

Junior SunDogs Volleyball Club Parent/Athlete/Coaches Handbook



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Overview

1. Our Vision

1.1 The Junior SunDogs Volleyball Club (JSDVC) is a developmental and performance-based volleyball organization for boys and girls ages 10 to 18. Based on availability of athletes and coaches. We want to provide opportunities for our athletes to achieve success through competitive play.

1.2 JSDVC has a twofold purpose:

(1) to properly develop athletes and

(2) to foster a grassroots developmental system for amateur athletes.

1.3 Our goal is to aid athletes to attain the highest possible level of volleyball through developmental training, teamwork, dedication and sacrifice.

1.4 To maintain a competitive and recognized Club, our performance-driven program will:

- Attract and support young athletes in all age categories, providing them with the opportunity to develop their skills and to compete provincially and nationally;
- Support and encourage athletes to develop their skills so that they can become active at the Provincial, University, National and International levels;
- Provide trained coaches based on the Saskatchewan Volleyball Association (SVA) and Volleyball Canada standards.

2. Our Principles

2.1 JSDVC is a community-based, non-profit organization committed to training and developing athletes through competitive participation in the sport of volleyball.

2.2 As athletes, coaches, parents and administrators, we are committed to developing character through the pursuit of excellence in all we do.

2.3 Our coaches, players and parents serve as positive ambassadors for the sport of volleyball by encouraging good sportsmanship and high personal integrity at all times and in all situations.

2.4 We are committed to developing the whole athlete through the latest coaching techniques and philosophies, consistent with the Saskatchewan Volleyball Association and Volleyball Canada

2.5 Success, although it will be defined differently for each team and at each age level, is achieved by assisting each individual athlete to develop to his or her maximum potential within the season and by teams competing and finishing to the best of their ability at Provincials and Nationals.

2.6 We provide athletes with access to Provincial, National and International programs and competitions.

2.7 We provide experience and guidance to families whose sons or daughters may be qualified to pursue post-secondary athletic opportunities.

2.8 Coaches, parents and athletes are supported by a strong administrative structure with clear areas of accountability and channels of communication.

2.9 We encourage parents to support their athletes through financial assistance and active participation in Club activities.

Club Coordination

3. Executive Committee Overview

3.1 The Executive Committee is responsible for governance, establishing the broad policies and objectives that underlie the Club's daily and long-term activities. The Executive Committee determines the Club's vision and mission and is responsible for all decision-making, direction and implementation of Club procedures and policies.

3.2 The Executive Committee is made up of seven (8) volunteers. Each member has had a major role in the JSDVC and are dedicating to maintaining it's progressive success.

The current members of the Executive include:

- Club Director – Morgan Montgomery
- Coaches Coordinator – Mary Jane Benesh
- Website Administrator - Chris Montgomery
- Social Media Administrator – Chris Montgomery/Greg Freeman
- Clothing/Equipment Coordinator - Karen Dickie
- Sponsorship Coordinator – Christina Spate
- Treasurer – Greg Freeman
- Member at Large – Jodie Tonnies
- Great Plains College Representative – Mona Patterson

3.3 The Executive Committee members each have a vote, but preference is given to arriving at decision making by consensus. Parents and coaches are encouraged to submit feedback and suggestions in writing, but only the Executive can vote and approve Club decisions.

3.4 The Executive Committee oversees the JSDVC bank account, coordinates all potential sponsorship avenues, secures gym facilities for the year, arranges all Meetings, recruits and is responsible for oversight of all coaching volunteers

3.5 The Executive Committee is the liaison with SVA and Volleyball Canada

3.6 Executive members must complete the Safe Places – Youth Certification, that is valid for 3 years at the expense of the club.

4. Team Managers

4.1 Each team has a Team Manager who is responsible for the coordination of the team. Example – Booking hotels for athletes and coaches, team building exercises.

4.2 The Team Managers are volunteers who serve as a coach liaison for the parents and are responsible for ensuring, through facilitation and delegation, that all the parent duties are completed. Team Managers report to the Head Coach and Executive Committee.

4.3 Team Managers are responsible for:

- Tournaments, ensuring that their team meets the registration deadlines, making arrangements for travel and accommodation, and ensuring adequate parent volunteers are at the events.
- Assisting with team clothing orders, initiating fundraising as approved by the executive, & team social events.
- Filling out media forms that they will provide to the local media outlets after each tournament.
- Signing off on all of the coaches' expenses, ensuring accuracy
- Ensuring that their team remains within the limit of the budgeted expenses set by the executive.

5. Club Treasurer

5.1 The Club has a volunteer Treasurer responsible for the handling of all money within the Club.

5.2 The Treasurer is responsible for controlling the bank account, collecting team fees and keeping track of team expenses. The Club Treasurer reports to the Executive Committee.

Athletes

6. Club Season Tryouts

6.1 All Saskatchewan athletes are welcome to try out for JSDVC teams. All athletes are re-evaluated each season to ensure that the top available athletes are selected for the girls' and boys' programs. Previous experience with JSDVC serves as beneficial information for the evaluation only.

6.2 Each age division has specific tryout times, and athletes are encouraged to try out for the appropriate age group. Athletes are permitted to tryout for their appropriate age groups. The Executive can move up athletes to a higher division in special cases that involve approval. Tryout times are provided through media, website, social media, and email.

6.3 A team of coaching experts leads a series of volleyball drills that highlight athlete strengths and weaknesses. Coaches will run their team's tryouts and are responsible for picking athletes for their team based on these strengths and weaknesses.

- (a) Coaches who are a parent/guardian of an athlete must have a third party member make final team selection to avoid any conflict of interest issues.

6.4 Tryout attire consists of T-shirt, socks, kneepads (optional), volleyball shoes (not skater shoes, etc.), shorts or spandex, hair tied back. Bandanas, wristbands, spaghetti strap shirts, jewelry and black-soled shoes are not permitted.

6.5 In order to try out, athletes must provide, on the day of the tryout, an email address, phone number, birthday, and other information on a provided registration form.

6.6 Athletes who are unable to try out on the given date(s) must submit a reason in writing to clubinfo@jsdvolleyball.com explaining why they cannot attend. Only athletes with a valid reason will be invited to an alternate tryout time and date prior to the final team selections.

7. Athlete Selection Criteria

7.1 Athletes are assessed and selected based on the following criteria:

Volleyball Skills

- serving, underhand passing/serve reception, setting/overhand passing, attacking/hitting, blocking, digging

Athletic & Physical Abilities

- height, speed, motor skills, reach, block reach, jump reach, spike reach, mobility, range of motion, strength, eye/hand coordination, reaction time, intuitive sport instincts

Work Ethic

- discipline, intensity, consistency, effort, competitiveness, adaptability, coachability, cognitive abilities

Mental Preparedness

- game knowledge, practice and match focus, effort, learning retention, play recognition, tactical skills

Communication

- personality, leadership, positivity

Lifestyle Commitment

- dependability/reliability, time management, nutrition, physical training, conditioning

8. Teams and Divisions

8.1 JSDVC bases its team selections on the number of athletes trying out at each age level. Once aware of these numbers, the Executive will select the appropriate age levels at which the teams will compete.

8.2 Each team consists of 9-13 athletes selected during tryouts. A maximum of two teams per age group will be offered for both the boys' and girls' programs.

8.3 Athletes meet 2-3 times per week. The practice schedule is based on the availability of gyms and coaches.

8.4 Teams in the 13/14 & Under division are introduced to basic offensive and defensive strategies.

8.5 The basics are continually reinforced with teams in the 15/16 & Under division. There is an emphasis on both team and individual strategies and a greater focus on offensive strategies. Athletes are introduced and become familiar with scouting teams and analysis. Nutrition and physical training is necessary to prepare the athlete for competition. A high commitment level is expected in this age division.

8.6 The basics are continually reinforced with teams in the 17/18 & Under division. Team and individual strategies are further developed to prepare the athletes for game tactics. Athletes are introduced and become familiar with scouting teams and analysis. Statistics may be recorded and analyzed from practice and game situations. Nutrition and training is necessary to compete at this level. A high level of commitment is expected in this age division.

8.7 Secondary teams at the 18U, 17U and 16U levels must remain competitive at the Provincial level in order to maintain their team status with JSDVC for the following Club Season.

9. Expectations and Responsibilities – Athletes

9.1 Athletes are expected to attend the majority of practices.

9.2 When participating in more than one sport, athletes are expected to do so without creating too many scheduling conflicts.

9.3 Athletes are expected to identify all scheduling conflicts (family, school) well in advance to their head coach and are asked to respect their coach and fellow players by avoiding a late notice.

9.4 Athletes are expected to accept the team role assigned by their coaches.

9.5 Athletes are expected to have a strong work ethic, a desire to succeed, a winning attitude and the ability to place the team interest ahead of their own.

9.6 JSDVC expects each and every athlete to conduct himself or herself in an exemplary manner. The responsibilities of the athlete are outlined in the Athlete's Code of Conduct in Appendix B. The Executive will determine the consequence if an athlete breaks the Code of Conduct. Failure to abide by the Code can be grounds for an athlete's dismissal from the Club.

9.7 A doctor or physiotherapists note may be requested by coaches before allowing athletes to participate in practices or games after an injury.

10. Clothing

10.1 The Club is expected to have a common, uniform look. Team uniforms are mandatory and must follow the clothing outline established by the Executive Committee for that year.

10.2 Teams wanting to order custom uniforms must present an order request to the executive for order approval.

10.3 No female uniform is to have the number 05. The female 05 uniform number was officially retired in 2015 in memory of Cassidy Kennedy (#CK5) of Cabri, Sk.

10.4 Only clothing designed and offered by the Club at the start of each year will be worn by players, coaches, and parents. No other clothing article can be created privately with the SunDogs, or Junior SunDogs representation on it. Failure to do so will result in the removal of all players, coaches, and parents wearing such articles from the club without refund, and those persons may also be subject to legal action. The design and name are trademarks of Great Plains College

10.5 Parents are encouraged to purchase team gear that is provided by the club at the beginning of every year.

10.6 Clothing options are listed on the Clothing Order Form that is available at the beginning of each season.

10.7 Parents are responsible for all clothing, shoes, and kneepads worn by athletes during practices.

11. Facilities

11.1 School gyms are used as practice facilities and to host tournaments. These gyms are given to us at the discretion of the school divisions, and it is important that they are treated with care and respect. This means:

- Abiding by the permit as to use of areas of the school, start and end time, etc.;
- Taking care of equipment and storing it carefully;
- Not wearing outdoor footwear in the gym during winter months. Water and snow must be kept outside the gym; and
- Cleaning up garbage, bottles and coffee cups before leaving. The consequence of not taking care of our facilities is loss of gym time, which may be impossible to replace.

11.2 The choice of facilities depends on availability and cost.

Parents

12. Expectations – Parents

12.1 Parental involvement in the development of our athletes is important as it shows support and encouragement for the athletes' efforts.

12.2 Athletes need parental support throughout the season with:

- Rides to and from practices;
- Accompaniment to tournaments and support at tournaments or other arrangements are required.
- An understanding of the challenges of playing a sport at a competitive level; and
- Enthusiasm and support.

12.3 Parents are expected to support the athletes by modeling good sportsmanship and showing respect for all officials, coaches, athletes and spectators.

12.4 Should concerns arise resulting from a practice or competition, parents are expected to abide by the 24 Hour Rule and to wait for at least 24 hours before approaching the coaches with their concerns.

12.5 Parents are expected to attend tournaments as spectators and supporters and to respect all the coaches' decisions.

12.6 Parents are expected to help out with scorekeeping and lines at tournaments, food and snacks at tournaments, and to provide additional assistance as requested by the coaches.

12.7 The responsibilities of the parent are outlined in the Parent's Code of Conduct in Appendix C. Failure to abide by the Code of Conduct can be grounds for an athlete's dismissal from the Club

13. Financial Commitment

13.1 Participation in a performance-driven program requires significant financial support.

13.2 A breakdown of the expenses as well as a full explanation of the fees will be sent by the executive and/or coaches during the beginning of the season

14. Sponsorships

14.1 The Club's executive is responsible for finding sponsors to reduce the cost of playing volleyball for each athlete. Sponsorship money focuses on reducing fixed costs.

14.2 If parents or athletes know of possible sponsorship opportunities, sending an email to sponsorship@jsdvolleyball.com is the next step. The Executive will provide the potential sponsor with the appropriate documentation and information.

Coaches

15. Qualifications

15.1 JSDVC is committed to finding qualified coaching volunteers and is very proud of its talented and committed coaching staff.

15.2 The coaches share a passion for the game and a strong desire to pass along their knowledge to the athletes.

15.3 Many of the coaches have University, College, Provincial and Club team experience.

15.4 As part of its mandate as a performance-driven Club, JSDVC makes an effort to deliver as many qualified coaches as possible

15.5 New and experienced coaches are encouraged to apply for a position. An application form is available by contacting clubinfo@jsdvolleyball.com

16. Expectations – Coaches

16.1 Coaches must complete the Safe Places – Youth Certification, that is valid for 3 years at the expense of the club.

16.2 Coaches are strongly encouraged to obtain professional coaching certification. Level 2 certification is required by the SVA for the 17U and 18U age groups. Funding can be applied for to cover the cost of training by contacting the executive.

16.3 Coaches are expected to maintain a current knowledge of the rules as established by the Saskatchewan Volleyball Association and Volleyball Canada.

16.4 Coaches are expected to behave professionally with athletes and parents at all times.

16.5 Coaches are expected to provide exemplary leadership, modeling promptness and attendance at all team functions, respect for team members and the team image (e.g. dress, sportsmanship, language and general attitude).

16.5 Coaches are expected to develop each athlete to their ultimate potential in terms of technical skills, physical ability and mental preparation and to develop the technical skills of the athletes according to the Club expectations for each age level.

16.6 Coaches will demonstrate, and work to instill in the players, a positive attitude both on and off the court.

16.7 Coaches will exhibit hard work and a dedication to peak performance.

16.8 Coaches are expected to conduct themselves at all times in a manner that demonstrates good sportsmanship and a respect for others. They are expected to comply with the guidelines as outlined in the Coach's Code of Conduct (Appendix D) at all times.

17. Coaching Responsibilities

17.1 Coaches are expected to play an active leadership role in the operational functions of the Club.

17.2 Coaches are responsible for establishing rules for their team, including team goals, expectations of athletes and parents, and reasonable consequences when athletes or parents do not meet Club or team behavior standards as identified in the Codes of Conduct. Whether consequences are reasonable will be discussed and concluded by the Executive when there is a dispute.

17.3 Coaches will plan and conduct all team practices and tournaments, including both the physical and mental aspects of competition.

17.4 Coaches are responsible for relaying team and Club information in a timely manner.

17.5 Coaches will serve as team liaison and maintain open communication with the Executive, team members and parents.

Social Media Guidelines

18. Definitions

18.1. The following term has this meaning in these Guidelines:

a) “*Social media*” – The catch-all term that is applied broadly to new computer-mediated communication media such as Texting, YouTube, Facebook, Instagram, Snapchat, and Twitter.

19. Purpose

19.1 These Guidelines provide coaches and athletes with tips and suggestions for social media use. Coaches and athletes are strongly encouraged to develop their own strategy for social media use (either written down or not) and ensure that their strategy for social media use is acceptable.

19.2 Given the nature of social media as a continually developing communication sphere, JSDVC trusts its coaches and athletes to use their best judgment when interacting with social media. These Guidelines are not hard and fast rules or behavioural laws; but rather ideas that will inform coaches’ and athletes’ best judgment.

20. Social Media Guidelines for Coaches

20.1 The following tips should be used by coaches to inform their own strategy for social media use:

- a) Choosing not to engage with social media is an acceptable social media strategy. But you must have good reasons for your choice and be active in other communication media.
- b) Despite what Facebook says, you are not actually “friends” with athletes. Resist commenting on athletes’ personal activities, status updates, or tweets on Twitter.
- c) Consider monitoring or being generally aware of athletes’ public social media behavior to ensure compliance with JSDVC *Social Media Guidelines*.
- d) Coaches may not demand access to an athlete’s private posts on Twitter or Facebook.
- e) Do not “friend” athletes on Facebook unless they request the connection. Never pressure athletes to “friend” you.

- f) If you accept some “friend” requests, or follow one athlete on Twitter or Facebook, you should accept all friend requests and follow all the athletes. Be careful not to show favouritism on social media.
- g) Consider managing your social media so that athletes do not have the option to follow you on Twitter or “friend” you on Facebook.
- h) Seek permission from athletes before posting pictures or videos of the athletes on publicly available social media like a Twitter or on Facebook.
- i) Do not use social media to ‘trap’ athletes if they say one thing to you in person but their social media activity reveals they were doing something different.
- j) Keep selection decisions and other official team business off social media.
- k) Never require athletes to join Facebook, join a Facebook group, subscribe to a Twitter feed, or join a Facebook fan page about your team or organization.
- l) If you create a fan page on Facebook for your team or athlete, do not make this social media site the exclusive location for important information. Duplicate important information in more official channels (like on a website or via email).
- m) Ensure that parents are aware that some coach/athlete interactions may take place on Facebook.
- n) Exercise appropriate discretion when using social media for your own personal communications (with friends, colleagues, and other athletes) with the knowledge that your behavior may be used as a model by your athletes.
- o) Avoid association with Facebook groups or Twitter feeds with explicit sexual contact or viewpoints that might offend or compromise the coach-athlete relationship.
- p) Never misrepresent yourself by using a fake name or fake profile.
- q) Be aware that you may acquire information about an athlete that imposes an obligation of disclosure on your part (such as seeing pictures of underage athletes drinking during a trip).
- r) Attempt to make communication with athletes in social media as one-sided as possible. Be available for athletes if they initiate contact via social media – athletes may wish to have this easy and quick access to you – but avoid imposing yourself into an athlete’s personal social media space unless explicitly requested to do so.

21. Social Media Guidelines for Athletes

21.1 The following tips should be used by athletes to inform their own strategy for social media use:

- a) Set your privacy settings to restrict who can search for you and what private information other people can see.
- b) Coaches, teammates, officials, or opposing competitors may all add you to Facebook or follow you on Twitter. You are not required to follow anyone or be Facebook friends with anyone.
- c) If you feel harassed by someone in a social medium, report it to your coach, club official, or to Sask Volleyball.
- d) Do not feel pressure to join a fan page on Facebook or follow a Twitter feed.
- e) Content posted on a social medium, relative to your privacy settings, is considered public. In most cases, you do not have a reasonable expectation of privacy for any material that you post.
- f) Avoid posting pictures of, or alluding to, participation in illegal activity such as: speeding, physical assault, harassment, drinking alcohol (if underage), and smoking marijuana.
- g) Model appropriate behavior in social media befitting your status as a) an athlete, and b) a member of JSDVC and of Sask Volleyball. As a representative of JSDVC, you have agreed to JSDVC *Social Media Guidelines* and must follow that *Guideline* when you post material and interact with other people through social media.
- h) Be aware that your public Facebook page, Instagram or Twitter feed may be monitored by your club and coach. Content or behavior demonstrated in social media may be subject to sanction under *Social Media Consequences for JSDVC Athletes*.

22. Social Media Policy Consequences For JSDVC Athletes

22.1 If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

- a) Verbal and/ or written warning
- b) A meeting with Head Coach and Club Directors
- c) Penalties as determined by JSDVC, including but not limited to possible suspension or release from his/her team.

Tournaments

23. Expectations and Responsibilities – Tournaments

23.1 JSDVC follows the Provincial circuit. Tournaments usually start at the end of January or beginning of February.

23.2 Teams are allowed to participate in a maximum of six tournaments a year throughout the province. If they wish to, older teams may attend tournaments across Canada or the United States at their own expense.

23.3 The Club Supports any teams wishing to participate in National tournaments. This decision to compete will be made by each team. There are additional costs involved in attending a National tournament, which will not be covered by the registration fee

23.4 Coaches have an overall responsibility for their team at tournaments, although they may choose to delegate this responsibility to parents.

23.5 If an athlete breaks the Athlete's Code of Conduct (Appendix B), the coach will determine the consequences (e.g. athlete not allowed to play for the remainder of the game, athlete is sent home).

23.6 Parents are expected to provide assistance and support at tournaments and may be asked to help out with food and snacks.

Finances

24. Registration Fees

24.1 A breakdown of the registration fees for the Club Season is provided in Appendix E. Payment must be received at the date set out by the Executive.

The fees can be paid at once or divided into three payments with 1/3 of the funds due at the above mentioned date and a post-dated cheques for February 1st and March 1st which is also due at this time.

24.2 A player who has verbally committed to the coach and signed the Player Code of Conduct (Appendix E) will not receive a refund past 72 hours from the time of 11:59:59 pm on the date signed on the player contract.

24.3 Section 24.2 is put into place in order to protect other players on the team from paying more than the original Club Season budget.

24.4 A partial reimbursement, pro-rated according to the Club Season, will be provided for a Medical Exception. A doctor's note is needed to confirm reimbursement.

24.5 Registration fees may vary from season to season in order to accommodate fluctuations in gym rental fees, equipment needs and operating expenses.

24.6 All the teams pay the same amount for gym rentals, regardless of how often they practice. This is a long-term investment in the Club.

25. Team Finances

25.1 Each team will be provided with a financial breakdown at the start of the season (based on Appendix E)

25.2 Teams that want to do something that is not covered by the basic fee (e.g. National or International tournament) must independently raise the additional funds.

25.3 The money for Gym Rentals, Facility Honorariums, Equipment and Club Administration is paid directly to the Club (Junior SunDogs), which manages these expenses on behalf of all the teams.

25.4 The Club Treasurer is responsible for managing the team's funds

26. Club Finances

26.1 JSDVC regulates the fees to ensure that the Club as a whole will have adequate funds to cover current expenses as well as an operating reserve for one year. The Executive, prior to its purchase, must approve all club expenses. This rule also applies to Executive members.

26.2 JSDVC reimburses the expenses incurred by coaches in obtaining certification and/or a criminal record check. The cost is divided equally and charged back to the teams on an annual basis. The Club, however, will not fund fees gained by coaches at Provincial and National tournaments. The only exception is if first year coaches with the club receive such fines.

26.3 The Club Treasurer is responsible for the bank account and record keeping for the Club as a whole.

27. Equipment

27.1 Each year the Club budgets for the equipment needed by each team for the season. Equipment wears out regularly and the Club monitors this and includes it in the budget and registration fees for each season.

28. Reimbursement of Expenses –Coaches

28.1 Expenses (e.g. gas for out-of-town tournaments) will not be reimbursed in full without a receipt.

28.2 The Club will immediately reimburse coaches for expenses outline in Appendix E that they have incurred on behalf of the Club as a whole.

29. Closure of the Club

29.1 JSDVC is reliant on its parent and coach volunteers to operate. If the Executive folds, coaches are unavailable, or costs become too high to justify, the club may close.

29.2 If the Club is forced to close, the money in the Club's bank account will be donated to the Chinook School Division to aid in the development of the junior programs respectively. Which will aid in school-based volleyball programs throughout the school season or a community volleyball initiative of the Club Executive's choice.

Appendix A - Protection of Directors and Coordinators

1. Limitation of Liability

No Director or Coordinator of the Club shall be liable for the acts, receipts, neglects or defaults of any other Director or Coordinator or employee, or for any loss, damage or expense happening to the Club through the insufficiency or deficiency of any security in or upon which any of the monies of the Club shall be invested or for the loss or damage arising from the bankruptcy, insolvency or tortuous act of any person with whom monies, securities or effects of the Club shall be deposited, or for any loss occasioned by any error of judgment or oversight on his/her part, or for any other loss, damage or misfortune whatever which shall happen in the execution of the duties of office or in relation thereto unless the same are occasioned by the Director's own willful neglect or default.

2. Indemnity

Every Director and Coordinator of the Club and his/her heirs, executors and administrators and estate and effects respectively, shall from time to time and at all times be indemnified and saved harmless out of the funds of the Club from and against all costs and expenses whatsoever that each Director or Coordinator sustains or incurs in or about any action, suit or proceeding that is brought, commenced or prosecuted against him/her for or in respect of any act, deed, matter or thing whatsoever made, done or permitted by him/her in or about the execution of the duties of office and all other costs, charges and expenses that he/she sustains or incurs in or about or in relation to the affairs of the Club except such costs, charges or expenses as are occasioned by willful neglect or default.

Appendix B – JSDVC Athlete’s Code of Conduct

As a member of the Junior SunDogs Volleyball Club, you are expected to conduct yourself in a manner that demonstrates good sportsmanship and a respect for others at all times. It is essential that you support your fellow teammates, coaches and the Club to the best of your ability. Failure to adhere to these principles is grounds for dismissal from the Club. This decision will be made by the Executive members and the Coaches of the player and will be dealt with on a case-by-case basis.

As an athlete, you will be expected to adhere to the following standards of behavior throughout the volleyball season:

- Good sportsmanship is always the first priority.
- Demonstrate punctuality and diligence in both practices and games. In extreme situations, coaches have the right to remove players who are not attending to their reasonable expectations.
- Respect your fellow teammates and coaches; support them to your utmost in your team endeavors.
- Understand your role on the team, as explained to you by your coaches, and execute that role to the best of your ability.
- Respect all officials, opposing athletes and coaches, and spectators and use only appropriate language.
- Abide by, and accept gracefully, the decisions of officials, no matter which team those decisions may favour.
- Understanding that alcohol use and/or drug use will not be tolerated
- Understand that a doctors or physiotherapists note may be requested after injury. If this is not provided, coaches can keep you out of practices and games
- Demonstrate appreciation for and applaud good play and never make derogatory remarks about officials, coaches or other athletes on any team.
- Respect and care for the facilities in which practices and competitions are being held and listen to those in authority.
- Be aware of and abide by the regulations of the Saskatchewan Volleyball Association and Volleyball Canada.
- Exhibit the same standard of behavior when out in public as you do on the court. You are a representative of JSDVC both on and off the court, especially when wearing Club clothing.
- To understand the philosophy of JSDVC when it comes to playing time as provided in the handbook.
- Understand and abide by JSDVC Social Media Guidelines for Athletes.

I understand and agree to be held accountable for adhering to the Athlete’s Code of Conduct as described above. I have also read, and will abide by the governing points in the JSDVC Handbook.

Team/Age Group: _____

Printed Name: _____

Signature: _____

Date: _____

Appendix C - JSDVC Parent's Code of Conduct

As a member of the Junior SunDog Volleyball Club, your son/daughter is expected to conduct themselves in a manner that demonstrates good sportsmanship and a respect for others, as well as themselves, at all times. Similarly, it is essential that you, as their parents, also display and model behavior that is consistent with the highest ideals of good sportsmanship.

As a parent, you will be expected to adhere to the following standards of behavior before, during and after any practice or competition:

- Good sportsmanship is always the first priority.
- Respect all officials, coaches, athletes and spectators.
- Abide by, and accept gracefully, the decisions of officials, no matter which team those decisions may favour.
- Respect and care for the facilities in which practices and competitions are being held and listen to those in authority.
- Respond politely to the requests of event organizers.
- Be polite and courteous as a spectator and only use appropriate language.
- Refrain from any behavior, which might distract the players or interfere with the progress of a match.
- Demonstrate appreciation for and applaud good play and never make derogatory remarks about officials, coaches or other athletes on any team.
- Be aware of and abide by the contents of JSDVC's Parent/Athlete/Coaches Handbook. Information about club philosophy, playing time philosophy, and fees
- Volunteer to be a linesman and scorekeeper at tournaments when needed.
- Understand that coaches can request a doctors or physiotherapists note after an injury. If not provided, coaches can sit your athlete during practices or games.
- Should concerns arise resulting from a practice or competition, parents are expected to abide by the 24 Hour Rule and to wait for at least 24 hours before approaching the coaches with their concerns.

I understand and agree to be held accountable for adhering to the Parent's Code of Conduct as described above. I have also read, and will abide by the governing points in the JSDVC handbook.

Athlete(s) Name(s): _____

Printed Name: _____

Signature: _____

Date: _____

Printed Name: _____

Signature: _____

Date: _____

Appendix D - JSDVC Coach's Code of Conduct

As a coach of the Junior SunDogs Volleyball Club, you are expected to conduct yourself in a manner that demonstrates good sportsmanship and a respect for others at all times. You are expected to adhere to the following standards of behavior throughout your involvement with the Club. Failure to adhere to these principles is grounds for dismissal from the Club. As a coach, you will be expected to adhere to the following standards of behavior throughout the volleyball season:

- Treat your athletes with respect. Never do anything that harms the athletes entrusted to your care, either mentally, morally or physically.
- Develop each of your athletes to his or her full potential.
- Respect your fellow coaches and support them to your utmost in your team endeavors.
- Understand your role on the coaching staff and execute that role to the best of your ability.
- Respect all officials, opposing athletes and coaches, and spectators and use only appropriate language.
- Abide by, and accept gracefully, the decisions of officials, no matter which team those decisions may favour.
- Demonstrate appreciation for and applaud good play and never make derogatory remarks about officials, coaches or other athletes on any team.
- Respect and care for the facilities in which practices and competitions are being held and listen to those in authority.
- Be aware of and abide by the regulations of the Saskatchewan Volleyball Association and Volleyball Canada.
- Exhibit the same standard of behavior when out in public as you do on the court. You are a representative of JSDVC both on and off the court, especially when wearing Club clothing.
- Understand and abide by JSDVC Social Media Guidelines for Coaches.
- Understand and abide by the Club's handbook

I understand and agree to be held accountable for adhering to the Coach's Code of Conduct as described above. I have also read, and will abide by the governing points in the JSDVC handbook.

Printed Name: _____

Signature: _____

Date: _____

Appendix E – JSDVC Team and Player Fees (Club Season)

The following is a list of costs that each player will be obligated to cover throughout a season. This does not include Volleyball Canada's Western, Eastern, and National Championships. Those tournaments are separate from the club season fees charged at the beginning of the year.

E.1 SVA PLAYER FEE: In order to play in any SVA Sanctioned events, this fee is mandatory.

E.2 SVA COACHES FEE: Coaches are volunteers that dedicate their time and efforts to the player's development. As such, players will cover costs of registration that each coach must pay in order to coach at sanctioned SVA events. The number of players on the team will divide this fee.

E.3 PERFORMANCE BOND: A mandatory fee that covers athlete insurance at sanctioned tournaments. The number of players on the team will divide this fee.

E.4 PROVINCIALS FEE: Every year there is a provincial championship sanctioned by SVA in Saskatoon. There is a fee to register into this tournament. The number of players on the team will divide this fee.

E.5 TOURNAMENT(S) FEE: This fee will vary depending on the coaches, parents, and players decision on how many tournaments to attend. Each tournament has a registration fee that teams must pay. The non-sanctioned tournaments will vary in cost. The number of players on the team will divide this fee.

E.6 CLUB FEE: This fee is put in place to cover many expenses that the club has throughout the year. Examples include facility costs or honorariums, home tournament sanction costs, facility repair/equipment repair costs, postage costs, etc.

E.7 COACHES PER DIEM, GAS, AND HOTEL FEES: Coaches are volunteers that dedicate their time and efforts to the players development. As such, players will cover costs for food, gas, and hotels for coaches that are provided by JSDVC. The number of players on the team will divide this fee.

Player fees are set at the start of the year and must be paid as per the requested date. Players will not participate in practices and tournaments until this fee is paid. Players are expected to pay the fee provided by their team managers before the season begins. This deadline date will change on a yearly basis based on tryout dates, team practice dates, and tournament starting dates. The Executive Committee will determine this date. The fee can be given as a cheque in whole, or three cheques (1/3 of the fee due immediately, the other 2/3 post dated for February 1st and March 1st).

Players/Parents are also subject to a refund cheque at the end of the year if the balance within their team budget exceeds the value of \$20 to a maximum of \$100 per an athlete. Anything over the \$100 will be at the approval of the executive.

Appendix F - Rules of Order and Meeting Conduct

F.1 The seven members of the Executive Committee vote on all Club operations on. All disputes of the contracts (Appendix B, C, D) will be deliberated at Executive Committee meetings. Conclusions from such deliberations are considered final.

F.2 A majority (more than half) of the Executive Committee shall form a quorum for the discussion of business.

F.3 Questions arising at any meeting of the Executive Committee shall be decided by a majority of votes.

F.4 The Director (if existing) can suggest an amount for the Director's honorarium, but it must be voted on and approved by the Executive Committee. The Director is not eligible to vote on this matter.

F.5 The Director (if existing) shall conduct meetings and keep orderly conduct in accordance with Robert's Rules of Order.

F.6 Voting at all Club meetings (Executive Committee, Coaches Meeting) shall be by a show of hands, except where a secret ballot is requested. Members are not allowed to vote by proxy.