



Player Rules and Policies

We expect that our athletes act in a courteous manner throughout the season both locally and as they travel. Athletes disobeying either club or USAV/AAU rules, or acting in a manner deemed inappropriate by the staff, may be disciplined or expelled from CPA Xtreme by the staff. If expulsion from the program is required, there will be no financial compensation, and future club fees will no longer be due.

Every member of CPA Xtreme will be offered training through practices. Playing time is based on practice and event performance of the athlete as viewed by the team coach and fellow CPA Xtreme coaching staff. Court time at major competitions (such as Regionals, National Qualifiers, and/or Nationals) will most likely be geared towards the best line-up. Local court time will be more evenly distributed. Equal playing time is NOT guaranteed.

Any member found to be in possession of alcohol, marijuana, tobacco, or illegal drugs on the premises of any practice or tournament facility of CPA Xtreme will be immediately expelled from the program.

Players must call their coaches at least one hour before practice if they will not be in attendance. Athletes who miss practice are missing valuable information and training time and, potentially, may have their playing time decreased. To emphasize player responsibility, we do not want parents to call on behalf of their child (with exception to the 12 and under parents/players.)

Transportation to all practices and competitions is the responsibility of the players and their parents.



Parent Rules and Policies

Just as we expect certain actions of our players, we also ask the same courteousness and politeness from our players' parents. Parents should refrain from any unsportsmanlike conduct that could embarrass the club, or penalize a team. Parents disobeying club or USAV/AAU rules, or acting in a manner deemed inappropriate by the staff, may be expelled from CPA Xtreme by the staff.

Parents will not be permitted to discuss the coaching philosophies with the coaches at a tournament. We at CPA Xtreme ask that, if a parent is upset about something with a team, he/she will abide by the "24 Hour Rule" and wait 24 hours before discussing the matter with the coach. If further problems arise, please contact the Head Director of the club, Wade Benson, who may schedule a meeting with the Coach, Directors, and parents all together.

Every CPA Xtreme team shall have a Team Parent. The parent will make sure the coach has everything needed from team's parents. This parent will be in charge of making sure each member of the team has a list of everyone's contact information. In addition, this parent will be in charge of contacting all the parents if the coach needs information for the team to spread quickly. Each team will also have a Travel Parent who will be in charge of helping the coach when travelling. This duty includes helping CPA Xtreme determine which parents will be travelling with the team and the accommodations needed.

Sometimes, a team chaperone will be requested for a tournament. A parent who volunteers to be chaperone takes the responsibility of being at the tournament for its entirety, and may be required to check-in the team, as well as check them out daily. This parent may receive a free pass to the tournament for taking on this responsibility.



Coaches Code

No cell phones at practice, coaches or players.

Come prepared with a written practice plan.

Text Jill Benson if any practice changes. You are responsible to contact your team.

Have your team attend as many CPA Xtreme matches when at the same tournament. (Support the club)

Arrange 2 scrimmages for your team on non practice days.

Organize a team meeting after tryouts to discuss season focus, player policies, parent policies, and coaches code.

Identify a parent for social media and pictures for website, to be in contact with Jill Benson.

Practices: All practices will include:

Eye progression drill

25% serve and pass

20 percent side out

Our team focus:

High sideout percentage

Tough serving

No ball without effort

Parent issues:

1. No personal communication at tournaments in regards to coaching decisions and playing time. Must call to discuss first.
2. Tell them to check parent and player policies, utilize the 24 Hour Rule
3. If not resolved, inform Wade or Jill Benson, if needed after first conversation.
4. Arrange a parent time to talk, with Director, parents, and coaches.