

2026-27 PLAYER / PARENT HANDBOOK

CMASS ADMIN/PROGRAM DIRECTORS

- **Becca Rose** - CMASS EDGE Director & CMASS EDGE Admin Coordinator
- **Paul McCormack**- Recruiting Coordinator & CMASS EDGE Program Coordinator
- **Chris Ridolfi**- CMASS Juniors Operations Manager
- **Pam Rose** - CMASS Juniors Director, Treasurer
- **Gianna Scioletti** - CMASS Academy, Youth, and Summer Clinics Coordinator

ABOUT CMASS JUNIORS

CMASS Juniors has a long-standing tradition of being one of the top volleyball programs in New England. Our philosophy is to focus on skill development both at the individual and team level, while providing a safe and competitive environment for all players. In keeping with our founding principles, our program is designed to help each athlete improve their individual skills while learning to unselfishly contribute to team goals. To get the maximum benefit of the program our expectation is that all CMASS athletes commit to the full training and competition schedule of their respective team. Our goal is to build our rosters with high-character, talented, hard-working and committed athletes who will honor their club obligation and make their CMASS team a priority amongst their extra-curricular activities.

TYPES OF TEAMS

CMASS EDGE Black Teams (National): Designed for the female athlete who strives to play volleyball in college and is willing to make sacrifices for her progress, team, and sport. These teams will travel out of region multiple times and take on some of the top competition the country has to offer. Teams will compete in the Open and USA/Premier divisions and attend Nationals (USAV or AAU).

CMASS EDGE Blue Teams (North Atlantic): Designed for the female athlete who is also serious about volleyball and is working hard to open doors to playing in college. She also may need to make sacrifices for progress, team, and sport. She may be looking at a wider array of colleges that are more education-minded, local, or may not require as high elite level athletic ability/skill level. This program may also be used as a gateway to the National program. Teams will compete in the 2nd Tournament Division In-Region and Liberty, American, or Patriot Divisions respectively out of region.

CMASS EDGE White/Gray Teams (Regional): Designed for female athletes who are still exploring club volleyball or are involved with other activities and can't commit to the time or price of a travel team. They will only play in New England events. We have worked hard to limit the fees and scheduling, so that cost does not hinder participation.

CMASS Academy: This is designed to be a developmental volleyball program for players who are in 3rd-10th grade and still exploring volleyball. This program focuses on skill development in addition to 6v6 play. Grades 7-10 will compete in several local one-day tournaments.

ATHLETE EXPECTATIONS

- **Team First** - This means everyone is working towards the same goals, and they have to put their private agendas aside when they interfere with the team's goals. Competitive players all want to play as much as possible, but the attitude we're looking for is "what can I do to help the team?" Concerns between athletes should never be left unresolved. Athletes should first attempt to solve the situation by talking with one another; if unable to resolve the problem, they should set up a meeting with the coaches.
- **Academic performance is a priority.** The emphasis on school does not mean that players are encouraged to miss practices for academic reasons. Practice times, tournament schedules and meetings are announced well in advance on the season calendar and athletes are expected to manage their time carefully and plan their studies and practice times accordingly. We expect that players won't miss practices due to a lack of foresight.
- **School Sports** - We believe in the value of interscholastic multi-sport participation but expect that players will do everything possible to fulfill their commitment to their CMASS team. MIAA Waivers should be obtained whenever possible for tournament conflicts. WE WILL NOT SUPPORT MISSED CMASS COMMITMENTS FOR OTHER CLUB SPORT ACTIVITIES AT ANY TIME.
- **Communication** - We expect that athletes communicate directly with their coaches in a timely manner when scheduling conflicts or unforeseen circumstances arise. Additionally, athletes communicating outside factors affecting their current physical/mental state or asking questions/clarification when needed is encouraged.
- **Personal Care** - Take good care of yourself, sleep well, eat well etc. Smoking, drinking, or using drugs is prohibited at all times.
- **Be Present** - All athletes are expected to participate in practices unless excused by the coach. Athletes are expected to be fully engaged and commit 100% effort both physically and mentally. Even when injured, an athlete should still attend AND dress for practice as it is important for the athlete to continue to listen, watch, and learn during the injury period. This includes performance training.
- **Facility Expectations** - All equipment must be properly cared for. Athletes are expected to help set up and take down equipment at every practice (jump boxes, cones, blocking arms, etc.). Athletes are expected to assist in collecting volleyballs at practices and at tournaments.

PRACTICE GUIDELINES

- Please arrive early for practice to change into playing gear and do armband exercises; all athletes are expected to be on the court for a team dynamic warm-up at the practice

start time. If you are running late due to unforeseen circumstances it is expected that you will text your coach in a timely fashion.

- Players must wear CMASS practice shirts. Themed practices may be coordinated for holidays/special events.
- Female athletes are encouraged to wear warm-up pants or cover shorts arriving and leaving the courts, particularly if waiting for rides.
- Athletes will need to bring their own water bottles to practice. The concession stand may not always be open, so bring extra in case.
- Athletes are responsible for taking care of equipment used to facilitate the practice plan. This includes storing the ball carts in the appropriate bay, returning practice aids to the closet, and picking up any loose balls around the gym, under the bleachers, and in the storage rooms.
- Cleaning up all trash at the conclusion of practice is mandatory.

SPORTS PERFORMANCE

Through designated training with our Certified Fitness Trainer, athletes will develop a firm understanding of what makes a strong athlete as it applies to their sport. Any athlete who wants to continue their athletic career beyond high school must realize that performance training will be a huge part of their daily routine. Therefore, we believe the importance of teaching the proper training fundamentals to each of our athletes so that they can develop better habits that will carry them throughout their competitive athletic career. Working within their team training session, a blend of strength training and conditioning methods will be used to enhance performance and promote injury prevention.

ATTENDANCE POLICY

For 16/17/18 Black (National Teams): We expect full commitment for the season (both practices and tournaments). For these three teams, attendance is required and any absences have potential to affect court time at the coaches discretion. Coaches should be notified in a timely fashion as per the below guidelines.

- Email/Text your coach **at least** 24 hours in advance if you will miss a practice (full or partial). If an athlete becomes sick the day of practice, please email/text the coach.
- Notify your coach **at least** 1 week in advance if you will miss, come late, or leave early from a tournament (sooner is preferable). If the last match of the day is an officiating assignment, all athletes will be required to stay, even if she is "off" for the assignment.

For all other teams: Every effort should be made to attend ALL tournaments and practices, including Sports Performance Training. CMASS athletes are held to a high standard and we trust that you understand the importance of your commitment to the club. All athletes are accountable to their coach and teammates. Coaches put a tremendous amount of time and effort into planning for each practice and it is vital to keep an open line of communication with the head coach. However, we understand that extenuating circumstances do occur, and in such cases athletes should adhere to the following regarding absences:

- Email/Text your coach **at least** 24 hours in advance if you will miss a practice (full or partial). If an athlete becomes sick the day of practice, please email/text the coach.
- Notify your coach **at least** 1 week in advance if you will miss, come late, or leave early from a tournament (sooner is preferable). If the last match of the day is an officiating assignment, all athletes will be required to stay, even if she is “off” for the assignment.

Absences from practices or tournaments for the following reasons will be excused without penalty: 1. Death in the family; 2. Illness involving fever, COVID, or vomiting; 3. Undergoing treatment for injury at a medical facility; 4. Family emergency (as determined by coach’s discretion) 5. Mandatory school event. 6. MIAA Sports Event (Though a Waiver should be obtained for travel tournaments)

INCLEMENT WEATHER

If at any time practice must be canceled due to inclement weather, CMASS will make a decision by 3:00pm for weekday practices and 6:00am for weekend practices based on the weather conditions in Marlboro, MA. We will send an email to all affected teams. CMASS will also post on social media stories (Facebook & Instagram). We recognize that we have families traveling upwards of 70mi (in all directions) to practice; If you do not feel safe or comfortable driving with the weather conditions near you, please make your own judgment call and ensure you notify your coaches accordingly.

PROM POLICY

We understand the importance of an event such as Prom, therefore, in the case of Prom falling on the weekend of a tournament, CMASS has adapted the following guidelines to allow juniors/seniors to attend their prom if they choose to go: Each athlete will be allowed to attend prom without penalty if: • They will be present the day prior and the morning after the Prom event. • They will be present the day of the event until 2:00pm or if play concludes before then.

INJURY, ILLNESS, AND CONCUSSION

If an athlete becomes injured during a practice or performance training session, we will contact the parent/guardian for notification (or call EMS when indicated). Regardless if an athlete can participate in practice or not, they are expected to be at CMASS during their designated practice time, unless contraindicated medically (with doctors note) or with coach permission. If an athlete has had to miss multiple practices due to injury, a written note from a medical provider will need to be provided clearing the athlete to return to play. CMASS will continue to follow the Federal, State, and Local government policies regarding COVID. If you test positive for COVID, please follow CDC guidelines for return. Once resuming activities, athletes are encouraged to take additional prevention strategies for the next 5 days to curb disease spread, such as enhancing hygiene practices, wearing a well-fitting mask, and keeping a distance from others when feasible. For athletes who have suffered a head injury, CMASS will follow the CDC rules: • Remove the athlete from play. • Keep the athlete out of play the day of the injury and until a

medical provider, experienced in evaluating for concussion, says he or she is symptom-free and it's OK to return to play. • Will have them call their parent/guardian if not at the gym to be alerted. If a player is diagnosed with a concussion, they may only return to practice with the written approval and under the supervision of their health care provider.

TOURNAMENT GUIDELINES

- All athletes must arrive at the tournament/meeting site by or before the time specified by their coach.
- Athletes must bring their CMASS bag with ALL UNIFORMS to each day of play in case of an unexpected event necessitating a jersey change.
- Athletes must wear CMASS Gear at all times while at the tournament venue.
- Work Assignments: Each team should have a schedule so the responsibility is shared equally amongst all team members. At the conclusion of play, every team member must stay until all ref and play duties have completed and the team has been released by the coaches.
- Before the tournament site is left, the team's area will be cleared of any and all trash. The area must be left as it was found, if not better.
- A Volleyball Tournament is an athletic event and food choices should reflect the need for your body to be properly fueled.

TEAM GEAR AND SPIRIT WEAR

Team Gear Packages are not included in the season fee and are required to be purchased by the designated deadline. Failure to do so will lead to penalties. Our CMASS Online Spirit Store provides optional additional athlete items as well as fan wear with CMASS logos plus customization options for the individual and team.

JERSEYS

All Team Jerseys are property of CMASS Juniors and must be returned at the completion of each season. Failure to return jerseys and/or returning jerseys with alterations or intentional destruction will lead to fines (\$65/jersey).

TRAVEL GUIDELINES

CMASS **does not** provide accommodations or transportation to any tournaments for their athletes. It is the parents' responsibility to find transportation for their athlete to and from all events. If a parent/guardian cannot attend a travel tournament with their athlete, they will need to make arrangements for their athlete to travel/stay with another family (*may not be a family containing a team coach*).

Flight Recommendations:

- **Departure:** Leave the day before the tournament begins to allow time for flight delays or cancellations.
- **Return:** Plan for flights 6pm or later. Most tournaments have their last matches scheduled for 2 or 3pm and they almost always run behind schedule.
- Please be sure to pack all playing gear/uniforms/CMASS Gear in the athlete's carry-on bag.

Athletes are expected to adhere to all club and team rules at all times. This includes while participating in all team functions and team meals. Athletes are required to be on time for all scheduled meetings, meals, and team functions. Failure to arrive on time for a team function, particularly without notification may incur penalties.

Hotel Information:

All USAV tournaments will follow the "Stay to Play" policy. This means that in order to compete in the tournament, a designated number of families per team must be staying in one of the official room blocks set up by the corresponding housing company. Additionally, many of these tournaments now require "Loyalty Booking" in order to obtain close-proximity hotels. This means that we are required to fill >90% of the blocked rooms or will be charged a fee.

CMASS will distribute hotel block information for parents in advance by email for all stay-to-play tournaments. Athletes will room with their parents (unless arrangements are made to stay with another family).

- All families attending the Capitol Classic Tournament are expected to book out of the hotel block. Please contact CMASS directly if requiring alternative accommodations for this tournament.
- Families are expected to book out of the team block for at least 50% of the stay-to-play tournaments for the season.
- CMASS will provide several email warnings to teams who have failed to meet the booking requirements prior to the booking deadline.
- If a team has not met the booking requirements by the deadline, CMASS will book the necessary room(s) and bill all the non-booked families for that tournament.
- Once the booking deadline has passed, families who have booked out of the block are responsible for maintaining the reservation. In the event of an unforeseen circumstance, CMASS will help in trying to transfer the room to another family, but cannot guarantee the transfer.
- Coaches will communicate curfews and "lights out" for the players. Please support your team by following these guidelines.

SOCIAL MEDIA AND CELL PHONES

CMASS recognizes the prevalence of electronic communication and social media in today's world. Many of our student-athletes use these means as their primary method of communication. While CMASS acknowledges the value of these methods of communication, we also realize it can be detrimental to the team's success on and off the court. Cell phone and social media usage may be restricted during practices, tournaments, and team bonding events. Cell phones and other forms of technology used during restriction times that cause an

interruption or separation from the team will result in the athlete losing privileges using these items while with the team. If cell phones are used during team bonding activities, it must be in a positive manner towards the entire team and not used to separate one or more players. Please be advised that athletes, parents, and coaches using social media (Twitter, Facebook, SnapChat, and similar media) to voice unsolicited comments, pictures, or personal attacks on CMASS, other players or parents, and members of the coaching staff or their families may result in the related athlete and/or coach being dismissed from the team, and all team activities associated with the team.

- I will not post any negative comments about CMASS, coaches, or teammates
- I will not have any inappropriate pictures posted of myself or teammates
- I will not encourage peer mistreatment through social media or any aspect of life.

PARENT/GUARDIAN EXPECTATIONS

The influence, both good and bad, that a parent can have on their child's experience in sports is often misunderstood or underestimated. Your positive contribution is appreciated by CMASS Juniors.

- Ensure coaches are made aware of circumstances affecting your child (disabilities, chronic medical conditions, injuries, life events/major changes, etc).
- Parents are not to be on the court before, during, or after practices or at any time during tournaments. Per sanctioning organizations and insurance regulations, only athletes, coaches, and registered adults are permitted on the courts.
- Make only positive encouraging comments to or about players on BOTH teams.
- Remember that making mistakes is part of the learning process – don't criticize.
- Control your emotions.
- Don't coach from the sidelines.
- Get your child to games and practices early/on time.
- Do not schedule additional training outside of practices during the club season directly with any CMASS coaches - including current team coach. Additional paid training may be arranged by contacting CMASS directly.
- Don't allow your child to speak negatively about a teammate, a coach, or an official – stick with the facts, not the emotion. Help your child realize the positive, especially when discouraged.
- Show respect for the officials, coaching staff, parents, players and event personnel. Any reports from the coaching staff, tournament officials or event staff on disruptive behavior by a parent will result in disciplinary action from CMASS Administration. Depending on the report, parent suspension and/or expulsion from events may occur. This may lead to discipline/sanction by the region as well.

It is CMASS' philosophy that parents pay for practice time and athletes earn tournament time. Playing time will be based on the coach's assessment of the team and athletes which includes but not limited to the level of competition, each athlete's individual skills, attitude, and their ability to consistently contribute to the team's performance and chemistry. Each athlete will receive

equal training time in all practice sessions, but we cannot and will not guarantee equal tournament time to anyone.

In the event of any difference of opinion or perceived problems between players or an athlete and a coach, parents should let the athlete try first to resolve the difference with the teammate or coach before becoming involved and will encourage their daughter to go directly to the coach on her own if she has concerns about playing time, teammates, or anything that has to do with the team. If the matter is related to their safety or well-being or that of any CMASS athlete, please alert the coach immediately. Safety is our number one priority and if there is a situation that needs immediate attention, please let someone know. If the matter isn't a safety concern coaches should be approached at the end of practice or the complete conclusion of a tournament.

If after speaking to the coach, the athlete does not feel like the problem has been resolved, parents may send an email detailing their concerns, addressed to CMASS Administration and their respective head coach. An in-person meeting will then be arranged with the parent, coach, athlete, and a CMASS Director. Please note that all meetings must include the athlete and discussions will only be about the documented concern. Coaches are happy to speak about ways to help your child improve and other areas that are specific to your athlete's development but WILL NOT discuss coaching decisions, line-ups, and/or other athletes.

Parents should NEVER approach a coach before, during or immediately after a practice or tournament about playing time issues. Athletes and parents should wait a minimum of 24 hours after a team sanctioned event has completed before contacting the coach via email. Contact regarding anything but safety concerns during a team event is disruptive to the team and consequently, the athlete and/or parent will face immediate disciplinary action.

If a parent approaches a coach during a tournament regarding playing time, CMASS has set up the following protocols:

- The first incident of a parent approaching or contacting a coach at a tournament regarding playing time or line up decisions, the athlete will sit immediately for the remainder of the tournament day.
- The second incident of a parent approaching or contacting a coach during a tournament regarding playing time or line up decisions, the athlete will be immediately removed from the team and all monies paid will be forfeited.

Please help us in making this an enjoyable experience for everyone; athletes, parents, and coaches alike.

PAYMENT

CMASS uses LeagueApps as an online payment portal and additionally accepts cash or check (made payable to CMASS Juniors). Season installments are pre-scheduled monthly over the course of the season and expected to be paid in a timely fashion. *Alternative payment plans can be arranged if needed by emailing CMASS prior to a missed payment.* Any additional fees (stay-to-play hotel requirements or jerseys) will be added to the season balance. Failure to clear the season balance will result in hold on the athlete's USAV membership and thus ability to transfer clubs.

PLAYER AND PARENT ACKNOWLEDGEMENT

In consideration of the right and privilege to participate in one or more activities sponsored or sanctioned by the CMASS Volleyball Club and/or the United States Volleyball Association ("USAV") and/or the AAU including, without limitation, practices, training sessions, scrimmages, and/or competitions, by signing this Agreement, I certify that: I have read, understand and agree to be bound by the terms and conditions set forth in the CMASS Volleyball Club Player and Parent Handbook;

Printed Player Name

Player Signature

Date

Printed Parent/Guardian Name

Parent/Guardian Signature

Date