



Sol Volleyball Adult Club 2010-2011 Indoor Season

Dear Sol Club Member,

We are excited to launch Sol Volleyball Adult Club's 4th inclusive indoor season (9th volleyball season). Sol's dedication to creating an environment which fosters stronger volleyball skills, physical fitness, & great camaraderie among team members has helped many newcomers & experienced players connect within the volleyball community. Many of you have become great friends & volleyball partners. The program has developed over a 100 players aiming to fulfill their volleyball potential.

Club teams, CC level & higher will be schedule to compete at the USAV National Tournament in May 2011. Players from each team are required to submit their intentions of attending by October 1, 2010. There will be traveling cost associated with this trip. More details will be posted to all players by December 2010.

Discounts are available & listed in the Club Membership Financial Detail.

Club Program

Changes from last year's Program

- *Players per team: **six** players only*
 - *Tournaments: teams will have **at least two** tournaments for full season membership*
 - *Players may use the same jersey as last years for **\$20 off the membership price***
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- Practice starts September 12, 2010. Schedules will be posted by September 5, 2010.
 - Team assignments are finalized by Sept 17, 2010. Coaches will submit final rosters to the leagues.
 - USAV Nationals Competition practice begins in April **
 - Additional equipment may be purchased (volleyball shoes, knee pads & shorts/spandex)
 - Membership fees includes:
 - coach's fee, league & tournament registrations (entire season), player jersey, gym rental time, equipment usage, medical equipment supplies & administration fees (*fees for Nationals Competition are not included*)
 - Sol staff handles all official team management & coordination

**** Nationals Competition Announcement**

All teams ranked CC & higher are scheduled to compete at the USA Volleyball Adult Nationals Tournament over Memorial weekend, May 2010. Player's verbal commitment & financial deposit must be received by October 15, 2010. Teams who plan to compete at Nationals will have an extended season from September to early June. The hosting city & total cost for going to Nationals will be posted later. This trip will be seven days & six nights. Travel cost will be extra. MVHQ will coordinate & organize travel arrangements (food not included). All payments must be received by TBA.

2010-2011 League Seasons

Women teams have the potential to play on Mondays or Tuesdays.

Men teams have the potential to play on Mondays or Wednesdays.

Potential City Leagues: Hopkins, Crystal, Brooklyn Center & Brooklyn Park

Practices

There are three phases of practice: pre-season, regular season, & national competition season.

- Pre-season: September 12 to 23, 2010
 - Sunday practice for two hours, potential times are 4-6 pm, 5-7 pm.
 - Thursday "practice game day" from 7-8 pm, 8-9 pm
- Regular Season schedules will be posted on Sportsvite.om by September 25, 2010
- National Competition Season will be finalized by December 31, 2010



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Potential Gym Locations for Practice

Forest Elementary, City of Crystal
Crystal Community Center, City of Crystal
Robbinsdale Community Center, City of Robbinsdale
Davis Community Center, City of Golden Valley
RFC S& Locations, Plymouth MN

Potential Practice Times

4-6 pm, 5-7 pm, 6-8 pm, 7-9 pm, 8-10 pm

Club Membership Financial Details

Regular Prices

Player Member: \$780..... \$275 Deposit & 10 pmts of \$50.50
Practice Player Member: \$520 \$275 Deposit & 5 pmts of \$49.00 (*no jersey included*)

Player Price with jersey discount
Player Member: \$760

Player Price with Referral discount
Player Member: \$730

Player Price with Referral & jersey discount
Player Member: \$710

***Includes:** Coaches' fees, league fees, jersey, gym rentals, medical equipment usage, volleyball equipment usage, tournament fees, & administration fees*

Refer a player; get a discount!

Sign up for a full season, refer a new player & receive \$50 off the full season price. New player must register and complete a full season. Discounts are given at the end of the indoor season.

Use last year's jersey; get a discount!

Sign up for a full season, use last year's jersey & receive \$20 off the full season price. Discounts are given at the end of the indoor season.

Payment Schedule	
Deposits are due by August 21	\$275.00
August 31	See above
September 10	See above
October 1	See above
October 22	See above
November 12	See above
December 10	See above
January 7	See above
February 4	See above
February 25	See above
March 18	See above

All payments must be submitted on time. A \$30 late is assessed for payments submitted after the due date.



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Player Agreement Portion

Player Commitment Statement

Players commit to attending 90% of all practices & games. Should a player need to miss practice or games, they commit to not have more than four absences total. Players commit to play to the best of their ability at all practices & at all games. Players commit to respect all coaches from Sol Volleyball. Players commit to playing together with each team members in harmony & respect for one another. Players put their Sol Team (coach & players) first before any personal volleyball agendas.

Consequences

In the event a player has more than four absences, the Club director will evaluate the player's attendance record & action will be taken. If a player's attitude or conduct is unbecoming, Sol Volleyball reserves the right to terminate any player from the Club service. There are no refunds for a player who has been terminated from the program.

Injury

If a player experiences a non-season-ending injury & desires his/her spot to be reserved, then he/she is responsible for all payments on the payment schedule. Sol Volleyball will be responsible for finding a substitute until the player returns to play. Before a player may resume playing, the player must submit a doctor's notice stating he/she may return to play.

Withdrawal Policy

We desire that every player be able to finish out their season, however we know that valid reasons come up from time to time that will keep some players from finishing.

Noted Valid Reasons:

1. Player relocates to an area outside of the Twin Cities.
2. Season-ending injury.
3. Family emergency that prevents the player from continuing the season.
4. Medical condition that prevents the player from playing volleyball, such as pregnancy.

The above list is not all inclusive & other reasons will be handled on case-by-case basis. Please contact the Sol offices as soon as possible to discuss your situation.

Please Note: A written notice of withdrawal must be submitted before the next payment date or the player will be responsible for the payment & all late fees that may apply.

If a player experiences unexpected financial difficulty that prevents him/her from submitting their payment on time, please contact the Sol offices as soon as possible of the situation.

If a player must withdraw their participation for any reason even the ones listed above, all monies previously paid according to the payment plan are not refundable. For example if a player submits a withdraw notice on October 20 then all monies already paid up to that date will not be refunded including the deposit. However, the player will be released from the financial commitment upon written communication from the Minnesota Volleyball Headquarters offices stating mutual agreement of withdrawal. Once the communication is received from the Minnesota Volleyball Headquarters office the player is not held responsible for remaining payments.

Exception: If a player submits a termination notice after the \$275 deposit has been paid but before the first scheduled practice or game (whichever one comes first), only \$50.00 will be refunded. This includes Pre-season, regular season & National Competition season.



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Player Code of Ethics for Sol Volleyball

As a member, I pledge to follow the Player's Code of Conduct.

1. I hold myself responsible for my conduct at all times.
2. I will always be a positive representative of Sol Volleyball on & off the court.
3. I will be on time for practices & games & will notify my coach & the Sol offices at least 48 hours in advance if I will be late or not able to attend.
 - a. You must email your coach & Sol offices.
 - b. In case of an emergency call the Sol offices at 763-493-4130.
4. I will honor my teammates by encouraging them by not behaving like their parent or their significant other.
5. I commit to developing my skills of teamwork, sportsmanship & self-discipline.
6. I will be modest in victory & gracious in defeat.
7. I will honor my opponent by appreciating their competitive skills.
8. I will respect the rights & consider the safety of other players, coaches, trainers, officials, administrators, & volunteers at all times.
9. I will address all issues with my coach directly & come to a resolution.
10. I will conduct myself in matter that will foster unity among the team & not discord through words & actions.
11. I will respect the integrity & judgment of game officials & accept their decisions graciously.
12. I will refrain from using profanity or make obscene gestures.
13. I will condition myself, improve my strength, agility & speed by working out outside of the volleyball court as many times as I can.