



Paradigm Player Packet

2016-2017 Season

2016-2017 Player Bio

Name: _____

Team: _____

Academic Info

School District: _____

Graduation Year: _____

Guidance Counselor: _____

GPA: _____ SAT: _____

Extracurricular Activities: _____

Potential Area of Study: _____

Athletic Honors

*** List anything volleyball related including years playing JV, Varsity or club***

2016-2017 Player Info

(all personal details below, address, phone, etc. will part of the parent and player details stored securely within the website)

Name: _____

Paradigm Team: _____

Home Phone #: _____

Cell Phone #: _____

Email: _____

Twitter: _____

Instagram: _____

Facebook: YES NO

Mom: _____

Home Phone #: _____

Cell Phone #: _____

Email: _____

Dad: _____

Home Phone #: _____

Cell Phone #: _____

Email: _____

2016-2017 Paradigm Volleyball Club Rules

1.) Away Tournament Rules:

a.) When we are at tournaments, the girls are to stay together as much as possible. We will eat as a team and do **ALL** activities as a team. Parents are always welcome to join the team for any activities.

b.) At the tournament site, we use “the buddy system.” **NO GIRL IS EVER ALLOWED TO BE ALONE!** If any girl needs to go to the bathroom, get ice, etc., she must be accompanied by a teammate or parent. When going somewhere, the girls must notify one of the coaches or the chaperone as to their whereabouts.

c.) We enter the gym as a team and we leave as a team. **NO** player is allowed to leave early without the **coaches’** permission. We also get to the gym early. We want the girls to be in the gym atmosphere for at least 30 minutes prior to our warm up. Time frames will be set up by the coaches.

*There are very few exceptions to this rule. In the very rare case you will be arriving late or leaving early to an away tournament, you must relay this information to the coaches and chaperone. It will be the chaperone’s responsibility to make sure that your daughter is accounted for and has a room ready upon her arrival prior to the event.

d.) Every player is to bring **EVERYTHING** they need to **EVERY** tournament. Uniforms, warm up Tee’s, kneepads, sneakers, spandex, and socks. They are personally responsible for these items. If they forget something, an appropriate punishment will be handed out. Do not wear your court shoes outside. Always have another pair of sneakers or shoes to wear when entering and leaving the gym.

e.) Each night we will have a team meeting to discuss curfew and the next day’s events.

f.) Respect the hotels that we stay at. Rooms are expected to be kept clean at all times. The maids at the hotels are there for general cleaning at do not need to pick up after the girls. Make sure to double check the rooms before leaving to make sure nothing is left behind.

g.) No girl is allowed in a male coach’s room, or him in her room, without a parent or other coach present. **NO EXCEPTIONS.**

h.) You will respect yourself and others. No one, at anytime, is to see any of the 4 B’s. **That means No Back, No Boobs, No Butts and No Bellies.** You are young ladies and will dress appropriately at all times. If the coaches feel you are dressed inappropriately, you will be told to change.

2.) Cell Phone Policy:

- a.) Cell phones are not allowed in the gym. They will be turned off prior to entering the gym and will remain in the girls' bags until specified by the coaching staff.
- b.) We "Go Dark" every night. Thirty minutes prior to lights out the girls will deliver their cell phones to the chaperones. It is very important for parents who are not on trips to remember that the only way to reach their daughter after "lights out" is through the chaperone. Therefore, it is important to know who the chaperone is for each tournament.
- c.) If cell phones are being abused and become a distraction, they can be taken by the coaching staff and returned at their discretion.
- d.) If problems persist, our team will "Go Dark" for the duration of our tournaments.

3.) Parents:

- a.) Playing time will **NEVER** be discussed at a tournament.
- b.) Please be respectful to all officials, especially the work teams. We will **NEVER** address or make comments to any players that may be working or matches. This includes yelling, "Score's wrong!"
- c.) Keep all cheering positive.
- d.) Parents are **NOT** allowed at, on, or around the bench area for any reason during a tournament. The bench is a sacred area and is for players and coaches **ONLY**.
- e.) **24 Hour Rule**. Any discussions between parents and coaches must take place no sooner than 24 hours after each match. Phone calls or face to face is always best. We hate emails and texts!!!
- f.) **Communication** – The coach/player relationship is a special relationship. Any issues and/or problems should be handled with a conversation between the coach and player. If the problem consists the coach will meet with BOTH the player and the player's parents. Players will be present for any and all conversations.

2016-2017 Paradigm Volleyball Club Rules Parent & Player Acknowledgement

As members of the Paradigm Volleyball Club, I acknowledge by signing below that I am fully aware of and will adhere to the club rules as provided to me by the club.

Parent's Name: _____

Parent's Signature: _____ Date: _____

Player's Name: _____

Player's Signature: _____ Date: _____

PARADIGM CHAPERONES

Paradigm is truly a family club. Players, parents, and coaches work together to make traveling to distant venues an enjoyable, safe, and competitive experience.

All parents are invited to chaperone a travel tournament. Two mothers or a husband/wife combo are welcomed. Please note that the Chaperone's meals in the room are included in the weekend food plan but we ask that chaperones who bring other children provide separate food/snacks for them. Plenty of support is provided to assist chaperones with all of their duties.

Sign up sheets will be available for these opportunities at the CLUB WIDE EVENT on Nov. 6th

CHAPERONE DUTIES

Prior to Leaving for Tournament:

Months Ahead:

Chaperones must register with WEVA. Background check will be completed.

Chaperones must reserve hotel room where players and coaches are staying.

Reserve hotel refrigerator and microwave if necessary.

Discuss meal/entertainment options.

Tournament Weekend:

Sign and abide by no alcohol policies as per USAV CONTRACT.

Collect snack/meal contributions from players. Be aware of any food allergies/restrictions

Communicate with coaches regarding team meetings, team plans, arrival and bedtimes.

Chaperones lay out snack items for girls to make their own snack bags for game days.

Chaperones prepare breakfast/lunch/dinner in the room for one or two days.

Chaperones join team and coaches for lunch/dinners out and activities.

Chaperones walk to/from playing venues unless other arranged by the coach.

Chaperones bring Paradigm Bins to/from hotel (Bins contain most of chaperone supplies)

Chaperones bring Team Binder to/from playing venues.

VOLUNTEER OPPORTUNITIES

If you are unable to volunteer for chaperone duties due to expenses or other family obligations, please consider the following opportunities:

RESTAURANT AND ENTERTAINMENT COORDINATOR

Restaurant and Entertainment Coordinators will research dining and activity options located near the hotel/venue. Information will be shared with Tournament Chaperones.

Restaurant and Entertainment Coordinators will make team reservations. (And often cancel and rearrange when pool play dictates meal or activity times.) Restaurant Coordinators may also pick up any of the take-out orders for the team and coaches.

ALL PARENTS

We ask that all parents jump in and offer to help whenever possible. Please help a hotel chaperone clean up after a meal, or help supervise an activity. Drivers are often needed to transport the team to venues or activities.

- Consider hosting a team event. Any activities such as bowling, sleepovers, team dinners, etc. will contribute to team bonding and foster new friendships.
- Consider organizing a team or club wide fundraiser. Money made at fundraisers can offset some of the travel expenses! Have a special charity? Consider organizing a team or club wide community service experience.

PARENT AGREEMENT

- As parent/guardian of _____ I have read the previous pages and I am in agreement with all of the listed information.

I WILL VOLUNTEER AS: (please check at least one of the following)

- A TOURNAMENT CHAPERONE with my spouse or with another parent

I AM UNABLE TO CHAPERONE A TOURNAMENT DUE TO FINANCIAL ISSUES AND/OR OTHER FAMILY OBLIGATIONS, THEREFORE, I WILL VOLUNTEER AS:

- RESTAURANT AND ENTERTAINMENT COORDINATOR FOR THIS CLUB SEASON

I AM ALSO INTERESTED IN TALKING TO PARADIGM STAFF ABOUT:

- HOSTING A TEAM EVENT
- RESEARCHING AND ORGANIZING A TEAM OR CLUB FUNDRAISER.
- RESEARCHING AND ORGANIZING A TEAM OR CLUB COMMUNITY SERVICE.

PARENT NAME: _____

PARENT SIGNATURE: _____ DATE: _____

Team Tournament Food List

Player _____ Team _____

IMPORTANT: PLEASE FILL IN THE BLANKS AND **X OUT ANY FOOD YOU DO **NOT** EAT!**

Food allergies/restrictions/vegetarian etc. _____

❖ BREAKFAST

CEREAL: HONEY BUNCHES OF OATS, HONEY NUT CHEERIOS, OTHER _____

BAGELS: PLAIN, BLUEBERRY, CINN RAISON, WHOLE WHEAT, OTHER _____

YOGURT: PLAIN, VANILLA, STRAWBERRY, OTHER _____

FRUIT: APPLES, MELON, STRAWBERRIES, GRAPES, BLUEBERRIES, PINEAPPLE, OTHER _____

PANCAKES, EGGS, BACON, OTHER _____

DRINKS: MILK, OJ, CHOCOLATE MILK, LEMONADE, ICED TEA, WATER, OTHER _____

❖ LUNCH

SANDWICHES: TURKEY, HAM, PEANUT BUTTER AND JELLY, OTHER _____

BREAD: ROLLS, WHOLE WHEAT, WHITE, OTHER _____

❖ DINNER

TACOS, PULLED PORK, PASTA WITH BUTTER, PASTA WITH SAUCE, MEATBALLS, GRILLED CHICKEN, STIR FRY, GRILLED CHEESE, OTHER _____

❖ SNACK BAGS

PRETZELS, GOLD FISH, WHEAT THINS, ANIMAL CRACKERS, CHEX MIX, TRAIL MIX, OTHER _____

MUFFINS: BANANA, BLUEBERRY, PUMPKIN, OTHER _____

BARs: GRANOLA, SWEET AND SALTY, CHEWEY, SPECIAL K, OTHER _____

PUDDING CUPS, FRUIT CUPS, FRUIT GUMMIES, OTHER IDEAS _____

One thing I love to eat at tournament dinners: _____

** Please see team parent directly with any questions or concerns regarding the above

Paradigm Volleyball *Letter of Commitment*

2016-2017 Club Volleyball Season

DO NOT SIGN WITHOUT READING CAREFULLY

This requirement has been created to protect the player and parent/guardian as a member of a club.

1. **Offer Period.** I understand that I have 7 DAYS after an offer is made, to determine if I want to accept this offer made from the club below. I cannot be pressured into signing this Letter of Commitment. I do not have to sign this Letter of Commitment immediately after the tryout and have the opportunity to attend other tryouts, without losing the offer made to me. I have until Sunday, September 25, 2016 to sign this agreement or lose the offer.
2. **Other Tryouts.** I understand that once I sign this letter, I am committed to the club below and that I cannot attend any other tryouts for the 2016-2017 club volleyball season.
3. **Club Signatures Required Prior to Submission.** This document must be signed and dated by the Club Director and coach before submission to the player or parents (or legal guardian) for their signatures.
4. **Parent/Guardian Signature Required.** My parent or legal guardian is required to sign this Letter of Commitment if I am less than 18 years of age at the time of signing. Their signature is proof of the parents' acknowledgement and understanding of the club's rules, regulations and parent expectations as laid out in the club handbook. It is also a binding agreement to pay all dues and fees as expressed in the club handbook. Failure to make all required payments may result in a player not being eligible to play for this club in 2016-2017.
5. **Nullification of Other Agreements.** My signature on this Letter of Commitment supersedes any agreements, verbal or otherwise, which would release me from the conditions stated within this document. I understand that this Letter of Commitment may be amended or changed only in writing signed by the persons identified below.
6. **Binding Agreement.** I understand that I have signed this Letter of Commitment with the club and not with a particular individual. If the coach or any player(s) leaves the team, I remain bound by the provisions of this document.
7. **Document of Understanding.** I understand that I have been offered a spot on _____ team, with the Paradigm Volleyball Club. I understand by signing this Letter of Commitment, I am agreeing to attend all practices and club events, only to be excused by the coach of my team or Club Director. I also understand that this offer is not a guarantee of playing time. All playing time is determined by the coach and will only be discussed with the player at least 24 hours after any tournament or competition.
8. **Commitment to the Club.** I understand that by signing this Letter of Commitment, I agree to pay the disclosed club fees and dues and that I will support the club in word and deed. I certify that I have read all terms and conditions in this document. I have discussed them with the club representative named within, and I fully understand, accept and agree to be bound by them.

This is to certify my decision to join (name of club): _____

Name of Team: _____

Player's Name: _____ Signature: _____ Date: _____

Address/City/State/Zip: _____

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

Club Director: _____ Signature: _____ Date: _____

Club Coach: _____ Signature: _____ Date: _____