

DIG Volleyball Club – *DIG Academy & Academy Jrs.*

Player/Parent Handbook 2025-2026 Season

Welcome

Welcome to the ninth season of DIG Volleyball Club (“DIG”), a member of USA Volleyball, in the North Texas Region (“NTR”) . This handbook is for our players and parents to have access to information about DIG and to help answer questions that may arise throughout the season.

If at any time you need more information or have questions, please contact Jason Crispin, Club Director/Owner, by email at JC@DallasSportsplex.com, or Katie Clouston, Academy Team Lead, at kclouston@DallasSportsplex.com. Tricia Roos serves as our Co-Director. Her email is: troos@DallasSportsplex.com.

For administrative issues you may contact Nicole Binder, Club Admin, at nbinder@DallasSportsplex.com. If you prefer to speak over the phone or in person, send an email to the appropriate party to schedule a call or visit.

We are very excited that your family has decided to spend the next several months with DIG. We believe this will be a fun and rewarding season and look forward to sharing the club season with you.

You can also find additional valuable information at: <http://ntrvolleyball.net/junior-girls/>.

Why DIG?

Developing and Inspiring Greatness -- This is something that we believe is important when developing the youth athlete. While some may never actually become the highest level volleyball players, they can become great teammates, great citizens, great friends and great examples on how to carry oneself on the court.

DIG will emphasize its Core Values with the goal of getting its players, coaches, parents, and leaders **F.I.R.E.D U.P.** We believe if we embrace the concepts of Fun, Integrity, Respect, Effort & Desire, we can achieve Unparalleled Performance and Unlimited Possibilities.

History of DIG Volleyball Club

DIG is the culmination of countless years of experience in club sports. The Dallas Sportsplex (Sportsplex) and its affiliates have been a long-time leader in North Texas Volleyball and was one of the first organizations to introduce “Club Prep” to the Dallas Market. With new leadership taking over operations in early 2017, Sportsplex created DIG VBC. It revamped, retooled and renamed its Club Prep program in 2018 **DIG Academy (Academy)**.

DIG VBC is a fully sanctioned volleyball club in the NTR of USA Volleyball. We believe DIG Academy should be the foundation for a strong volleyball program. Since the 2018 season, we offer a full club experience to players at all levels of development and interest and hope that you can continue to be a part of DIG VBC for years to come.

DIG Academy values the athlete with varied interests and families seeking flexible schedules and reduced time and financial commitment. Academy is the perfect option for the volleyball player new to club sports and interested in continuing their volleyball journey. It is also ideal for the athlete with other interests and time commitments such as school and other club sports, dance, music and the arts, academic teams, religious classes or any other activity important to a developing youth.

DIG Academy also understands that families are often stretched thin, both financially and with time. While the Academy program is a significant investment in financial and time resources, we believe our families will see value and unmatched flexibility with the program.

Our mantras at DIG VBC are:

We want kids playing multiple sports for as long as it is feasible and enjoyable for the athlete and their family, & we want kids to aspire to play competitive sports through high school.

We believe that both ideals are very important for the successful development of our youth with long-term benefits, and our Academy program has been structured to achieve both goals.

Coaching Staff

DIG will provide experienced, well-trained, empathetic and encouraging coaches for our teams. All coaches will be IMPACT certified, Safe Sport certified and registered with USAV as a coach and will have a complete background check. We will strive to match coaches with teams based on experience, knowledge, abilities, and personality.

Communication

As the season commences, Academy will primarily utilize the app, Team Sideline, for updates and announcements. We will send everyone an invitation to join his or her individual team. Please register as soon as possible after receiving the invitation to ensure you receive all communication. We will also utilize Team Sideline for scheduling league games and tournaments held at Sportsplex. Once the game schedule is released, your Team Sideline schedule will be updated with your league games.

PLEASE MAKE SURE TO USE TEAM SIDELINE TO UPDATE YOUR AVAILABILITY FOR ALL EVENTS. IF YOU KNOW THAT YOU WILL BE MISSING A TOURNAMENT OR GAME, NOTE IT AS SOON AS POSSIBLE AND COMMUNICATE WITH YOUR COACH THE REASON FOR THE ABSENCE.

Financial Commitment

Fees go toward paying club insurance, gym and facility costs, coaching fees, skills training, uniform and equipment costs, tournament registration fees, league registration, ref fees and administration costs. Separately, players will have to register with USAV and NTR on an annual basis. This is required so that they may play in an USAV sanctioned event.

Uniform and Equipment

Uniforms are purchased separate from your team fee. You are purchasing your uniforms from 431 Sports. Every item in the “required” tab is a mandatory uniform item. There is a “recommended” tab containing additional items for purchase.

Academy Juniors (9U, 10U, 11U & 12U):

Uniform package consists of one jersey, a team hoodie, and a team backpack. Each player is responsible for their own spandex, knee pads, socks and shoes. Players must purchase their practice shirts from the front desk.

Academy (10 Black, 11s Academy, 12s Academy & 13s Academy):

Uniform package consists of 2 game jerseys, 2 practice shirts, 1 pair of spandex, a team backpack, a team jacket, an optional long sleeve warmup shirt, 1 pair of socks and one 1 pair of kneepads. Each player is responsible for their own shoes.

Shoes can be any color when competing in tournaments; any color shoes are acceptable for league games and practices, as well. We do recommend purchasing volleyball shoes for improved performance and comfort; however, general-purpose

athletic shoes are fine. If socks and kneepads are not a part of your uniform package, socks and knee pads may be white or black.

Proper care of the uniforms is each player's responsibility. Parents are asked to review and follow the care instructions on labels to ensure that all the gear is in the best condition possible for the season. **Any apparel item with a heat pressed logo and/or number should be hung to dry and not dried in a clothes dryer.**

Make sure to write your name on the inside of your jerseys with a Sharpie or other permanent marker. With backpacks, shoes and other equipment, please make sure to put items against the back wall so that teams can safely have room to practice on the courts. The bleachers should be clear for parents to sit and no bags or water bottles on the bleachers.

Please do not place any cups, open containers or drinks without sealed lids (i.e. Starbucks drinks, etc.) on the bleachers or on the courts. Beverages like this should be thrown away prior to the start of practice.

Time Commitment & Schedules

The 2025-2026 season runs from November 2025 to March 2026. Practices will begin in November, the DIG Pre-season Showcase is December 5, league games start on December 6th and the first tournament will be in January. We believe we have provided a structure that allows for training, growth and development while still providing flexibility. That being said, players are expected to make every effort to attend scheduled practices, weekly Sunday Skills sessions, games, and tournaments.

Skills practices will occur on Sundays starting in November. **All practices, as well as holiday practice schedules will be communicated through Team Sideline and team practices will take place on a weekday.**

Teams

Our Academy teams are made up of athletes with varying levels of volleyball experience. We place players on teams with similar skills, abilities and interests. There are no A and B teams; however, some teams may progress more quickly early on because of the makeup of that team. As always, the common goal of all of our athletes should be ***the pursuit to get better at volleyball.***

Therefore, practices and skills sessions will be conducted efficiently with limited breaks, hard work and no "goofing around." These events will still have our core value of "Fun" as it pertains to volleyball. Cartwheels and socializing should be done before or after training, not during. Games will be serious, yet fun, and all players should show up with

the goal to win. There are no participation medals, but there are also no losers when we show up determined to compete and when we give it our all.

Team Practices

Our Academy and Academy Juniors players will have one **team** practice each week. Academy players will additionally have a second skills training session per week. Generally, team practices will occur between Monday-Thursday or Sunday for a few teams at the regularly scheduled time. During weeks that our teams have a Saturday tournament, they will still have skills practice on Sunday, unless the coach chooses to cancel. For weeks that our teams play on Sundays, the coach may elect to hold a Saturday skills in preparation for the tournament.

Our players are required to be **on time to practice**. Being on time means being at the facility *10 minutes early wearing practice attire*. If you need to change before practice, please allow adequate time. This will give the player ample time to lace up shoes, get a drink and start warming up.

Please notify your coach if you will be late or will miss practice. Certain families have made us aware of pre-existing commitments that may require showing up after the practice start time. Those players should be as expeditious as possible and join practice as quickly as possible without disruption.

Please notify your coach through Team Sideline if you will be late or will miss a practice and the reason for your absence.

In the case of inclement weather, DIG will contact players through Team Sideline and on the DIG website to notify them of practice changes and/or cancellations.

For team practices, players are to wear their issued practice shirts on the specified days. Your coach will instruct which shirt to wear to each practice.

Skills Training

Skills Training is a special feature of our program for Academy players. **All players are required to attend the Sunday Skills Training each week (except for weeks of Thanksgiving and Christmas break).** Limited skills training/open gyms and camps will be available during holiday weeks.

Winter League and Sportsplex Tournaments

Each team will play 10 Winter League games at Sportsplex. All league games will be played on Friday nights or Saturdays at Sportsplex.

Time played in league games should be relatively equal for all players. Absences from practices or skills training may impact playing time. Teams will be learning rotations and specific positions. Because we require teams to use “real” volleyball rules for rotations and substitutions, the events during a game may impact an individual’s playing time. Coaches will make the appropriate adjustments in their line ups/rotations in cases where a player’s time on the court is significantly impacted. We use these league games as a development tool so reasonably equal playing time is important. Should the game be close, the coach may make decisions to secure the win for the team.

Academy will start with a DIG Showcase on 12/5 and end with a Sportsplex Winter League End of Season Tournament on 3/6 or 3/8. These are single day events (for a couple of hours). For all Sportsplex games, players should arrive 15-20 minutes prior to the start of their first game. This time frame may change if our current restrictions ease.

NTR Sanctioned (Non-Sportsplex) Tournaments

Most Academy Teams will play in 2 North Texas Region tournaments. Most are within a 20-mile radius of Sportsplex. Academy Junior Teams will not play in tournaments outside of Sportsplex.

When we register a team for a tournament, we do not know the exact location of that team's games until the week of the actual tournament date. So, in Team Sideline we will just list the tournament and state that location is TBD. We won't know certain particulars like start time and opponent until Tuesday or Wednesday prior to the tournament. One day tournaments can be played on Saturday or Sunday. For one day tournaments, pool play usually starts at 8 AM and bracket play starts around 1 PM or 2 PM. It is not uncommon to still be at a 1 day tournament until 5 PM or 6 PM. It is an all day event. Please plan accordingly.

Time played at tournaments is earned and not always given out equally. Practice is where the athletes learn and grow in skill development. Participation, Effort, and Performance at practice helps determine tournament play time.

Tournaments outside of Sportsplex will last the entire day. All players are expected to be in the gym, ready to warm up, at the arrival time determined by the coach. DIG standard is forty-five minutes to one hour prior to the first game regardless if you play or referee, but the coach will confirm his or her expectations. Please plan travel time accordingly. Specific information on each tournament is not typically available until the week of the tournament. Parents/guardians will be charged a small entry fee (usually cash only) to attend the NTR tournaments.

For liability and insurance reasons, DIG coaches, directors and administrators cannot be responsible for any transportation to or from any tournaments or practices.

Officiating and Scorekeeping are integral parts of participating in volleyball tournaments. **All players must take one officiating clinic per season; this year the clinics will be held at Sportsplex and your team will be provided a specific class time to attend.** Officiating at tournaments is a shared responsibility for the entire team. **If your team is officiating, other players may not leave the tournament site unless excused by the coach.**

Social Media Policy

DIG Volleyball Club recognizes and supports its program athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each athlete must remember that playing and competing for DIG Volleyball Club is a privilege, not a right. As an athlete, you represent the DIG Volleyball Club and you are expected to portray yourself, your team, and the organization in a positive manner at all times.

The use of social media networks, such as Facebook, Instagram, Twitter, TikTok, SnapChat, You Tube, etc. by athletes is supported by the DIG Volleyball administration provided that no offensive or inappropriate pictures or comments are posted.

Athletes should keep the following in mind when participating on social networking websites:

- Before participating in any online community, understand that anything posted online is available to *anyone in the world*. *Any text or photo placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online* - even if you limit access to your site. A re-tweet of a posting that you thought was private can make it very public.
- Do not post anything that you would not want read by your parents, your coach, or even the school you attend. You should not post any information, photos or other items online that could embarrass you, your family, your team, or coaches. This includes information that may be posted by others on your page.
- Never post your home address, local address, phone number(s), birth date or other personal information. You could be a target of predators. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).

Similar to comments made in person, the DIG Volleyball administration will not tolerate disrespectful comments or behavior online, such as:

- Derogatory or defamatory language;
- Anything perceived as bullying, name calling, or inappropriate behavior towards another person online.
- Comments that create a danger to the safety of another person or that constitute a credible threat of physical or emotional injury to another person;
- Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct.

Coaches and administrators of DIG Volleyball Club may monitor these websites. Athletes could face discipline and even dismissal from the team if any of the above violations occur.

Player Expectations

Players are expected to adhere to all City, County, State and Federal Laws as well as all USAV rules and regulations. Violations of these laws or rules/regulations may result in expulsion from the club.

Additionally players are expected to:

- Be a team player; the team comes first.
- Have a positive attitude at all times; encourage and support their teammates to the best of their ability, whether they are on the court or on the sidelines.
- Demonstrate strong club/team spirit and pride.
- Be a leader on and off the court.
- Stay focused, mindful, and display a strong work ethic at every practice and tournament.
- Always show respect to all teammates, parents, coaches and officials.
- Do not provide, use, or condone the use of tobacco products, alcoholic beverages, or recreational drugs. Do not remain in a location where this kind of activity is taking place. The use of any illegal substance will not be tolerated.
- Clean up after themselves (gyms and at tournaments, etc.).
- Remember the Golden Rule: Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team successes.

The DIG Volleyball Club Director reserves the right to place any player on Probation or Suspension for violation of any rules or regulations. **Probation** means the player may practice with the team, but not participate in tournaments. **Suspension** means the player may not participate in practice or tournaments for an agreed upon amount of time.

Parent Code of Conduct for Tournaments and Practices

Parent participation is essential for the success of the teams and individual

athletes. Active and responsible parents also contribute to the positive image of DIG Volleyball Club within the community. DIG Volleyball Club is responsible for the actions of its players, coaches, parents, and spectators and has the expectation that the club will be represented well at all times.

Please adhere to the following guidelines for tournament etiquette:

- ***Respect:*** Please be respectful to all players, coaches, officials, line judges, scorekeepers, other teams, parents, etc. In the case of repeated negative behavior, DIG reserves the right to restrict the attendance of spectators at tournaments or league games.
- ***Cheer:*** Cheer for your team and its players! Do not be negative about the players (especially the competition), the coach, or the other team at any time.
- ***Do Not Coach from the Sidelines:*** There is a big difference between cheering for the team and attempting to coach from the bleachers. Leave the coaching to the coach.
- ***Don't approach the officials: Please do not ever approach, or yell at any of the officials, line judges, or scorekeepers at a tournament.*** If a discrepancy occurs, let the coach deal with the problem. A Club can be fined for the behavior of its parents. The offending parent will pay any fine incurred because of inappropriate behavior and will not be allowed to attend the next team event.
- ***Communicate with the coach at appropriate times:*** You should always feel free to talk to the coach. But, please remember that there is an appropriate time and place to discuss an issue with the coach. Tournaments are not the appropriate time. ***Please wait 24 hours after any incident so that all parties can "cool down"*** and not escalate an issue at an inappropriate time.
- ***Use Team Sideline appropriately:*** Group chats are for communicating information or congratulating the team's performance. Do not use chats for complaining about a situation or asking the coach a question specifically about your player. This communication should be a one on one conversation through Team Sideline email or in person.

Grievance Procedures

Competitive team athletics, by its very nature, creates an environment where athletes, parents and/or coaches may not be in agreement with all decisions made. Knowing when and how to communicate with the coach or Club Director is a concern for almost every parent at some time during the season. Often the concern is how to inquire about

issues surrounding playing time. While Academy is a program for development, we will enter all tournaments with the goal of being as competitive as possible.

Athletes, at all ages, are expected to communicate directly with their coach. Athletes are expected to discuss any issues concerning playing time or any other volleyball related subject with their coaches first and before parental involvement.

Parents are encouraged to communicate with the Club Director ***only after exhausting all other options*** with the coach or if you feel your child or another player is in immediate harm.

Coaches should not engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed to: politely decline to discuss any controversial matter or to refer the parent to either the Club Director or Club Coordinators.

Parents and athletes are to adhere to the following grievance process:

Step 1. The athlete meets with the coach to discuss the matter. If the matter is not resolved or the athlete has a reasonable concern about speaking to the coach, please proceed to step two.

Step 2. The parent meets with the coach, with the player present, to discuss the matter. If the matter is not resolved or the parent has reasonable concern about speaking to the coach, please proceed to step three.

Step 3. The parent meets with the Academy Team Lead. In certain situations, the team lead may ask either the coach or athlete (or both) to attend the meeting. If the matter is not resolved or the parent has reasonable concern about speaking to a team lead, please proceed to step four.

Step 4. The parent meets with the Club Director. In certain situations, the Club Director may ask all involved parties to attend the meeting.

Step 5. All decisions and recommendations by DIG and the Club Director are final and not subject to appeal.

The recommended time for a parent and/or athlete to meet with a coach is immediately after a scheduled practice. Ideally, you will have coordinated a meeting with the coach by email prior to practice so that the coach may prepare accordingly.

It is inappropriate for an athlete or a parent to approach other DIG players or parents about a problem the athlete or parent is having with a coach, about objections to coaching, or any DIG administrative decisions. For the health of the teams and the Club as a whole, grievances must be handled via the grievance process outlined above.

DIG strongly promotes fairness and believes in open communication. All issues and concerns are immediately addressed with the athlete's well-being in mind.

DIG is dedicated to keeping an open line of communication between all involved. We want the players/parents to feel comfortable with our staff. We are here to make this season enjoyable as well as a great learning and growing experience for the athlete.

Insurance Coverage

It is the responsibility of parents to ensure that their athlete is covered by medical insurance. Volleyball is like any other sport - the risk of accidental injuries is inherent in the nature of these activities. These risks include, but are not limited to, the potential for injury, accidents or illness while traveling to and from competition sites, participating in the various program activities, and playing volleyball.

We attempt to minimize the existing risks through use of proper sports equipment, proper facilities, and sound safety practices.

DIG Fees are not waived because of injury. The Club Director may reduce or waive fees at his discretion.

PLEASE NOTE: Your registration with USAV includes supplemental insurance coverage. For more information follow this link: <http://psrvb.org/information-insurance>

DIG Volleyball Club reserves the right to amend this player/parent handbook. In the event that the handbook is altered, athletes and parents will be notified.

Conclusion

We truly appreciate your investment in your player's athletic endeavors and thank you for entrusting that investment with DIG VBC. We believe that any player who has signed up for DIG is committed to the challenge of increasing their volleyball skill development. Knowing the goals and expectations of our determined athletes, we hold ourselves and our coaches accountable to growing, developing and inspiring our athletes. Likewise, we also expect our athletes to work hard (Effort), be a good teammate (Respect), do the right thing (Integrity), want to get better (Desire), and have FUN!

Let's have a great 2025 -2026 DIG Season!