

DIG Volleyball Club

Player/Parent Club Handbook 2025-2026 Club Season

Welcome

Welcome to the ninth season of DIG Volleyball Club ("DIG"), a member of the North Texas Region ("NTR") of USA Volleyball, in the North Texas Region. 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, Owner/Director, by email at JC@DallasSportsplex.com, Tricia Roos, Co-Director at troos@dallassportsplex.com, or DIG Assistant Directors, Lindsey Owen at lowen@DallasSportsplex.com, and Katie Clouston at kclouston@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 Volleyball Club was then created to provide players an outlet for club volleyball that is more like a “true” club experience. As a part of our efforts to make the program more feasible for athletes and their families, we limit travel and provide the Club experience at a reasonable price (compared to similar programs). We believe that volleyball doesn’t have to be the center of the player’s universe, however it is still our expectation to be competitive and to hopefully improve our players abilities significantly over the season. This goal can be achieved when the player and parents are **fully committed** to the program.

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, DIG VBC will primarily utilize the app Team Sideline (Team Sideline.com for all computer users) for updates and announcements. We will send players an invitation to join their individual team. Please register as soon as possible after receiving the invitation to ensure you receive all communication.

PLEASE MAKE SURE TO USE TEAM SIDELINE TO UPDATE YOUR AVAILABILITY FOR ALL EVENTS. IF YOU KNOW THAT YOUR PLAYER WILL BE MISSING A TOURNAMENT, NOTE IT AS SOON AS POSSIBLE AND COMMUNICATE WITH THEIR COACH THE REASON FOR THE ABSENCE. ATTENDANCE AT ALL REGIONAL & NATIONAL BID TOURNAMENTS ARE REQUIRED UNLESS OTHERWISE EXCUSED BY DIG ADMINISTRATION.

Financial Commitment

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

Fees associated with travel tournaments (flights, hotels, etc.) are an additional cost to the season fees and will vary according to each team's specific training plan.

Uniform and Equipment

Uniforms are paid separately from your registration fee. Uniform packages vary according to teams but all will receive multiple jerseys, 2 practice shirts, a warm-up shirt, jacket, 2-3 pairs of spandex, warm up pants, 3 pairs of socks, knee pads, shoes, and a backpack.

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, not machine dried.**

We recommend that the player's name be written on the inside of their jersey 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 September/October 2025 (pre-season training) to May 2026 (and into June if the team attends AAU or qualifies for Nationals). Official team practices begin in November, and tournaments will begin in December or January.

Players are expected to attend **ALL** scheduled practices and tournaments. We believe we have provided a structure that allows for training, growth and development while still providing flexibility. **Holiday practice schedules will be communicated through Team Sideline.**

Players must manage their studying time appropriately so that they can attend all practices. Excessive absences for "studying" is not expected or acceptable.

Teams & Expectations

The common goal of all of our athletes, especially at the Club level, should be ***the pursuit to get better at volleyball***. DIG Club has a tiered competitive format, grouping like minded and similarly skilled athletes to better assist each player in their pursuit of volleyball development.

All of our Club players have previous Club/Academy volleyball experience or exhibited similar skill sets during the tryout process. With the elevation in competition, time investment, athletic training, and skill level, DIG Club continues to enable the player's desire to advance in competitive volleyball.

Practices and tournaments should be the player's primary extracurricular activity and certain personal sacrifices should be made to the benefit of the team. Volleyball is a team sport and all players contribute to the overall success of the team. Tournament attendance for all Regional BID tournaments and National Qualifiers is required for all players. Each team cannot perform to the best of their ability if all players are not present.

As with all DIG VBC programs, practices will be conducted efficiently with limited breaks, hard work, and no "goofing around." Tournaments will be serious, yet fun, and *all players should show up with the goal to win.*

It is also a team expectation to have cell phones silenced and not used during practices (including during water breaks).

Team Practices, & Positional/Gym Training

Our Club players will have two ***team*** practices each week and will either practice Monday/Wednesday or Tuesday/Thursday. There are a couple different training plans but most Club teams will have two 2 hour practices.

In addition to their team practice, most teams will have additional positional training on several Saturdays and an additional 30 minutes of gym training on the other practice day. All players will be expected to attend both positional training and gym training.

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. *Setters should show up 15 minutes early to practice for their setter's warm-up.*

Please notify your coach through Team Sideline, including the reason for your absence, or if you will be late or will miss a practice. The player's RSVP should be marked appropriately and the coach should be notified via the team "Chat" function or the "Messages" (email) function.

In the case of excessive absences, playing time may be impacted. Your coach may require your player to make up his or her missed practice with a private or small group training session.

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.

Players are to ONLY wear their 2025/2026 practice shirts to practices. *Each player receives 2 shirts with their uniform package and will also have the opportunity to purchase more if so desired.*

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, YouTube, 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.

Tournaments

Each team will play 8-10 North Texas tournaments; most are within the DFW area. One of the included tournaments for many of the Club teams will be located within 4-5 hrs of the DFW area, the specific location is TBD. Other Club teams will have two of their included tournaments located out of state for which they will travel by air.

When we register a team for most tournaments, we do not know the exact location of that team's games until the week prior to the actual tournament date. So, in Team Sideline we will just list the tournament and the location as TBD. We won't know certain particulars like start time and opponents until the Tuesday or Wednesday prior to the tournament.

One day tournaments can be played on either 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 or later.

Two day tournaments will have pool play on Saturdays with either a morning or afternoon start time and will have bracket play on Sundays, the start times for which are determined by Saturday's results. For two day tournaments, athletes are expected to arrive the day previous to Day 1 of play. The returning flight should be after 7pm on Day 3 or on the day after the tournament ends to ensure that all athletes are in attendance for the duration of the tournament.

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 help determine tournament play time.

Most tournaments will last the majority of the 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 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, especially parking. 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 for the 12's and younger teams will be held at Sportsplex and your team will be provided a specific class time to attend.**

All teams 13's and older will do the scorekeeping clinic online. Additional details will be emailed at the appropriate time. 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.**

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 the end of any event that an incident occurs 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. The goal at tournaments is to be as competitive as possible and will reflect in the decisions of the coach.

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 a 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 and player meet with the coach 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 Club Director - Jason or Tricia. In certain situations, the Club Director may ask all involved parties to attend the meeting.

Step 4. 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 notified 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 Co-Directors may reduce or waive fees at their 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!

