



# **Club Information Handbook**

2025-26 Season

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**[www.DMESportsAcademy.com](http://www.DMESportsAcademy.com)**

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# Club Information

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## Mission Statement

### DME Mission Statement:

Within our world class facilities, DME provides high level instruction and competitive opportunities to advance athletic development for our student-athletes, while inspiring character and discipline to better our community.

## Vision Statement

Our vision is to produce a highly competitive program in a premier facility while providing the highest standard of integrity and respect.

## Principles

1. Train and educate youth athletes in the sport of volleyball by teaching the fundamentals of movement and skill development.
2. Promote the sport of volleyball for all ages and skill levels.
3. Promote diversity and opportunities for all to learn and play the sport of volleyball.

## Organizational Goals

1. Provide an exceptional and safe facility for club activities now and in the future.
2. Promote DME Sports Academy by offering a wide variety of training and playing opportunities.
3. Enhance the skill levels of our athletes by providing highly experienced and qualified coaches.
4. Create collaborative partnerships with local and national organizations and corporations to grow the sport of volleyball.

## Club Structure

DME's goal is to provide teams for age levels 8U to 18U. DME may have teams at the national, hybrid, regional and local level within each age group. These decisions will be made by DME Club Management based on the levels we can field competitively. The season will run approximately November to June for elite levels and December to May for all other teams.

## Club Programs

### Elite Teams (Ages 13U-18U)

November -June

An advanced program for players who intend to take their skills to the next level.

**Uniform will be purchased within the on-line store**

**Practices:** 5 ½-6-hour trainings per week, training may include positional training

**Strength Training:** optional with cost

**Travel:** Up to 9 events including (3) National Qualifiers and AAU or USAV National (2<sup>nd</sup> elite teams will get 2 National Qualifiers and a pre-molten qualifier to AAU))

**Memberships Required:** USAV & AAU

**Tuition (13-18):** \$3995.00

13-14 **with Fall:** \$4595.00

15-17 1s teams: \$4195.00

**Payment Plan:** \$500 deposit and a 9-month plan (August-April) \$388.33

**Payment Plan with Fall:** \$500 deposit and a 9 month plan(August-May) \$455.00

***All travel and lodging expenses are the responsibility of the athlete and parent.***

### Youth Elite Teams (10U-12U)

November -May

An advanced youth program for players who intend to take their skills to the next level.

**Uniform will be purchased within the on-line store**

**Practices:** 4-hours training per week

**Travel:** Up to 8 events including (1-2) National Qualifiers (Asics Regional Championships & Sunshine)

**Memberships Required:** USAV & AAU

**10-11's-** \$1700

**12's:** \$2800.

10-11's-with Fall:\$2300

12's with Fall: \$3400

**Payment Plan:**

10's-11's: \$500 deposit and a 9-month plan (August-April) \$133.33

10's-11's with Fall: \$500 deposit and a 9-month plan (August-April) \$200.00

12's: \$500 deposit and a 9-month plan (August-April) \$255.55

12's with Fall: \$500 deposit and a 9-month plan (August-April) \$322.22

***All travel and lodging expenses are the responsibility of the athlete and parent.***

### American Regional Teams: (Ages 10U-18U)

November -May

An intermediate program for players who wish to advance their skills and play at a higher level.

**Uniform will be purchased within the on-line store**

**Practices:** 4-hours of training per week

**Travel:** 7-8 events including (1) AAU Regional Championship

**Membership Required:** AAU

**Tuition 10-11's:** \$1600.

**Tuition 12:** \$2495

With Fall Ball: \$2200

With Fall Ball: \$3595

Tuition 13-18: \$2995

10-11's: \$500 deposit and a 8-month plan (August-March) \$122.22

10-11's with Fall Ball: \$500 deposit and a 8-month plan (August-March) \$188.88

13-18's: \$500 deposit and a 9-month plan (August-April) \$277.23 12's-\$221.66

13-18's with Fall Ball: \$500 deposit and 9-month plan (August-April) 343.88 12's-\$288.33

***All travel and lodging expenses are the responsibility of the athlete and parent.***

**Local Teams: (Ages 13/14, 15/16)****December 1-April 30**

An entry-level program for players who have limited or no volleyball experience.

**Uniform will be purchased within the on-line store**

**Practices:** 3-hours of training per week

**Travel:** Up to 5 events to be hosted locally within 90 minutes of DME. No overnight stay will be required.

**Membership Required:** AAU

**Tuition:** \$1995.00

With Fall: \$2595.00

Payment: \$500 deposit and a 8-month plan (August-March) \$186.87

With Fall Ball: \$500 deposit and a 8-month plan (August-March) \$261.87

**Skills & Drills (Ages 8-18)****November-June**

Sessions: Nov/Dec, Jan/Feb, Mar/Apr, May/June

This is an in-house program that has practice twice a week for an hour. It is an 8-week program.

Athletes will learn the necessary skills to move onto the Fall Ball League if interested.

**A t-shirt will be given to all participants.**

**Practices:** (2) 1-hour practices per week

**Tuition:** \$269.

**Fall Ball (Ages 8-18)****August 5- approx.October 26**

This is a Fall mini club travel league. It is a 11-week program that consists of top training to prepare our youngest athletes for their spring travel season.

**Uniforms will be purchased at the register for \$40. This includes 2 practice shirts and jersey.**

**Practices:** (2) 1 1/2-hour sessions per week

**Mondays& Wednesdays**

**Travel:** Up to 4 events to be hosted at DME or local clubs. No overnight stay will be required

**Membership Required:** AAU

**Tuition:** \$600

## **Club Contact List**

***Management:***

Club Director

Administrative Assistant

Kathy Young

Young4010@aol.com

386-852-9434

## **DME Club Release Policy**

### **If asking to be released between August-November**

- Athlete must pay for all gear the club ordered for the athlete, including but not limited to uniforms, shoes, backpacks, and balls unless the club can utilize them for another athlete at which time the club will keep those items.
- Club will keep all deposits and any/all payments made up to the date the athlete requests to be released in writing.

### **If asking to be released between December-June**

- Athlete must return all gear the club provided to the athletes this season, including but not limited to uniforms, shoes, backpacks, balls and financial aid
- Athlete must remit all financial obligations agreed upon contractually in the participation agreement
  - 100% of tuition for season (excluding any season ending injuries)
  - Stay and Play Hotel obligations if club is already under contract

### **If asking to be released after participating in a National Qualifier Event for DME (Regional or NQ)**

- Athlete may not be released for the rest of the season to another club. Please refer to the USA Volleyball (USAV) policy on releases on athletes that participate in regional or national qualifying/bid events. Please refer to the Girls' Junior National Qualifier/Spring Championships/Championships Manual.

*Each Club Release Policy must address the USA Volleyball (USAV) policy on releases on athletes that participate in regional or national qualifying/bid events. Please refer to the Girls' Junior National Qualifier/Spring Championships/Championships Manual*

**I have read and understand the club release policy with DME Sports.**

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

# Club Policies

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## Athlete Code of Conduct

Participation with DME is a privilege and should be looked upon as such by the athlete. Each member of our teams should exhibit good sportsmanship in his/her actions at all times both on and off the court. Once you have committed to be an athlete in our club, you have made a choice to uphold certain standards expected of athletes:

1. I will display good sportsmanship and respect my competitors, parents, event staff and referees at all times. The use of profanity is unacceptable anywhere and at any time. I will leave all facilities in clean condition and take care of equipment at all times.
2. I am expected to act in a first-class manner and should act with high moral and social standards while representing DME.
3. I am expected to wear DME apparel and it is to be worn at all practices and competitions at all times. It is to be worn in a neat and mannerly fashion (**i.e., shirts tucked in**). Any time I wear clothing with the DME name, I am representing DME.
4. I am expected to refrain from all illegal substances. There will be no consumption of alcoholic beverages, drugs, chewing tobacco, or smoking materials.
5. I will use social media in a positive way. I will not forward or post vulgar messages, texts, or photographs that reflect negatively on me, my team or other individuals of DME. Whenever possible, I will discourage others from postings that could be deemed unflattering or damaging to others.
6. I will report any and all injuries to my coach or Club Management.
7. I will not fraternize with coaches or members of Club Management.
8. I will familiarize myself with general knowledge of AAU and USAV volleyball rules and regulations. I will be an active member of the organization in which my team participates and have a valid membership for the entire season.
9. I understand that rules may be added at the discretion of Club Management should a situation demand it.

The rules outlined here are intended as a guide to successful participation. As a member of DME, I will be expected to understand and abide by these rules and my team's rules. It is my responsibility to follow them to the fullest. **Failure to abide by the rules above may result in suspension or termination from the club and forfeiture of paid tuition.**

## Parent Code of Conduct

The parents of DME athletes generally want the same “end result” for their child from the athletic experience. Parents hope their child learns positive traits while participating in sports, among which are:

- Teamwork
- Sportsmanship
- Overcoming adversity
- A sense of positive competitiveness
- Healthy fitness regimens

In order for the child to learn these skills, they need to participate long enough in the activity to gain these valuable lessons. What facilitates this process is parents being very aware of the way they interact with their child, the coach, and other parents. To enhance the opportunity for these goals to be met, we ask our parents to follow the “*Parent Code of Conduct*” as listed below.

1. Allow for only ONE instructional voice for your child.....the coach’s. Shout encouragement at every opportunity for your child and other teammates. However, a steady stream of technique suggestions, advice, or strategies during contests is counter-productive to the coach helping your child have success. Don’t confuse your child with potentially conflicting instruction.
2. Sometimes, an official’s call is hard to take for several reasons. Such times present a test of emotional control on the part of the athlete, the coach and the parent. Parents that loudly harass the official are embarrassing to the athlete, team and club. Part of the learning process for the athlete is to occasionally deal with a “wrong” call, accept the responsibility, and move on. Don’t encourage your child to place the blame for their failures upon others. Learning to cope with disappointment is a valuable life skill.
3. Athletics is one of the safest environments for your child to struggle, fail, get back up, move on and learn from these various “hurdles”. Let him/her learn to work them out *without* your interference. For example, a player has every right to discuss with the coach what needs to be done to earn more playing time. Our coaches are child-oriented; they realize that all kids want the opportunity to play and show their skills. Give your child the gift of learning how to work through those questions by not running interference each time a conflict may arise.
4. Support your coach and DME Club Management and stand behind their decisions. Please do not talk poorly about them in front of your child. Your child will still need to work with the coach and his/her teammates in the future; don’t burden them with additional doubt when you talk poorly of the coach or DME Club Management. If you believe you need more data or communication from the coach to answer your question(s), go directly to the coach and arrange an opportunity to discuss your concerns out of sight from your child. Set the example of “being an adult” with issues of like nature.
5. Remember that the opposing players are someone else’s child. The other team’s players and coaches should be “off-limits” for harassing or mocking. Parents of athletes who intend to disrupt or upset someone else’s child exhibit the worst of poor sportsmanship.



As a parent, be involved in a positive way. Attend your child's games as often as you can. Cheer loudly for the kids on the team. Help with the team when asked by the coach. If you're not sure how you can help, ask the coach.

When the larger portion of a team is working well, the experience can be wonderful for everyone involved! Other people and parents who see this type of synergy in action will want to support and be a part of the action. Younger parents will be looking forward to the day when their child is a part of our program. This type of teamwork perpetuates itself, and once it gains momentum, it can be quite a force. It just takes PARENTS who care!

### **"10 Rules for Parents of Athletes"**

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their lives they can look to for constant, positive encouragement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but don't coach them on the way to the court or on the way back, at breakfast, and so on. It is tough not to, but it is a lot tougher for the athletes.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your children in a way that creates pressure.
6. Don't compete with the coach. You both have clearly defined roles that should complement each other. Encourage your child to respect their coach...they will learn more in the process.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within their hearing distance.
8. Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your children under his/her leadership.
9. Always remember children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped...they are the best!"

## DME VOLLEYBALL ATTENDANCE POLICY

We will have a successful season if we can find players who are willing to work hard, give maximum effort 100% of the time, and support each other on and off the court. We will have an even better year if we can find an entire team willing to sacrifice and be “all-in” to achieve a larger goal. You can’t get 100% of the benefit without being 100% committed.

### Attendance

Attendance will be recorded at every practice. If an athlete has any of the following excused absences coming up, they should provide their coach the dates they will be missing a month in advance as this allows a coach to plan for their absence. With approval of the athlete’s head coach and the second team’s coach, athletes may make up missed practice within the same week of the missed practice with another team. While we know that make up practices are certainly not the same as being with your own team working systems, offense and defense, we know the importance of training and expect our athletes to value their training.

Excused Absences (Need to be Made up after 2 misses) will include:

- School Activities Mandatory for Grades and School Sports (or School required events such as concerts, induction ceremonies and team banquets)
- Emergency Situations
- Religious Observance
- College Visits
- Immediate Family Weddings
- Illness/Injury

While illness and injury are excused, athletes should make every opportunity to be at practice in these cases as long as they are not contagious, running a fever, or throwing up. Sitting on the sideline has its benefits as the athlete is in attendance can witness team instruction and support her team.

While we value athletes doing multiple activities, there is an inherent unfairness in allowing players who miss practice to play while those attending practice sit on the bench. It is impossible to develop any type of effective team organization or play without the participation and commitment from each player. Unexcused absences from practices or games will not be tolerated and excused absences will be limited.

Life is a series of choices all of which have consequences. If you make a choice between attending a practice or game vs. attending some other event or simply not coming to practice or games then you must be able to accept the consequences of your decision.

You must let a coach know in advance if you will have to miss a practice. If you miss practice without letting the coach know ahead of time it will automatically be counted as unexcused. Having said that,

telling a coach in advance you will not be at a practice or game does not automatically count as an excused absence. The bottom line is that when a player misses practice it affects the entire team in a negative way. Pure and simple, miss practice for an unexcused reason and your role, as a member of the team, will be reduced. Those players who attend practice and have a positive attitude will be the ones representing DME.

### **DME PRINCIPLES**

Every athlete will get 2 absences with no consequences for the season. All other missed practices (excused or unexcused) are expected to be made up either prior to the practice missed or in the same week. If practice is not made up prior to the tournament then an athlete will sit a set for 1 practice missed and a match for more than 1 practice missed. If an athlete exceeds the absences as outlined above then a meeting with the club director will be held to determine the athlete's commitment and continued involvement with the program.

## Parent/Coach Communication

As your child becomes involved in athletic programs, she/he will participate in some of the most rewarding moments of their life. The memories and friendships they create will last a lifetime.

Modeling behavior is critical in the development of adolescents. DME athletes play by the rules and respect their sport as well as their opponent. The expectation is that DME athletes strive for individual excellence in a team setting while exhibiting the highest level of sportsmanship. The best people to exemplify these qualities are the coaches and parents.

### Parent/Coach Relationship:

Being a parent isn't always easy! Being a coach isn't always easy! Frequently, the one common factor is your child who is our athlete. Parenting and coaching, while difficult at times, can also be very rewarding. By establishing a clear line of communication, we can provide a greater athletic experience for the athlete. As a parent, when your child becomes involved in athletic programs, you have the right to understand what is expected of your child and what is expected of you. Also, you have the right to express your expectations of our athletic program.

### Communication You Should Expect from the Coach:

Coaching philosophy	Practice schedule and locations
Team goals	Expectations for the season
Team rules	Discipline resulting in denial of participation
Procedures when injured	

### Communication a Coach Should Expect from Parents:

Notification of any scheduling conflicts as far in advance as possible!

Absences from practice

Medical conditions or injuries that would interfere with or prevent participation

### Concerns that are appropriate to discuss with a Coach:

At times you may recognize a change in your child's behavior. Perhaps it could be associated with athletics. At times it is appropriate to discuss certain issues with your child's coach such as:

Decline in school work	Change in mood or demeanor
Suspected substance abuse	Eating disorders

Extraordinary stress or fatigue associated with athletic participation

The progress of your child's volleyball skills development

Concerns that are inappropriate to discuss with a coach:

Playing time

Team strategy

Play calling

Other athletes

Parent/Coach Conferences:

Situations will occur when it is necessary for parents and coaches to meet. These conferences are encouraged so that both parties have a clear understanding of the other's position. When concerns arise, the initial contact should be made by the parent directly to the coach to arrange for a meeting at an agreed upon time and place.

## Minor Athlete Abuse Prevention Policies (MAAP)

Covered Organizations/LAOs are required to implement the following athlete abuse prevention policies to satisfy these requirements, USA Volleyball provides these policies to USAV member clubs. Clubs may choose to implement stricter standards.

### Required Policies:

- a. One-on-one interactions**
- b. Meetings and training sessions**
- c. Athletic training modalities, massages, and rubdowns**
- d. Locker rooms and changing areas**
- e. Electronic communications**
- f. Transportation**
- g. Lodging**

## REQUIRED POLICIES FOR ONE-ON-ONE INTERACTIONS

The U.S. Center for SafeSport recognizes that youth-adult relationships can be healthy and valuable for development. Policies on one-on-one interactions protect children while allowing for these beneficial relationships. As child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse.

## ONE-ON-ONE INTERACTIONS

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*USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following one-on-one policy*

### A. Mandatory Components

1. Observable and Interruptible
  - a. All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be observable and interruptible, except in emergency circumstances.
  - b. The exceptions below may apply to specific policies, and if the exceptions apply, they are listed in the policy. These exceptions also apply to all one-on-one In-Program Contact not specifically addressed in other policies:
    - i. When a Dual Relationship exists; or
    - ii. When the Close-in-Age Exception applies; or
    - iii. If a Minor Athlete needs an Adult Participant Personal Care Assistant, and:

- (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
  - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
  - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
- iv. In other circumstances specifically addressed in this policy that allow for certain one-on-one interactions if USA Volleyball, the Region or Club receives parent/ guardian consent.

## MEETINGS AND TRAINING SESSIONS

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*USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Meetings and Training Sessions Policy*

## • Mandatory Components

### 1. Observable and Interruptible

Adult Participants must follow the one-on-one interaction policy in all meetings and training sessions where Minor Athlete(s) are present.

### 2. Individual Training Sessions

a. One-on-one, In-Program, individual training sessions must be observable and interruptible except if:

- i. A Dual Relationship exists; or
- ii. The Close-in-Age Exception applies; or
- iii. A Minor Athlete needs an Adult Participant Personal Care Assistant, and:
  - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
  - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
  - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time; and

c. Parents/guardians must be allowed to observe the individual training session.

### 3. Meetings with licensed mental health care professionals and health care providers (other than athletic trainers<sup>3</sup>)

If a licensed mental health care professional or licensed health care provider meets one-on-one with a Minor Athlete at a sanctioned event or a facility, which is partially or fully under USA Volleyball's jurisdiction, the meeting must be observable and interruptible except:

- a. If the door remains unlocked; and
- b. Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity needs not be disclosed; and



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<sup>3</sup> Athletic trainers who are covered under these policies must follow the “Athletic Training Modalities, Massages and Rubdowns” policy.

- c. USA Volleyball, the Region or Club is notified that the provider will be meeting with a Minor Athlete; and
- d. The provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

## B. USA Volleyball Recommended Requirements

### 1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant(s) and a Minor Athlete(s) at a facility partially or fully under USA Volleyball’s jurisdiction, another Adult Participant will monitor each meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the meeting or training session is occurring, knowing the approximate planned duration of the meeting or training session, and dropping in on the meeting or training session.

### 2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport’s education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

# ATHLETIC TRAINING MODALITIES, MESSAGES, AND RUBDOWNS

*USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Athletic Training Modalities, Messages, and Rubdown policy*

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## • Mandatory Components

### 1. Athletic training modality, message, or rubdown

All In-Program athletic training modalities, messages, or rubdowns of a Minor Athlete must:

- a. Be observable and interruptible; and
- b. Have another Adult Participant physically present for the athletic training modality, message, or rubdown; and
- c. Have documented consent as explained in subsection (2) below; and
- d. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
- e. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing.
- f. The provider must narrate the steps in the message, rubdown, or athletic training modality before taking them, seeking assent of the Minor Athlete throughout the process.

### 2. Consent

- a. Providers of athletic training modalities, messages, and rubdowns or USAV, RVAs or Clubs, when applicable, must obtain consent at least annually from Minor Athletes' parents/guardians before providing any athletic training modalities, messages, or rubdowns.
- b. When possible, techniques should be used to reduce physical touch of the Minor Athlete.
- c. Only licensed providers can administer a message, rubdown or athletic training modality.
- d. Coaches, regardless of whether they are licensed massage therapists, cannot massage Minor Athletes
- e. Minor Athletes or their parents/guardians can withdraw consent at any time.

- Recommended components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to receive an athletic training modality, massage, or rubdown.

## **LOCKER ROOMS AND CHANGING AREAS**

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*USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Locker Rooms and Changing Areas policy*

### **A. Mandatory Components**

1. Observable and Interruptible

Adult Participants must ensure that all one-on-one In-Program Contact with Minor Athlete(s) in a locker room, changing area, or similar space where Minor Athlete(s) are present is observable and interruptible, except if:

- a. A Dual Relationship exists; or
- b. The Close-in-Age Exception applies; or
- c. A Minor Athlete needs a Personal Care Assistant and:
  - i. the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
  - ii. the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
  - iii. the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

2. Conduct in Locker Rooms, Changing Areas, and Similar Spaces

- a. No Adult Participant or Minor Athlete can use the photographic or recording capabilities of any device in locker rooms, changing areas, or any other area designated as a place for changing clothes or undressing.
- b. Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groins, or genitals to a Minor Athlete.
- c. Adult Participants must not shower with Minor Athletes unless:
  - i. The Adult Participant meets the Close-in-Age Exception; or

- ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
  - d. Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) during In-Program Contact. USA Volleyball and the Adult Participant(s) must abide by this request.
- 3. Media and Championship Celebrations in Locker Rooms

USA Volleyball may permit recording or photography in locker rooms for the purpose of highlighting a sport or athletic accomplishment if: Parent/legal guardian consent has been obtained; and

  - i. USA Volleyball, the Region or Club approves the specific instance of recording or photography; and
  - ii. Two or more Adult Participants are present; and
  - iii. Everyone is fully clothed.
- 4. Personal Care Assistants

Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athlete(s) in locker rooms, changing areas, and similar spaces where other Minor Athletes are present, if they meet the requirements in subsection (1)(a)(iii) above.
- 5. Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces
  - a. USA Volleyball, the Region or Club must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.
  - b. USA Volleyball the Region or Club must monitor the use of locker rooms, changing areas, and similar spaces to ensure compliance with these policies at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.

# ELECTRONIC COMMUNICATIONS<sup>4</sup>

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*USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Electronic Communications policy*

## A. Mandatory Components

### 1. Open and Transparent

- a. All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent except:
  - i. When a Dual Relationship exists; or
  - ii. When the Close-in-Age Exception applies; or
  - iii. If a Minor Athlete needs a Personal Care Assistant and:
    - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
    - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
    - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.
- b. Open and Transparent means that the Adult Participant copies or includes the Minor Athlete's parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant.
  - If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.
- c. Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

### 2. Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include another Adult Participant or the Minor Athletes' parents/guardians.

### 3. Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception in (1)(a) exists.

<sup>4</sup> Electronic communications include, but are not limited to: phone calls, videoconferencing, video coaching, texting, and social media.

#### Requests to discontinue

Parents/guardians may request in writing that USA Volleyball or an Adult Participant subject to this policy not contact their Minor Athlete through any form of electronic communication. USA Volleyball and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

#### 4. Hours

Electronic communications must be sent only between the hours of 8:00 a.m. and 8:00 p.m.local time for the location of the Minor Athlete.

#### 5. Social Media Connections

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, are not permitted to maintain private social media connections with Minor Athletes and must discontinue existing social media connections with Minor Athletes.

# TRANSPORTATION

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*USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Transportation policy*

## A. Mandatory Components

### 1. Transportation

- a. An Adult Participant cannot transport a Minor Athlete one-on-one during In-Program travel, except if:
  - i. A Dual Relationship exists; or
  - ii. The Close-in-Age Exception applies; or
  - iii. A Minor Athlete needs a Personal Care Assistant and:
    - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
    - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
    - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
  - iv. The Adult Participant has advance, written consent to transport the Minor Athlete one-on-one obtained at least annually from the Minor Athlete's parent/guardian.
- b. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.
- c. An Adult Participant meets the In-Program transportation requirements if the Adult Participant is accompanied by another Adult Participant or at least two minors.
- d. Written consent from a Minor Athlete's parent/guardian is required for all transportation sanctioned by USA Volleyball, the Region, or Club at least annually.

### 2. Shared or Carpool Travel Arrangement

USA Volleyball mandates parents/guardians to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

# LODGING

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*USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Lodging policy*

## A. Mandatory Components

### 1. Hotel Rooms and Other Sleeping Arrangements

- a. All In-Program Contact at a hotel or lodging site between an Adult Participant and a Minor Athlete must be observable and interruptible, and an Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), except if:
  - i. A Dual Relationship Exists, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement;
  - ii. The Close-in-Age Exception applies, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement; or
  - iii. The Minor Athlete needs a Personal Care Assistant, and:
    - (1) The Minor Athlete's parent/guardian has provided advance, written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete and for the lodging arrangement;
    - (2) The Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
    - (3) The Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.
- b. Written consent from a Minor Athlete's parent/guardian must be obtained for all In-Program lodging at least annually.

### 2. Monitoring or Room Checks During In-Program Travel

If USA Volleyball, the Region or Club performs room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

### 3. Additional Requirements for Lodging Authorized or Funded by USA Volleyball, RVAs or Clubs.

- a. Adult Participants traveling with USA Volleyball, the Region or Club must agree to and sign USA Volleyball, the Region or Club's lodging policy at least annually.
- b. Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority over Minor Athlete(s) and thus must comply with the Center's Education & Training Policy.



## **PART IV**

### **RECOMMENDED POLICIES FOR KEEPING YOUNG ATHLETES SAFE**

#### **A. Out-of-Program Contact**

Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not have out-of-program contact with Minor Athlete(s) without legal/parent guardian consent, even if the out-of-program contact is not one-on-one.

#### **B. Gifting**

1. Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not give personal gifts to Minor Athlete(s).
2. Gifts that are equally distributed to all athletes and serve a motivational or education purpose are permitted.

#### **C. Photography/Video**

1. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.
2. Adult Participants should not publicly share or post photos or videos of Minor Athlete(s) if the Adult Participant has not obtained the Parent/Guardian and Minor Athlete's consent.

## TERMINOLOGY

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**Adult Participant:** Any adult (18 years of age or older) who is:

- a. A member or license holder of USA Volleyball, RVAs or Clubs ;
- b. An employee or board member of USA Volleyball, RVAs or Clubs ;
- c. Within the governance or disciplinary jurisdiction of USA Volleyball, RVAs or Clubs ;
- d. Authorized, approved, or appointed by USA Volleyball, RVAs, or Clubs to have regular contact with or authority over Minor Athletes.<sup>5</sup>

**Amateur Athlete:** An athlete who meets the eligibility standards established by the National Governing Body or paralympic sports organization for the sport in which the athlete competes.

**Authority:** When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person. Also see the [Power Imbalance definition in the SafeSport Code](#). *NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.*

**Close-in-Age Exception:** An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete *and* is not more than four years older than the MinorAthlete (e.g., a 19-year-old and a 16-year-old). Note: this exception *only* applies within the prevention policies and *not* regarding conduct defined in the SafeSport Code.

**Dual Relationships:** An exception applicable to certain policies when an Adult Participant has a dual role or relationship with a Minor Athlete and the Minor Athlete's parent/guardian has provided written consent at least annually authorizing the exception.

<sup>5</sup> This may include volunteers, medical staff, trainers, chaperones, monitors, contract personnel, bus/van drivers, officials, adult athletes, staff, board members, and any other individual who meets the Adult Participant definition

**In-Program Contact:** Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

Examples of In-Program Contact include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post game meals or outings, team travel, review of game film, team- or sport-related relationship building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community service, sport education, or competition site visits.

**Local Affiliated Organization (LAO):** A regional, state, or local club or organization that is directly affiliated with an NGB or that is affiliated with an NGB by its direct affiliation with a regional or state affiliate of said NGB. LAO does not include a regional, state, or local club or organization that is only a member of a National Member Organization of an NGB. LAOs of USA Volleyball include all 41 Regional Volleyball Association regions and all volleyball clubs that are a member of those regions.

**Minor Athlete:** An Amateur Athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of, an NGB, PSO, USOPC, or LAO.

**Partial or Full Jurisdiction:** Includes any sanctioned event (including all travel and lodging in connection with the event) by the NGB, PSO, USOPC, or LAO, or any facility that the NGB, PSO, USOPC, or LAO owns, leases, or rents for practice, training or competition.

**National Governing Body (NGB):** A U.S. Olympic National Governing Body, Pan American Sport Organization, or Paralympic Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C.

§§ 220501, et seq. This definition shall also apply to the USOPC, or other sports entity approved by the USOPC, when they have assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games.

**Adult Participant Personal Care Assistant:** An Adult Participant who assists an athlete requiring help with activities of daily living (ADL) and preparation for athletic participation. This support can be provided by a Guide for Blind or visually impaired athletes or can include assistance with transfer, dressing, showering, medication administration, and toileting. Personal Care Assistants are different for every athlete and should be individualized to fit their specific needs. When assisting a Minor Athlete, Adult Participant PCAs must be authorized by the athlete's parent/guardian.

**Paralympic Sport Organization (PSO):** an amateur sports organization recognized and certified as an NGB by the USOPC.

**Regular Contact:** Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any Minor Athlete(s). *NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.*

**U.S. Olympic & Paralympic Committee (USOPC):** A federally chartered nonprofit corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.

# APPENDIX I

## CHART OF POSSIBLE ADULT PARTICIPANTS IN USAV:

Adult Participant	Regular Contact	Authority Over
USAV Staff/Interns	X	X
USAV Board Members		X
Region/Club Staff	X	X
Region/Club Board Members		X
Coaches	X	X
Officials	X	X
USAV Members 18 years or over on teams with Minors	X	
Chaperones	X	X
Club Administrators	X	X
Arbitrators	X	X
Medical Professionals	X	X
Athletic Trainers	X	X
Independent Contractors	X	

**USAV Members 18 and over who are only participating in Opens (i.e., not also a club coach, chaperone, or board member) with no minor players are not required to take training.**

## Dispute/Grievance Procedure

DME fully comprehends the value of parent involvement and encourages our parents to offer feedback whether positive or negative, but to do so in a respectful way. The below procedure is designed to help athletes and parents with questions, concerns, or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

1. 24-hour rule: If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24 hours after the conclusion of the event to discuss the issue with the head coach. We trust that parents will be timely in communicating with coaches regarding potential issues that would distract that coach from their primary objective of coaching the team.
2. Don't approach the coach immediately prior to the start of practice, the coach must focus on the athletes' and the training required during practice.

3. The athlete must first ask for a meeting with the coach to discuss the issue at hand. In the case of players on 13's or younger teams, the parents may request the meeting, in which the athlete, parent and coach must be present.
4. If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon by both the parent and coach – NOT at a tournament and/or practice.
5. If the issue is unresolved, the parent may ask for a meeting with the club director, the head coach, and the athlete. The meeting should take place at a location considered adequate for private discussion, agreed upon by the parent, coach, and director and during a scheduled time away from practice or a tournament is appropriate. The decision of the club director at this point is **FINAL**.

It is essential that our parents serve as a support system for our club, players and coaches. To ask this, we, as the club director, staff, and coaches need to be available to empower parents and athletes with information and ensure understanding. When all parties share time together, the potential conflict creates a greater opportunity to learn from each other different strategies in how all parties can communicate effectively and be more congruent in cultivating a positive experience for our athletes.

It is essential that our parents serve as a support system for our club, players and coaches. To ask this, we, as the club director, staff, and coaches need to be available to empower parents and athletes with information and ensure understanding. When all parties share time together, the potential conflict creates a greater opportunity to learn from each other different strategies in how all parties can communicate effectively and be more congruent in cultivating a positive experience for our athletes.

## **Practice and Tournament Rules and Regulations**

### **Practice Rules:**

1. Court time is valuable and should only be used for development of skills. All warm-ups and conditioning should take place outside of the scheduled 2-hour court time. Warm-ups will begin 15 minutes prior to the scheduled court time. Early arrival time should be used to get ready for practice (equipment and stretching). All players are responsible for shagging balls at practice.
2. Horseplay by athletes at practice or tournaments is strictly prohibited. Be respectful of all facilities.
3. All athletes are expected to make every effort to attend all practices. Only an illness serious enough to keep the athlete home from school or a genuine family emergency

are legitimate excuses for missing practice. Regardless of the reason, if an athlete misses a practice, her playing time may be affected.

4. If an athlete cannot be at practice, it is the athlete's responsibility (not the parent's) to reach the coach before the practice starts.
5. The closed practice policy applies to practices but does not apply to scrimmages in which parents are welcome. For 10 -12's teams, parents may watch practices during the months of November and December and the first practice of the month January-June. For all 13 & older teams parents may watch the first practice of each month, beginning in January.

#### **Tournament Rules:**

1. Athletes should arrive at their assigned court 1 hour prior to start time.
2. Athletes will not be allowed to leave the tournament site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed. Officiating is the shared responsibility of the entire team.
3. All DME players are required to wear their DME warm-ups or uniforms when entering and leaving the playing sites.
4. All athletes are expected to attend every tournament. It is the athlete's (not the parent's) responsibility to inform the coach as soon as they are aware of an absence, if an athlete cannot be at a tournament.
5. Parents and players are responsible for arranging their travel and hotel stays.

### **Uniforms and Equipment**

Apparel consisting of spandex, jerseys, practice t-shirts, warm-ups, travel gear (cover-ups), hoodies, and back packs will be purchased by each player. The cost of apparel is in addition to the the club tuition and must be worn while representing DME at sanctioned events, while officiating, airline travel and at planned practices.

DME will supply facilities, volleyballs, ball bags, net systems, equipment, first aid kits, etc. Care should be taken when using and supervising this equipment.

## Club Season Information

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### Memberships

All players are required to register with AAU and have a notarized AAU Medical Release prior to tryouts. The DME club code will need to be added to the AAU membership card. Athletes will also need to purchase a Florida Region of USAV membership, add the club name of DME Sports, and have a notarized USAV Medical Release on file. **Team rosters can only be built once the proper club selection has been made.** Memberships provide a supplemental insurance policy for your daughter/son.

### Tryouts

Tryouts will be held for all age levels (8U-18U) and may include teams that will compete in National, Regional and Local tournaments. All athletes will tryout in late July, followed by a second tryout in mid October. Players will be placed in roles that are best for the team as well as the individual player. There will be a non-refundable tryout fee of \$50 per athlete. This fee will be good for all tryouts.

### Selection Criteria

We select athletes based on the following criteria: ability to be coached, a team player, athletic ability, athletic potential, work ethic, competitive attitude, and/or experience.

### Team Selection

Elite, National and Regional level tryouts will be conducted at the same time. Athletes will be notified at the end of tryouts which team they have made. The athletes must accept the position within 24 hours and will be expected to pay their initial deposit (\$500 plus ORDER uniform) and will be asked to sign the Participation Agreement at that time. The athlete and parent will need to sign the Media Release and Handbook Acknowledgement forms. The Handbook is located on [dmesportsacademy.com](http://dmesportsacademy.com) and should be read thoroughly prior to signing.



## Size

The number of players on a team may vary up to 12 players. However, DME attempts to limit each Regional and Local level team to 10 players to maximize playing time.

## Playing time

Our philosophy is that you are purchasing training time. This training occurs primarily in practice and secondarily in tournaments. All playing time is at the discretion of the DME coaches, and is not subject to negotiation.

**ALL ATHLETES NEED TO COMPLETE THE ENTIRE SEASON TO BE ELIGIBLE FOR ELITE TEAMS THE FOLLOWING YEARS.**

## Updates

We recommend you check our website regularly. Parents are encouraged to sign up for Text/Email Alerts from the Coach and/or the Club Directors.

Sometimes we are forced to cancel a practice due to situations beyond our control. If this is required, we will send out a text message as soon as possible. We will try with all due diligence to reschedule these practices later in the season.

Our website address is [www.dmesportsacademy.com](http://www.dmesportsacademy.com).

# Financial Responsibility

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## Fees

It is the responsibility of the parent to complete and have on file an Automated Clearing House (ACH) form or ensure that all payments issued to DME arrive on time pursuant to the payment schedule. The alternative payment method to the ACH must be pre-approved. As of the second of the month, a \$35 late fee will be applied. Payments made by check should be made payable to DME Sports.

It is the responsibility of the parent to provide transportation, meals and lodging for all events.

**NOTE:** Any player not current with DME fees will NOT be able to participate until fees are up-to-date.

Your fees will cover the following:

- Coaches registration and fees
- Facility costs (court maintenance, A/C, desk personnel insurance, general liability)
- Practice time – minimum (2-3) weekly practices
- Equipment (balls, med kits, nets, pole systems)
- Administrative fees
- Website exposure
- Tournament entry fees
- Designated travel expenses for coaches and club management
- Sports Recruit recruiting website and service-Elite-1 teams 15 and over
- Recruiting Coordinator
- Membership costs for Facility and Coaches to AAU, USAV, AVCA, JVA
- Extra sanitation procedures since March 2020
- Hudl

### **Refund Policy**

All payments made to DME are non-refundable. Please refer to our Payment Schedule for due dates and amount required for each team.

Any Dispute financial or other with the club must be submitted to DME Club Management team in writing. All disputes must include complete documentation submitted within thirty days of incident and will be handled on a case-by-case basis.

Email to send financial dispute to: [dawn.moses@dmesports.com](mailto:dawn.moses@dmesports.com)

### **DME - Doing More Every Day – The Pursuit of Competitive Excellence**

The opportunity to be part of the DME Volleyball program is a privilege that you will find will encompass learning, both on and off the court, growing both personally and athletically, challenging and fun all at the same time. To ensure that our program develops in a manner that enables us to focus all of our energies on this process with the goal of developing championship individuals, teams and overall program we are introducing DME – Doing More Every Day – The Pursuit of Competitive Excellence, as we kick off 2024-25 and are excited to see our athletes and coaches embrace our journey together.

Being Prepared - We establish our mindset when we enter our building to train and when we travel.

- Practice/Uniform Attire
  - All athletes will wear 2025 DME gear
  - Uniforms are to be tucked in.
  - Athletes will enter and leave the DME training site and all competitive venues with shorts and/or sweatpants over their spandex.
  - Upon entering the building, cell phones are to be placed in one's backpack and left there until athletes are released from training/competition by their coaches. Coaches will confiscate phones if the athlete cannot take responsibility for this simple practice. Athletes who need to contact their parents in an immediate situation may ask to use their cell phone.
- Ready to Train/Compete
  - ON Time, means an athlete is ready at the time designated by their coach
    - Knee pads and shoes on.
    - Taped and having visited the athletic trainer in plenty of time to start practice on time.
    - All other shoes, clothing, etc. shall be in one's backpack.
    - Athletes who train on end courts should line up their backpacks along the wall in numerical order. Athletes on middle courts should have their backpacks lined up in a similar fashion on the court side of curtains.
    - Water bottles should be filled and with the athlete's backpack unless otherwise directed by the athlete's coach.
    - Athlete's hair shall be pulled away from their face in a way that does not limit their training
  - ON Time, means athletes have retrieved items required by the coaching staff to begin training. Athletes will be assigned these duties on a rotating basis.
  - Most importantly, an athlete's body should be ready to train – recognize what you need to do to prepare your body so that you can start with maximum effort on the first contact.
- Ready to Leave
  - Athletes are responsible for making sure that their team's court area is clean and ready for the event. This includes making sure that we have picked up after ourselves – tape, water bags, etc. Athletes shall use the cafeteria area to ready themselves to depart the building.

#### Attendance at Practice and Tournaments

As a DME athlete, you seek to become the best you can become – therefore, practice and tournament attendance is where athletes improve. Athletes are excited to be at practice, ready to be challenged, excited to train with and support their teammates and ready to learn from their coaches.

Practices and Tournaments are mandatory events for team members.

ALL ATHLETES WHO FAIL TO ATTEND TEAM PRACTICE (after 2 Free Misses) AND HAVE NOT MADE IT UP IN THE SAME WEEK SHALL NOT PLAY IN A MINIMUM OF ONE SET IN THE NEXT TOURNAMENT.

ALL ATHLETES WHO FAIL TO ATTEND ANY DAY OF A TOURNAMENT SHALL SIT ONE FULL MATCH IN THE NEXT TOURNAMENT OPPORTUNITY.

Of course, when an athlete is not at practice, those who are at practice are training and learning and improving. No one should assume that “her position” will be there when she returns. This is not a “punishment”, but a fact; the competitive athlete will respond with a positive attitude and a determination to work hard upon her return.

Excused absences include the following:

- Illness. Athletes must contact their Team Head Coaches by 4:00 pm the day of an illness. Athletes whose illness does not present a risk to themselves or anyone else at DME, should still plan to attend practice.
- Mandatory School Events
  - National Honor Society Inductions and Ceremonies
  - School Board Leadership Meetings
  - School Sponsored Sports – Practices and Contests
  - School Concerts
  - Mandatory School Trips; i.e. Class Trips; Field Trips for Class
- Sudden Family Emergency – Athlete and/or athlete parent shall contact Team Head Coach directly.

Unexcused Absences – any other situations.

Athletes who miss a practice may “make up” practice by attending another team’s practice after consultation with her Head Team Coach within the same week (or as soon as possible thereafter) of the missed practice. Coaches shall be the people who make arrangements with other coaches for an athlete to attend a different practice. Practice lessons and/or attending clinics are not “make ups”

Balancing the challenges of family life, school work, school commitments and the rigors of a competitive club program require one to prioritize, set solid schedules and dedication. These traits are all valuable life skills.

### Injuries

- An athlete injured during training and/or a tournament will inform her Head Coach and in conjunction DME personnel on site. It will be the Head Coach’s job to communicate with an athlete’s parents.
- Athletes who need to be seen by medical personnel beyond DME or tournament medical staff, shall provide the Head Coach with a written note explaining the athlete’s limitations.

- Injured athletes who cannot train and are safe to be at practice are expected to attend practice and contribute to their team's success via, for example,
  - Non contact exercise.
  - Shagging and feeding balls.
  - Scoring
  - Positive, encouraging support of teammates.

*Parents/players/coaches are not permitted to use the DME logo, copy the logo or have team t-shirts or other outerwear made for a team without prior permission from Club Management.*

*In the event of an exceptional, unforeseen circumstance, DME reserves the right to amend this handbook to better serve the needs of the program.*

Revised 6/25/2025