CENTRAL JERSEY HEAT VBC
Policies and Procedures

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Club Policies
Coaching & Parent Responsibilities
Coaches are responsible for athletes during all practices and tournament play.

Decisions made by the coaching staff during practices and tournaments are final and are made with the best interest of the team and athlete development in mind.

Parents are responsible for their child when the athlete is off the court.

This includes all time before and after practices, between matches, and during any periods when the athlete is not actively participating under coach supervision.

Play Time

Club volleyball is a competitive, skill-driven sport and not a low-cost recreational program. Athletes join CJ Heat to train at a higher level, develop their skills, and, for some, pursue opportunities to play at the collegiate level. Families pay for **professional coaching and structured training**, not guaranteed court time.

While coaches work to identify each athlete's strengths and find opportunities for them to contribute during competition, **equal play time is not guaranteed**. Athletes arrive with different skill sets, levels of experience, and developmental needs. Through consistent attendance, effort, and commitment to improvement, players can expect their skills to grow — which may lead to increased playing opportunities over time.

Club volleyball is **pay for practice, not pay for play**.

Play time is earned through performance, effort, attitude, and readiness to contribute to the team.

Attendance & Commitment Policy

Consistent attendance is essential for a team to develop cohesion, execute systems effectively, and perform well in competition. Missed practices disrupt team rhythm, slow individual and group development, and can impact overall performance.

All practices are **mandatory**, unless a valid excuse is communicated **in advance** and approved by the head coach. Athletes are expected to arrive prepared, engaged, and committed to their training.

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Failure to meet attendance expectations may result in consequences, including:

- **Reduced play time at tournaments** for missed practices.
- **Potential removal from play at the following tournament** if an athlete misses a tournament without prior approval from the head coach.

Poor attendance places an unfair burden on teammates and can create unnecessary strain within the team. Commitment to the team, coaches, and training schedule is a core expectation of CJ Heat athletes.

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National Team Multi-Day Tournament Commitment Policy

All athletes accepting a National Team offer must agree to the following commitments:

- **Athletes are required to attend all multi-day tournaments.**
- **Athletes must reserve a hotel room within the team hotel block** for all multi-day events when required by the tournament or the club.

Failure to adhere to this policy will result in the following consequences:

- **The athlete will be restricted from competing in any remaining tournaments for the season.**
- **The athlete will not be eligible for placement on a National Team in future seasons.**

Travel Policy

The purpose of this policy is to outline the roles and responsibilities of parents, athletes, and coaches when attending one-day and multi-day tournaments.

Parent Responsibilities

- **Hotel Accommodations:**
- Parents are responsible for securing hotel accommodations for their athlete at all multi-day tournaments.
    - When a tournament requires "stay-to-play," CJ Heat will provide a hotel block; however, parents are solely responsible for completing the reservation and payment.
    - For events without "stay-to-play" requirements, parents must independently secure hotel rooms.
- **Supervision:**
- Parents are responsible for their athlete **at all times** during tournament events when the athlete is not on the court or under direct coach supervision.
- **Transportation:**
- Parents must provide or arrange transportation for their athlete to and from every tournament, ensuring arrival within the time window provided by the coach.
- **Food & Hydration:**

- Parents must ensure their athlete has adequate nutritious food, drinks, or money to last the entire tournament day.
- **Travel Arrangements:**
- If an athlete is traveling with another parent or teammate, the parent must notify the coach in advance so the coaching staff is aware of the arrangement.
- **Contact Information:**
- Parents must provide the coach with:
    - The athlete's cell number (if applicable)
    - Parent/guardian cell numbers
    - Emergency contact information
    - Contact information for any adult the athlete is traveling with, if not the parent
- **Temporary Removal From Team Area:**
- If a parent needs to take their athlete away from the team area, they must notify the coach in case the schedule changes and the athlete is needed.

Athlete Responsibilities

- **Safety in Numbers:**
- Athletes must **never** walk around the venue alone. They must always travel with at least two other teammates.
- **Permission to Leave Team Area:**
- Athletes must have parental permission before leaving the team area for any reason (restroom, water, athletic trainer, concessions, souvenirs, or leaving with a parent).
- **Behavior Expectations:**
- Smoking, vaping, and alcohol consumption are strictly prohibited at all tournaments, practices, and CJ Heat events.

Media & Content Usage Policy

CJ Heat reserves the right to use, publish, and share photos, videos, and athlete-related information captured during training, practices, tournaments, club events, and any other CJ Heat activities. These materials may be used across all CJ Heat platforms, including social media, promotional content, advertisements, and our official website.

This permission is granted for perpetual use and applies to all athletes who train and compete with our club.

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Stay and Play:
Most multi-day tournaments are considered Stay and Play. This means that the teams attending these types of tournaments are required to stay in the Hotels designated by the Tournament sponsor. Failure to meet the minimum number of rooms per team at these Hotels can result in the team being disqualified and dropped from the tournament by the tournament director.

Stay-to-Play Tournament Policy

For all **Stay-to-Play** tournaments, CJ HEAT is required to reserve hotel rooms for each team at properties designated by the tournament sponsor. CJ HEAT will secure as many rooms as possible within the assigned hotel block to help keep teams together whenever feasible. These rooms will be offered to families on a **first-come, first-served** basis.

If the team does not meet the minimum room requirement because families did not reserve rooms by the deadline, CJ HEAT will purchase the additional rooms needed to satisfy the tournament's Stay-to-Play policy. In such cases:

- **Parents who did not reserve a room within the designated hotel block will share the cost incurred by CJ HEAT** to meet the minimum requirement.
- All collected payments will be used solely to fulfill the tournament's Stay-to-Play obligations and **do not guarantee additional rooms** for families.

Compliance with Stay-to-Play requirements is mandatory for teams to participate in qualifiers and major events.

Non–Stay-to-Play Tournaments

For tournaments **not** designated as Stay-to-Play, each family is responsible for independently locating and reserving their own hotel accommodations at the property of their choice.

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Athlete NOT Attending a Multi-day Tournament

If an athlete is unable to attend a multi-day tournament, the athlete forfeits all monies paid toward coaches lodging and travel fees that are included in the club fee.

Escalation Procedure: Parent & Athlete

*If a player has a concern or complaint, they are expected to address it **directly with their coach** at an appropriate time. Concerns should **not** be raised during active play or between matches; discussions should occur **after play has concluded for the day**.*

*If the issue remains unresolved after speaking with the coach, the player or parent may then request further review by contacting the **Club Directors**.*

Please note:

Concerns or complaints regarding play time will not be reviewed or considered by the Club Directors.