

# Junior Cascades Boys Volleyball Club

## Handbook

*Strength in Character. Excellence in Play.*



Welcome to the Junior Cascades Boys Volleyball Club, this handbook is available to help all to better understand how we operate.

Junior Cascades Boys Volleyball Club is a nonprofit youth program that is based in Abbotsford. Junior Cascades Boys Volleyball began in 2020 but was founded in 2008 when it operated under its previous name, Orangemen Volleyball Club. It began out of a desire from players who wanted a chance to play locally on a competitive team.

Over the many years the sport of volleyball continues to grow in Abbotsford both in popularity and in the level of competitiveness. Junior Cascades Boys Volleyball has worked hard to meet this growth with intentional programming and staffing.

A volunteer Board of Directors coordinates the efforts of our other volunteers to obtain the facilities, equipment, and leaders to enable a long-term sustainable volleyball club in the City of Abbotsford.

## Club Philosophy

The club exists to develop confident, capable, and resilient young men through the sport of volleyball. Our philosophy is rooted in the belief that athletic development and character development go hand in hand. We strive to create an environment where every athlete feels valued, challenged, supported, and inspired to reach their fullest potential—both on and off the court.

### 1. Athlete-Centred Development

We prioritize the long-term growth of each athlete.

This means:

- Teaching sound technical and tactical volleyball skills
- Promoting physical literacy and healthy training habits
- Encouraging self-awareness, discipline, and a growth mindset
- Supporting athletes through different stages of development

Success is measured not only by wins, but by progress, effort, and personal improvement.

## **2. Positive Coaching and Mentorship**

Coaches serve as role models who teach more than sport.

They:

- Build respectful, trusting relationships
- Foster confidence through constructive feedback
- Promote accountability, humility, and resilience
- Celebrate both individual and team accomplishments

We believe boys become better athletes when they are encouraged, respected, and challenged in meaningful ways.

## **3. Team Culture of Respect and Inclusion**

We cultivate a team environment where:

- Every athlete contributes
- Differences are respected
- Leadership is shared
- Effort, attitude, and sportsmanship are expected

We stand firmly against bullying, exclusion, and behaviour that undermines team cohesion. A positive team culture is essential for athlete well-being and performance.

## **4. Competing with Integrity**

We believe in playing hard, playing smart, and playing fair.

Our athletes learn to:

- Respect officials, opponents, and teammates
- Demonstrate composure under pressure
- Embrace responsibility for their performance
- Celebrate victories with humility and accept losses with dignity

Competition is an opportunity to learn, not a measure of personal worth.

## **5. Developing Great People, And Great Players**

Beyond volleyball skills, we aim to develop:

- Leadership
- Teamwork
- Perseverance
- Emotional intelligence
- Responsibility and independence

We want our athletes to leave the club not only better players, but better people—ready for future athletics, academics, careers, and relationships.

## **6. Supporting the Whole Athlete**

We recognize that boys thrive when they are supported physically, mentally, emotionally, and socially.

Our club emphasizes:

- Balanced training that avoids burnout
- Healthy team dynamics and friendships
- Clear communication with families
- Access to guidance and support when needed

We value the athlete as a whole person, not just a player.

## **7. Building a Community Through Volleyball**

We are a community-driven club.

We aim to:

- Engage families as partners
- Support younger players through mentorship
- Build pride in representing the club
- Contribute positively to the broader volleyball community

Our club grows stronger when we grow together.

## **Structure of Youth Volleyball**

Volleyball Canada: [volleyball.ca](http://volleyball.ca)

Volleyball Canada is the national sport governing body that oversees the following:

- National Championships
- Team Canada – Indoor and Beach
- Domestic Development – Indoor and Beach

Volleyball BC: [volleyballbc.org](http://volleyballbc.org)

Volleyball BC is the provincial sport governing body that oversees the following:

- Provincial Championships
- Regional Qualifiers & Provincial Series (Super Spike, Super Series, etc)
- Team BC – Indoor and Beach (Baden Cup, BC Summer Games)
- Provincial Development – Indoor and Beach
  - o Coaching Development and Certification
  - o Grassroots Development

Junior Cascades Boys Volleyball: [jrcascadesboysvball.com](http://jrcascadesboysvball.com)

As a member of Junior Cascades Boys Volleyball Club, all athletes, coaches, and managers are full competitive members of Volleyball Canada and Volleyball BC. Membership benefits include:

- Liability and accident insurance
- Discounts on products and services
- Ability to compete in Provincial and National competitions

## **Junior Cascades Club Structure and Roles**

### **Board of Directors**

The Board of Directors consists of 6 Directors. The Board meets periodically to determine club direction, set policy, and ensure financial sustainability.

### **Club Director**

Junior Cascades Boys Volleyball Club Director is responsible for coaching development, season planning, and long-term athlete development. The TC's also recruit the coaching staff and manage the tryout process for the club.

### **Technical Coordinators**

Junior Cascades Boys Volleyball Club uses several individuals who are responsible for supporting coaches in the development of athletes.

### **Coach**

Each team has a coach assigned. All coaches have been approved by the Board of Directors and will work directly with the Club Director to design a season plan. All coaches will receive a small honorarium for their time and commitment to the program.

Coaches are required to have NCCP Certification to participate in any Volleyball BC / Volleyball Canada sanctioned event. Certification is as follows: 13U – 16U: Level 1 and 17U -18U: Level 2.

All performance bond fines regarding coaching certification will be withheld from coach honorarium.

### **Assistant Coach**

Assistant Coaches provide support to the head coach and represent the Club in the same manner as the head coach. Assistant coaches are expected to take part in coaching development seminars and complete, within reason, the appropriate level of certification.

### **Criminal Record Checks**

Junior Cascades Boys Volleyball Club Board of Directors, Club Director and Technical Coordinators, Coaches, and Assistant Coaches are required to have a Criminal Record Check done. This is a Volleyball BC regulation and is not optional. Criminal Record Checks completed are valid for 3 years.

## **Tryouts**

Dates, location and details on how to register will be posted on the Junior Cascades Boys Volleyball Club website at [Jrcascadesboysvball.ca](http://Jrcascadesboysvball.ca).

Pre registration is required and the tryout fee is to be paid at the time of registration.

All coaches must be available to assist with tryouts.

If you have questions or concerns about the tryout dates or process, please contact the Club Director.

## **Format**

All Athletes that are not selected during the early signing date window (as per the guidelines set out in the Volleyball BC Youth Indoor Club Handbook) will be required to attend tryouts. This would include returning athletes, athletes that did not play competitive volleyball in the previous year, as well as athletes from other clubs.

All athletes who have signed to the club during the early signing period will be expected to be at tryouts and will pay registration fee.

Evaluation of athletes takes into consideration many different factors. Some of those factors are: skill, leadership abilities, attitude, and commitment to Junior Cascades Boys Volleyball Club. Multiple teams may be created for different age categories.

## **Club Meeting**

A meeting is held for the Club prior to the start of the season. This provides an opportunity for the Board of Directors to welcome the athletes and parents/guardians and deal with any Club business in a group environment.

## **Season**

Club season begins in January and extends through the month of May of same year.

(Please note that this is a general list and is not all encompassing).

## **Registration and Club Fees**

Once selected athletes will need to register with Volleyball BC and pay the necessary fees to become a member. Athletes will also need to register with our Teamlinkt administrative software. Club fees will need to be paid in full through etransfer, cheque, cash or online at [www.jrcascadesboysvball.com](http://www.jrcascadesboysvball.com).

If an athlete needs assistance with registration fees, organizations such as Kid Sport - [kidsportcanada.ca](http://kidsportcanada.ca), and Canadian Tire Jumpstart – [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca) provide assistance and support. These organizations believe that no child should be left on the

sidelines and all should be given the opportunity to experience the positive benefits of organized sports. You are encouraged to apply right away – as there is money available to help your family afford this season.

Club fees are set by the Board of Directors each year and vary by age.

**Important:** Athletes must have paid their fees to be able to play before getting their gear. Athletes who have not paid their fees in full by roster lock date will be removed from the team.

Club fees are 100% non-refundable once an athlete has committed to the team. Individual exceptions may be considered due to injury or extenuating circumstance and are at the discretion of the Board of Directors (Please refer to Refund Policy).

Club fees are for the general operation of the club, which include facilities, equipment, coaching development, registrations, administration as well as a portion of Team expenses. Teams can expect to receive the following depending on age level:

- Facilities – 2-3 practices / week
- Uniforms (to be returned)
- Club hoodie, shorts, t-shirt.
- An allocation of funds for Regional and Provincial tournament entry fees

Club fees cover Coach travel expenses, including travel, lodging and food.

### **Team Registration with Volleyball BC**

Each athlete and team official will be registered with Volleyball BC. This provides the liability insurance for each athlete and team official in the event of injury. Athlete, coach and team official registration will be completed by the Club Director.

Important: All athletes, coaches and team staff must be registered by the deadline mandated by Volleyball BC. Volleyball BC locks all rosters after that date, and any additional changes must be approved by them. All changes after the Roster Deadline will incur a monetary penalty to the club.

### **Volleyball BC Performance Bonds/Sanctions**

The Club is required to post a performance bond with Volleyball BC at the beginning of the season. This bond is to cover any sanctions that are levied against teams within the club. Items include facility damage, breach of code of conduct, late withdrawal penalties as well as any other Volleyball BC fines. Fines are the responsibility of the team and must be dealt with as soon as possible.

### **Team Meeting**

A team meeting should be held as soon as possible, preferably after the first practice. The team meeting is for the Coach(s) to meet with their athletes and parents and share their season plan and expectations.

Additional information to be shared at this time should include but is not limited to:

- The coach's season plan which includes the desired tournaments and practice schedule
- A copy of the Code of Conduct for Athletes and Parents.

At this time, it is important to communicate that there is a significant workload required for a team to function smoothly throughout the season. Junior Cascades Boys Volleyball Club will only be able to provide a positive experience for the athletes and coaches with volunteer efforts from families.

### **Practices**

Team practices are under the conduct of the coach. All practices are designated open (parents are permitted to stay and watch).

Venues are provided and scheduled by the Club Director.

### **Volleyball BC Tournaments**

Club fees will fund certain tournament fees each season. The amount allocated to each team will be determined by the Board of Directors. Teams must participate in both Regional (if applicable) and Provincial Championships.

### **External Club Tournaments**

Many volleyball clubs will host one or more tournaments during the volleyball season.

It is very important to note that independent tournaments are not sanctioned by Volleyball BC and therefore, are unregulated in terms of officials, schedules, facilities, and auxiliary services.

### **National Championships**

Every year Volleyball Canada in a variety of locations, National Championships. Entry into Nationals is based on a Lottery Draw. Junior Cascades does budget for participation in National Competition at the 16U, 17U and 18U levels.



## **Play Time**

For play time is determined / regulated as per Volleyball BC's Fair Play Rule. Junior Cascades Boys Volleyball Club's philosophy is to provide as much meaningful playing time as possible, while continuing to strive to win and meet goals as defined by the team, athletes' abilities, attitudes, and effort.

All athletes will receive skill instruction and quality training during practices. However, equal playing time in matches is not guaranteed. Junior Cascades Boys Volleyball Club encourages coaches to find playing time for all athletes, but the coaches have the right to play specific players during matches for strategic or match up reasons.

***Coaches are encouraged by the club to play all their athletes as equally as possible during round robin matches.*** Playing time can be less equitable and determined more by players output and success during elimination games or playoff situations. The amount of time any given athlete is on the court is at the sole discretion of the coach based on his / her opinion, of the athlete's ability, the athlete's potential, the team's needs at the moment, and the team's needs in the future. Each coach will vary in philosophy regarding play time.

Junior Cascades Boys Volleyball Club encourages all coaches to be upfront and honest with their expectations for each practice, tournament and overall season playing time.

## **Commitment:**

While it is best for athlete development and team unity for athletes to be at each practice and game, we understand that life is busy and that volleyball is not, and should not be the only thing your son engages in. We believe that school and family come first and only ask that you let your sons coach know if they will not make a practice or a game so that they can make the necessary adjustments to their plans and preparations.

***High school sports:*** High school sports take priority over club ball. We believe that multisport athletes still represent some of the best athletes in the world. Youth will not get to play multiple sports when they move on from High school, therefore we will do our best to work with players other athletic commitments.

## **Communication**

Junior Cascades Boys Volleyball Club is committed to ensuring transparent and clear communication and will respond to questions and concerns in a timely fashion.

## **Texting, Email and Similar Electronic Communications**

If it is necessary for a coach or staff member to send a direct text message or email to a player, the following guidelines must be followed:

- A parent (or guardian) must be copied

- It must be signed so it is clear as to whom or what organization is sending the message. Just using the number or email address for identification is not sufficient.
- It should be non-personal and for the purpose of communicating information about team activities
- It should never include or contain offensive, sexual or inappropriate language or photos
- The time of day and the number of messages sent should be considered

When a player feels the need to text or email a coach or staff member, the following guidelines must be followed:

- A parent (or guardian) must be copied
- It should be sent only with information regarding the organization or team or club activities

**Coaches should not be part of group chats via text or Social Media with only players.**

### **Conflicts and Dispute Resolution**

Athletes, along with their parents are encouraged to communicate directly with the coach through face-to-face meetings, when possible. Any concerns in regard to the team between an athlete, parent and/or member of the coaching staff, a 24-hour rule policy is mandatory. It is expected that athletes or parents with issues will wait 24 hours prior to communication, including verbal and/or written.

If a concern, conflict or dispute still exists after the 24-hour period, the parties involved should follow these steps in providing a resolution:

- If an athlete has an issue, the athlete should address the issue before or after a practice in private
- If the athlete's issue is not resolved, the parent should make an appointment with the coach for a meeting (not on a tournament day) with the athlete present. Some conflicts arise when there is miscommunication from the coach to the athlete to the parent. Having the player present will help resolve the matter easier
- If no resolution is made, then the athlete, the athlete's parents, and coach will schedule a meeting with the appropriate Technical Coordinator and or Club Director
- If a parent has an issue, the parent should address the issue after a practice in private
- If no resolution is made, the athlete's parents, and coach will schedule a meeting with the appropriate Technical Coordinator and or Club Director

Coaches have been instructed to walk away from situations where parents are asking a coach to defend a coaching decision if they have not followed the appropriate steps outlined above.

See Codes of Conduct for Athletes, Coaches, and Parents in the appendix.

### **Calendar/Schedule**

Each team should create a schedule that lists all practices, tournaments, and team events. This schedule should be kept up to date and can serve as a tool to keep track of registrations tournaments.

The schedule developed in preseason should be reconciled with the budget so that all proposed/entered tournaments are shown.

The schedule should be published as soon as possible so that any conflicts with athletes' other schedules can be identified. Include significant events such as spring break or Pro-D days.

For non-local tournaments that involve travel, indicate travel days as well as tournament days as these will factor into parents plans.

Teamlinkt is the team management software application utilized by the Junior Cascades Boys Volleyball Club.

### **First Aid and Emergency Planning**

A team volunteer will ensure that a First Aid Kit is stocked. The coach can be delegated to be the keeper of the kit or a parent can be assigned to ensure the first aid kit is available at all practices and tournaments. The kit will be signed out for the season with other team equipment.

Athletic tape and ice packs are supplied for emergency use only. Athletes are required to provide their own tape for ongoing use.

The emergency kit will include the medical and contact information for each athlete.

### **Team Equipment**

A team volunteer will ensure that the team has the appropriate equipment necessary for the team training and tournaments. The coach can be delegated to be the keeper of the equipment.

The equipment will be signed out for the season, and it is required to be returned at the end of the season. Equipment is provided for the use only during Junior Cascades Boys Volleyball training and tournaments.

Junior Cascades equipment is not to be used for personal use.

Any equipment not returned will be the responsibility of the coach and will be deducted from the coach honoraria.

Each team will be provided with the following:

- First Aid Kit                      1 Ball Pump
- 8-10 Volleyballs                1 Ball Cart

### **Social Media, Video, and Photography**

Social media has a significant impact in athlete's lives as well as our community and society. Junior Cascades Boys Volleyball Club encourages coaches, athletes and parents to be responsible with social media. The below are some suggested guidelines:

- Only connect and communicate with others through social media in a positive manner
- Ensure comments may not be interpreted as slurs, demeaning or inflammatory, etc.
- Comply with applicable privacy, confidentiality and intellectual property laws
- Refrain from the use of social media for the purposes of fraud and/or impersonation
- Refrain from uploading, posting, emailing or otherwise transmitting:
  - Any content that is offensive, obscene, unlawful, threatening, abusive, harassing, defamatory, hateful, invasive of another's privacy or otherwise objectionable
  - Material, which is designed to cause annoyance, inconvenience, or needless anxiety to others
  - Infringes the patent, trademark, trade secret, copyright or other proprietary right of any other party
  - Any unsolicited or unauthorized advertising or commercial material, "junk mail", "spam", "chain letter", "pyramid scheme" or any other form of solicitation
  - Any material that contains software viruses or any other computer code, file or program designed to interrupt, destroy or limit the functionality of any computer software or telecommunications equipment

Other things coaches, athletes, and parents should consider in regard to social media:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit your access to your site
- Information (including photos, videos, comments, and posters) may be accessible even after you remove it
- What you post may affect your future. Many university school admissions officers, scouts, professional teams, national governing bodies, volunteer organizations and employers review social networking sites as part of their overall evaluation of a candidate or employee
- Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including photos, videos, comments and postings)
- Failure to comply may result in disciplinary actions which may include suspension from the club, and/or expulsion and removal from the club.

**Bullying and Harassment**

Junior Cascades Boys Volleyball Club believes that the club environment should be a “safe” place where athletes / coaches / families can learn to compete in a respectful and positive manner. Bullying, harassment, and/or retaliation will not be tolerated.

Bullying and harassment includes any inappropriate conduct or comment by a person towards a player, parent, coach, opponent, or official, that the person knew or reasonably ought to have known would cause that person to be scared, humiliated, or intimidated.

Examples of conduct or comments that might constitute bullying and harassment include verbal aggression or insults, calling someone derogatory names, harmful hazing or initiation practices, vandalizing personal belongings and spreading malicious rumors.

Failure to comply may result in disciplinary actions which may include: suspension from the club, and/or expulsion and removal from the club.

**Club Clothing / Gear**

Athletes will be provided with a competition uniform and warm-up / training top. All other gear is optional and will be made available through a third-party provider.

Teams are encouraged to have a cohesive look, but it is important to recognize the costs may be prohibitive to some athletes.

Teams are not permitted to use the Junior Cascades Boys Volleyball Club logo on any gear that is not deemed as ‘official’.

## Appendix - Policies:

### Athlete's Code of Conduct

*The Junior Cascades Boys Volleyball Club is committed to providing you with a positive and rewarding volleyball experience. By agreeing to these rules herein, you commit to supporting and respecting your teammates, coaches, and volunteers. You also agree and understand playing on a Club team within Junior Cascades Boys Volleyball Club will require dedication and a certain amount of time.*

- I understand that I am expected to attend all training sessions, games, tournaments, and all other club activity (including during injury- for learning purposes)
- I understand I must show dedication to my team and provide my full attention to my team during practices, games, and anything else club related.
- I understand I must respect the club, club coaches, players, officials, and administrators of Junior Cascades Boys Volleyball Club.
- I understand that I must report any injury or illness to my coach before any competition or training session.
- I understand my coach will provide me with on-going evaluations and feedback to enhance my development as a volleyball player.
- I understand that any complaints must first be communicated to the coach or assistant coach, and if not satisfied I must then communicate to Club Director and/or the Board of Directors. Such communication will be done away from other players/ parents and in an appropriate facility.
- I have read and understood the Junior Cascades Boys Volleyball Club Social media policy and will abide by these guidelines.
- I have read and understood the *Junior Cascades Boys Volleyball Club* travel policy and will abide by these rules.
- I understand that I may be removed from the team or Club for failing to abide by these rules or any other Club rules as set out in the *Junior Cascades Boys Volleyball Club* policies.
- I understand that I must be aware of and uphold [Volleyball BC's Code of Conduct and Ethics](#) in any Volleyball BC-sanctioned activities.

## Coach Code of Conduct

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of their athletes. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channeled. Thus how an athlete regards his/her sport is often dependent on the behaviour of the coach. The following Code of Conduct has been developed to aid coaches in achieving a level of behavior that will allow them to assist their athletes in becoming well-rounded, self confident and productive human beings.

### **COACHES HAVE A RESPONSIBILITY TO:**

1. Treat everyone fairly within the context of their activity, regardless of gender, place of origin, colour, sexual orientation, religion, political belief or economic status.
2. Direct comments or feedback at the performance rather than the athlete.
3. Consistently display high personal standards and project a favourable image of *Club Name*, their sport and of coaching.
  - Refrain from public criticism of fellow coaches; especially when speaking to the media or recruiting athletes.
  - Abstain from the use of tobacco or vaping products while in the presence of her/his athletes.
  - Abstain from drinking alcoholic beverages when working with athletes.
  - Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
4. Ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the athletes and educate athletes as to their responsibilities in contributing to a safe environment.
5. Communicate and co-operate with registered medical practitioners in the diagnoses, treatment and management of their athletes' medical and psychological problems. Consider the athletes' future health and well being as foremost when making decisions regarding an injured athletes' ability to continue playing or training.
6. Recognize and accept when to refer athletes to other coaches or sport specialists. Allow athletes' goals to take precedence over their own.
7. Regularly seek ways of increasing professional development and self-awareness.
8. Treat opponents and officials with due respect, both in victory and defeat and encourage athletes to act accordingly. Actively encourage athletes to uphold the rules of their sport and the spirit of such rules.
9. In the case of minors, communicate and co-operate with the athlete's parents or legal guardians, involving them in management decisions pertaining to their child's development.

## **COACHES MUST:**

10. Ensure that they have completed the Person In Authority Check prior to working with athletes.
11. Notify *Club Name* and Volleyball BC immediately if there are any changes to questions/statements disclosed by them on their Screening Disclosure Form or Criminal Record Check.
12. Understand a [coach's responsibility](#) to create a physical, psychological, and emotional safe space for athletes.
13. Maintain an [Open and Observable Environment](#) at all time.
14. Maintain [appropriate boundaries](#) with athletes.
15. [Report](#) any maltreatment or abuse.
16. At no time become intimately and/or sexually involved with their athletes. This includes requests for sexual favours or threat of reprisal for the rejection of such requests.
17. Never advocate or condone the use of drugs or other banned performance enhancing substances.
18. Never provide underage athletes with alcohol, tobacco, or vaping products.
19. Read and uphold [Volleyball BC's Code of Conduct and Ethics](#) in any Volleyball BC-sanctioned activities.



## Parent / Guardian Code of Conduct

Junior Cascades Boys Volleyball Club is committed to ensuring that all players have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents/guardians have an enormous influence over their child's experiences in the sport.

This code applies to all parents that is a member of Junior Cascades Boys Volleyball Club or whose child is a member/player of Junior Cascades Boys Volleyball Club.

Parents shall always abide by this code while participating in any Junior Cascades Boys Volleyball Club, competition, practice or other club activity.

- All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.
- Parents shall always model positive and responsible behavior and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's conduct and attitude.
- Parents shall treat all individuals and property with dignity, courtesy, and respect, including but not limited to other players, coaches, officials, volunteers, other parents, and all other individuals that are part of the club.
- Parents shall refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for fair play, participation, and skill development.
- Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other players.
- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents shall respect the coach and understands the coach is responsible for the skill development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, overall health, and moral and emotional support.
- Parents shall ensure their son/daughter is on time to practices, competitions and other club events.
- Parents shall never provide alcohol or drugs to minors in a Junior Cascades Boys Volleyball Club environment, and Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall openly support and uphold this code of conduct policy and take action steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Junior Cascades Boys Volleyball Club at all times.
- Parents shall read and uphold [Volleyball BC's Code of Conduct and Ethics](#) in any Volleyball BC-sanctioned activities.

## **Travel and Out of Town Expectations**

Junior Cascades Boys Volleyball Club provides some guidelines for traveling teams.

While teams travel, the Club has limited liability insurance coverage provided by our insurance policy. It is strongly recommended that personal travel insurance be in place during the entire season.

While out of town, all activities will be conducted as a team while under the supervision of the coaches and / OR an appointed parent chaperone. This includes game play, break time, and mealtime at the tournament venues, restaurants, and the hotel.

Athletes are expected to stay together in the same hotel. Typically, rooms will be secured with 4 athletes to a room. Coaches' rooms must also be secured as part of the team's block. Athletes will be assigned to specific rooms by the Coaches.

We understand the significance of Cell Phones in the lives of young people. Each team may work together to create a policy that helps to create a more genuine sense of community.

Possession and/or use of drugs or alcohol (and any dangerous substance or item) is strictly prohibited. This applies to all athletes regardless of whether they have achieved the legal drinking age in the jurisdiction that a tournament is held.

### **Guidelines while at hotel:**

- No horse play in the halls or the rooms
- Minimize disturbances to the hotel and other hotel guests
- Destruction of or damage to the hotel property will not be tolerated
- Keep your rooms clean: you and your parents will be charged extra money for cleaning excessively dirty / messy rooms and any damage.
- No long-distance calls or pay-order movies from your room
- Observe the hotel's designated "Quiet Time"

### **Expenses**

For all tournaments, each athlete will be responsible for their own transportation and cost of travel and hotel.

Coach's expenses are covered by Club fees.

## Refund Policy

Junior Cascades Boys Volleyball Club is a non-profit organization. At the beginning of each season the Club sets a budget, and accordingly each athlete's registration fee, based on the expected number of teams and athletes. Additionally, each team sets a budget and communicates up-front costs with parents and athletes at the start of the season. To keep our program affordable, we are hesitant to offer refunds so we can stick to this budget and avoid incurring additional costs.

As a general policy, Club fees are 100% non-refundable once an athlete has committed to a team. Based on this commitment, the Club and team make payments for registrations, tournaments, etc. which are often not recoverable.

However, in extenuating circumstances, refund requests will be handled on a case-by-case basis, and the Board of Directors will make a final decision in a timely manner. A full refund may be considered if an athlete withdraws before the start of the season. In the event that a refund is granted after the start of the season, a refund will be subject to a \$30.00 administration fee less any unrecoverable costs incurred such as Volleyball BC registration, uniform costs, warm-up shirt costs, etc.

Some factors that will be taken into consideration by the Board of Directors when a refund request is made are:

- Injury or medical condition (with doctor's note)
- Moving out of province / out of country
- Personal conflict (mistreatment by teammates)

Withdrawing from the team for the following reasons will not be eligible for a refund:

- Removal due to misconduct / breaking team rules
- Leaving the team due to a lack of playing time or unhappy with role on team
- Leaving due to time commitment or other conflict