected to support the director and coaching staff 100% and respect all decisions made by these individuals. The Coaching Director will address any negative comments towards players or coaches. The player of a parent that does not adhere to the club rules, may cause the player to be removed from the club.
4. Parents must understand the difficult decisions the coach must make for the team. These decisions involve individual players and the entire team. The coach must make decisions for the good of the team. The team is the most important aspect of our club. We must have your support on these decisions if we want to have a successful club program.
5. Players are expected to discuss concerns directly with the head coach. Parents should only request a meeting with a head coach after the player and head coach have had the opportunity to address concerns. If necessary, parents may request a meeting with the Coaching Director as a third and final step to address a concern.
6. All parents are expected to sit in the stands with the other parents and support the team in a positive manner. Parents are not allowed on the bench with the team or allowed near the team while play is commencing.
7. The coach is the only individual that is allowed to dismiss her/his team from practice or tournaments. Parents will not be allowed to take their daughter on the basis they are ready to go. Please speak with the coach if there is an emergency.
8. No parent is allowed to raise money or do anything without strict permission from the Club Director.
9. The coach reserves the right to coach her/his team to their full discretion.
10. The Club Director or Coaching Director gives athletic equipment to team members. Athletes are responsible for equipment that is given to them. Any lost items must be paid for by the athlete in order to purchase new equipment. Team uniforms are only to be worn for games or on team events.

I have read the Excel Club Rules and agree to adhere to all the club rules without exception.

Player Name (Print): ___________________   Signature: ____________________

Parent Name (Print): ___________________   Signature: ____________________

Date: ____________________