

Home of the Blizzard  
**SOUTH PEACE  
VOLLEYBALL CLUB**

GRANDE PRAIRIE, ALBERTA

**HANDBOOK**



2018



[www.southpeacevolleyballclub.ca](http://www.southpeacevolleyballclub.ca)

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## GOALS OF THE PROGRAM

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The South Peace Volleyball Club Program goals are:

- to develop young volleyball players who wish to prepare for post secondary levels of play with sound fundamentals and advanced skills
- to enhance interest for the sport of volleyball in girls of upper elementary, junior high and high school age
- to offer a challenging and rewarding program that will stimulate personal growth in each player
- and to establish a strong junior high and high school age volleyball program in Grande Prairie.

## PHILOSOPHY OF THE PROGRAM

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We believe that the South Peace Volleyball Club provides a great opportunity for athletically gifted individuals to experience a challenging level of training and competition that will prepare them for the next levels of play.

We believe that the experience of competitive Club Volleyball will enhance personal development and social life skills.

We believe that: "The will to prepare to succeed is more important than the will to win". Self-discipline, commitment, dedication, determination, responsibility, receptivity, application, emotional control and self-confidence are all individual qualities the program addresses. The coaching staff will set personal goals to develop these dimensions in each player.

Because volleyball is a team sport, we believe the experience offers the opportunity to improve the athletes' social conscience.

Actual playing time will vary with the player's experience, skill level and the competition context. Although some players see less court time than others, they will receive equal practice time and attention. All players are expected to make sacrifices and temporarily set aside personal concerns for the good of the whole team.

We believe the team aspect of this sport will stimulate the development of many social skills such as cooperation, respect of others, leadership, trust, sharing, empathy and being able to make sacrifices for others.

We believe that by respecting this philosophy, we will be doing our best to develop outstanding volleyball players and well rounded individuals.

## ELIGIBILITY

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All U12, U13, U14, U15, U16 & U17 female volleyball players from the Alberta South Peace Region

## TEAM TRYOUTS

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The South Peace Volleyball Club tryout will be as follow:

**13U Blizzard** *Athletes born from September 1, 2004 to Dec 31 2005 (16 months)*

Tryout #1 – Riverstone School – 7:00 to 9:00 pm – Nov. 28  
Tryout #2 – Eastlink Multiplex Fieldhouse – 6:30 to 8:30 pm – Nov. 29  
Tryout #3 – Maude Clifford School – 6:30 to 8:30 pm – Nov. 30

**14U Blizzard** *Athletes born from September 1, 2003 to Dec 31, 2004 (16 months)*

Tryout #1 – Ecole Montrose School – 6:30 to 8:30 pm – Nov. 27  
Tryout #2 – Derek Taylor School – 6:30 to 8:30 pm – Nov. 28  
Tryout #3 – Maude Clifford School – 6:30 to 8:30 pm – Nov. 30

**15U Blizzard** *Athletes born from September 1, 2002 to Dec 31 2003 (16 months)*

Tryout #1 – Ecole Nouvelle Frontier – 7:00 to 9:00 pm – Nov. 27  
Tryout #2 – Grande Prairie Christian School – 6:30 to 8:30 pm – Nov. 28  
Tryout #3 – Derek Taylor School – 6:30 to 8:30 pm – Nov. 29

**16U Blizzard** *Athletes born from September 1, 2001 to Dec 31 2002 (16 months)*

Tryout #1 – Grande Prairie Christian School – 6:30 to 8:30 pm – Nov. 27

Tryout #2 – I.V. Macklin School – 7:00 to 9:00 pm – Nov. 28

**17U Blizzard** *Athletes born from September 1, 2000 to Dec 31 2001 (16 months)*

Tryout #1 – I.V. Macklin School – 7:00 to 9:00 pm – Nov. 28

Tryout #2 – Eastlink Multiplex Fieldhouse – 6:30 to 8:30 pm – Nov. 29

A **mandatory Parent Orientation Meeting** will be held at Montrose School on Monday, December 4<sup>th</sup>, at 6 p.m. for parents of athletes who were selected to represent SPVC at any level for the upcoming club season. The players selected will be asked to make a season long commitment by filling out a season contract that will need to be signed by one or both parents and the athlete. If one of the players selected feels she can't fully commit, the coaching staff may ask another player who tried out but didn't make final cuts.

## SIZE OF TEAMS

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The South Peace Volleyball Club competitive program will consist of one or two U13 team(s), one U14 team, one U15 team, one U16 team, and one U17 of 10 to 12 players.

## LEVELS OF COMPETITION

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All other South Peace Volleyball Club competitive teams will be competing at the provincial level of play entering the VA Premier league and Provincial Championships.

Depending on team composition, experience and circumstances, national and international levels of play may be considered.

## PRACTICE SCHEDULE AND LOCATIONS

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The practice schedule will be distributed separately at the beginning of club season.

## COMPETITIVE TEAMS COACHING STAFF

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ANDRE TURGEON	Level 3 Certified Volleyball Coach SPVC Program Coordinator & Technical Director SPVC Program Head Coach
OWEN LOOS	Level 2 Certified Volleyball Coach SPVC Junior Blizzard Program Facilitator SPVC U17 Head Coach
NICOLE MARTENS	Level 2 Certified Volleyball Coach SPVC Minor Officiating coordinator
MARTIN NOSKEY	Level 2 Volleyball Coach SPVC U13 Coach
JOEL LEFEBVRE	Level 1 Certified Volleyball Coach SPVC U15 Head Coach
SHANA LAMBERT	Level 1 Certified Volleyball Coach SPVC U14 Head Coach
MARGARET MAZURKEWICH	Level 1 Certified Volleyball Coach SPVC U13 Coach
NATHAN PIEPGRASS	Level 1 Volleyball Coach SPVC U16 Head Coach
CAROLYN HART	Level 1 Volleyball Coach SPVC U15 Assistant Coach
BARB ADRIAN	Level 1 Volleyball Coach SPVC U14 Assistant Coach
RICK WRIGHT	SPVC U16 Assistant Coach
DENNIS WIEBE	SPVC U13/14 Assistant Coach
SHANE ZEYHA	SPVC U13 Coach
TY ANDERSON	SPVC U17 Assistant coach

## COACHING STYLE

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The coaching staff expects a lot of determination, discipline and dedication from each athlete. The coaches will emphasize technical development with each player. The training sessions will be very challenging and will require concentration, determination, receptivity and self-discipline from each player.

The coaching staff is receptive and happy to help players cope with the demands of the program. After all, our primary goal remains the growth of each individual.

We will also promote a fun and comfortable atmosphere where all participants can push their skills to new levels with no fear of ridicule from coaches or teammates. A positive fun approach is encouraged and behavior contrary to this will be dealt with quickly.

## TOURNAMENT SCHEDULE

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The tournament schedule will be distributed separately in late January.

## TRANSPORTATION & ACCOMMODATION

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Parents will be responsible for the transportation and accommodation of their own child during local, regional, provincial and national tournaments. We expect all athletes to arrive at the competition venue well ahead of the competition start time as requested by the coaches. Parents are expected to book rooms at the assigned tournament hotel.

The teams may be traveling by chartered bus for national tournaments and by plane for international competition. We ask that parents and athletes always respect times of departure.

## GENERAL TEAM EXPECTATIONS

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The general rules of the South Peace Volleyball Club will apply to all activities the parents and players partake in.

The athletes are expected to participate in a minimum of 75% of all required practices, competitions, and meetings as detailed by the coach during the club season. They are also expected to attend as much as possible during spring and summer training sessions.

The athletes must adhere to the year-round fitness and mental training programs provided by the club and to the nutritional guidelines highlighted in the SPVC nutrition guide.

The athletes must use all athletic facilities and equipment with proper care and respect.

The athletes must adhere to the head coach's guidelines for personal conduct when traveling as athletic representatives of the South Peace Volleyball Club.

The athletes are solely responsible for their actions and behavior. We expect them to strive for maturity. Never embarrass your team.

The athletes are to expect a lot of themselves but always settle for the best they can do today. They must learn from their errors, not dwell on them or those of their teammates in a negative way.

Unselfishness is the key to success. None of us can succeed on our own. The athletes must set envy, jealousies and destructive personal rivalry aside.

The athletes must treat teammates, coaches, officials, support staff and the opposition with respect.

The athletes must commit themselves to being on time, fully dressed, ready to go and give it their best in every practice and match.

If they have to miss an activity, they must contact the head coach before hand and explain their reason.

The athletes must accept responsibility for errors, loss of temper, loss of concentration and poise without making excuses.

The athletes must accept the coaches' feedback and directives, including roster assignments, in a positive cooperative manner.

Each athlete can be a leader in her own way.



The athletes are to set goals of quality play and self-improvement. They must learn to set short term and long-term performance goals and keep track of their fulfillment.

The athletes must be determined to play to their potential each match.

The athletes must strive to be cooperative and helpful in all circumstances.

It is the athlete's responsibility to report injuries to the coaching staff.

The coaches expect the parent to refrain from interfering with coaches' work, during practices and games alike.

The athlete's skill development will be facilitated by ensuring they arrive at practice on time, have proper nutrition before and after practice, have the proper equipment, and that sport fits into their life smoothly.

In order for athletes to achieve, they must have sufficient time to fully participate in all commitments. They must not become overwhelmed or overtired by trying to complete too many activities.

Parents must model behaviors they wish their children to emulate: responsibility, cooperation, commitment, dedication, enthusiasm, self-control, and sportsmanship. The parents' role is to make sure their daughter is well rested, well fed, and does not neglect her schoolwork.

## PRACTICE EXPECTATIONS

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The athletes are expected to arrive at the gymnasium fifteen minutes before the official practice time to get taped, to warm-up and to stretch before the start of practice.

The athletes are expected to be mentally ready to work hard each practice.

The athletes must bring their gym wear, including shorts or spandex shorts, t-shirt, knee pads, ankle braces, and court shoes, as well as a filled water bottle to each practice.

Initially, hard conditioning and technical drills will bring muscular stiffness. Stiffness is more an odd feeling of tension and discomfort than a real pain. Young athletes often don't know the difference between real pain and stiffness.

Tips to decrease training stiffness:

- Having a well-balanced and healthy nutrition plan
- Doing stretches everyday at home
- Convincing mom to give you a muscle massage after practice
- Spending half an hour in a warm bathtub, a whirlpool tub or a sauna
- Wearing warm clothes before and after training

## TRAVEL EXPECTATIONS

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The focus of our road trips is, obviously, team performance. Therefore, travel activities should not interfere with the athlete's preparation routines for competition. Most road trips activities are aimed at providing an environment of rest and concentration in approach to the competition.

SPVC expects all athletes to always be dressed appropriately and to show "class" when in the audience, at the restaurant, at the mall, in the hotel or at any other public venue. Only clean club apparel should be worn. Neither tattoos nor piercing should be visible. If athletes choose to dye their hair during the competitive season, the colors chosen must be within the natural hair color range.

If travelling by bus, a portion of the bus trip will be designated as "Quiet Study Time" during which no movie will be playing.

Before leaving the bus, everybody must make sure that no garbage is left on the seats, under them or on the floor. Keeping the bus clean shows consideration and respect for our bus driver.

All members of the traveling group are expected to be at the place of departure on time.

At the airport, we ask that the group stay together. If an athlete needs to separate herself from the group, she must get permission from the coaches and indicate where she is going.

If on a plane, we ask that athletes remain polite and discrete. They should follow the flight crew's instructions at all times and sit in the seats assigned to them until the flight is at cruising altitude.

All transportation and accommodation costs are the responsibility of the parents.

Each athlete will have to bring her own meal money (approx. \$40/day).

No alcoholic beverages or illegal substances of any type are allowed, at all times.

The athletes are responsible for insuring that their hotel room is left in a neat and undamaged state. No items are to be removed from the hotel rooms.

When the coaches stipulate curfews, they are to be strictly adhered to. In hotels, two times shall be specified:

- 1- IN ROOM BY: No leaving your room after this time. Time to shower and get ready for bed.
- 2- LIGHTS OUT BY: Lights out, no TV, no phone calls, no texting, no music and no conversation. Room is silent.

Full travel itineraries will be given to each player and parent prior to leaving Grande Prairie. Athletes and parents are expected to closely follow the team itinerary.

The athletes are to not do things that will result in extra room charges. The parents of the individual will cover any charges incurred.

The athletes are expected to dress and to conduct themselves appropriately since they have a responsibility to their club, to teammates and to themselves. Use of cell phone and other electronic devices will be monitored at the discretion of the coaches.

On road trips, the athletes are allowed one travel bag (suitcase) and one gym bag (carry-on). Please have an I.D. tag on each bag.

## TEAM COMMITMENT AND OTHER ACTIVITIES

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This program is relatively demanding and has activities three to five days a week, from early December to the end of May. The athletes who decide to commit to the South Peace Volleyball Club will have to carefully manage their time during the winter semester.

## YEARLY TRAINING PROGRAM

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We strongly encourage our athletes to take full advantage of the many opportunities offered year round to develop into well-prepared volleyball athletes.

<b>Fall semester</b> ( <i>September to November</i> )	School ASAA season of play
<b>Winter semester</b> ( <i>October to May</i> )	SPVC Club VA Volleyball season of play
<b>Spring Semester</b> ( <i>May &amp; June</i> )	SPVC Spring Technical Training
<b>Summer</b> ( <i>July &amp; August</i> )	SPVC Beach Volleyball Program
	( <i>July or August</i> ) SPVC International Competition

## ACADEMIC ACHIEVEMENT

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As mentioned in this handbook, one of our goals is to develop well-rounded student-athletes. Academic success is one of the foundations to the shaping of a bright future. The coaching staff strongly believes that the athlete's education is an essential component of the individual's development and future. College and university volleyball will only be an option to those athletes who didn't neglect their academics. A parent meeting will be called if training appears to be interfering with the athlete's academics. The athletes are expected to bring schoolwork or reading material on each road trip.

## SOCIAL MEDIA USE POLICY

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The following term has this meaning in this policy:

**“Social media”** – The catch-all term that is applied broadly to new computer-mediated communication media such as, but not limited to, blogs, YouTube, Facebook, Instagram, Snapchat, and Twitter.

As athletes begin participation in the new SPVC season, they need to understand the following social networking guidelines. SPVC recognizes and supports the 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 SPVC is a privilege. As an athlete, they represent SPVC and they are expected to portray themselves, their team, and the Club in a positive manner at all times.

Below are the social networking guidelines, as set out by Volleyball Alberta, which provide clear direction for social networking site usage. These should be used by athletes to form their own strategy for social media use:

- a) Set your privacy settings to restrict who can search for you and what private information other people can see.
- b) Coaches, teammates, officials, or opposing competitors may all add you to Facebook or follow you on Twitter. You are not required to follow anyone or be Facebook friends with anyone.
- c) If you feel harassed by someone in a social medium, report it to your coach, club official, or to Volleyball Alberta.
- d) Do not feel pressure to join a fan page on Facebook or follow a Twitter feed.
- e) Content posted on a social medium, relative to your privacy settings, is considered public. In most cases, you do not have a reasonable expectation of privacy for any material that you post.
- f) Avoid posting pictures of, or alluding to, participation in illegal activity such as: speeding, physical assault, harassment, drinking alcohol (if underage), and smoking marijuana.
- g) Model appropriate behaviour in social media befitting your status as a) an elite athlete, and b) a member of your club and of Volleyball Alberta. As a representative of Volleyball Alberta, you have agreed to Volleyball Alberta's *Code of Conduct and Ethics* and must follow that Code when you post material and interact with other people through social media.
- h) Be aware that your public Facebook page, Instagram or Twitter feed may be monitored by your club, coach, or by Volleyball Alberta and content or behaviour demonstrated in social media may be subject to sanction under Volleyball Alberta's *Discipline and Complaints Policy*.

The information you post on a social networking site is considered public information. Think about who you represent: yourself, your family, your teammates and coaches, and your club. Like it or not, people are going to associate everything you post with you and what you represent. Protect yourself by maintaining a self-image of which you can be proud for years to come.

## SPVC CONCUSSION PROTOCOL

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South Peace Volleyball Club and its staff are committed to following the guidelines set forth by Volleyball Alberta to best prevent and identify potential concussions. In the case of such injuries, the coaching staff will manage and monitor the steps to recovery appropriately and knowledgeably.

## TEAM UNIFORMS, ANKLE BRACES AND WATER BOTTLES

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The South Peace Volleyball Club will provide each player with one or two game jerseys. These jerseys are the property of the SPVC. It is imperative that these jerseys remain in good state. Please return your jerseys to your coach at the end of each competition. Team jerseys are only to be worn during official Club volleyball games.

Each player will wear her own tracksuit. The coaches will specify when it is to be worn.

The players are also asked to buy their own water bottle, set of ankle braces, a pair of black spandex of proper leg length and a pair of black yoga pants. These items are to be brought to each practice and tournament.

## PLAYING TIME

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As stated earlier, actual playing time will vary with the player's experience, skill level and the competition context. Although all players pay the same fees, make the same sacrifices, make the same commitment and get the same practice time and attention, competition-playing time will substantially vary, especially when the athletes move up in age.

SPVC teams frequently compete in the top division of the Premier League where competition is very fierce. Our coaches are constantly under pressure to make the right move at the right time in order to balance individual playing time and team achievement. At SPVC, team performance is an important focus during crucial competitions for the good of all our competitive athletes. Our coaches have to take into account many factors when deciding whom to put on the court in various situations. These are hard decisions to make.

Parents are not in a position to understand and appreciate all factors that come into play when it comes to making decisions surrounding playing time. It is imperative that parents support the coach's playing time decisions in all circumstances. If an athlete expresses disappointment or frustration over playing time, parents should encourage their daughter to continue practicing hard. If the athlete has questions regarding playing time, she is to personally approach her coach at a suitable time and place. The coaches will be happy to answer her questions. The parents are never to approach a coach about their daughter's playing time.

## PLAYER FEES

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The yearly South Peace Club Volleyball competitive player fees are as follow:

- 13U ..... \$1150
- 14U ..... \$1350
- 15U ..... \$1650
- 16U ..... \$1750
- 17U ..... \$1850

The player fee covers team jersey, team shirts & jacket, first aid kit and ball purchases, gymnasium rentals, all tournament entry fees, Volleyball Canada membership, coaches' accommodation cost & meal allowance, VA membership, contribution to the travel fund as well as VA insurance. *The player fee is non-refundable.*

Potential costs that are not covered by the player fee are player accommodation, player transportation costs, player travel meal money, ankle braces, international travel and other discretionary travel expenses.

## SPVC FAN STORE

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You can show your pride of belonging to the SPVC family, cheer on our teams and support the club by purchasing SPVC fan clothing items from our on-line store.

Go to [southpeace.itemorder.com/sale](http://southpeace.itemorder.com/sale) and place your order.

You can purchase SPVC clothing items between December 4<sup>th</sup>, 2017 and December 17<sup>th</sup>, 2017 and again later in the season, between January 29<sup>th</sup>, 2018 and February 19<sup>th</sup>, 2018.

## SPVC VEHICLE DECALS

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**NEW in 2018!** You can buy 8 x 10 SPVC decals for your vehicles for \$10 each. Place your order with Owen Loos as soon as possible!

## SPVC BOTTLE DEPOT ACCOUNT

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SPVC has its own bottle depot account at Plus II Bottle Depot (7601 Resources Road). You can significantly help our club by simply dropping off your assortment of empty bottles in plastic bags labeled with a tag showing *ID #1967*, year round. There is no need to sort or count! We truly appreciate your efforts in helping SPVC.

## SPONSORSHIP OPPORTUNITIES

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Since its inception, South Peace Volleyball has counted on generous sponsorships that allowed the club to provide the youth of the Peace Country with high quality programs at very affordable costs. Furthermore, our sponsors facilitated the creation of the SPVC subsidy program, helping, every year, athletes of families with financial limitations to have access to our programs.

We truly appreciate your efforts finding new sponsors for our club. You can find the club's sponsorship package as well as the Meerkat Classic sponsorship package in the download section of our website ([www.southpeacevolleyballclub.ca](http://www.southpeacevolleyballclub.ca)). We thank you in advance!



# CONTRACT

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## South Peace Volleyball Club ATHLETE – PARENT ATHLETIC PARTICIPATION CONTRACT and PARENT PERMISSION FORM

***Parent and Athlete:*** Review the South Peace Volleyball Club Handbook carefully (front to back), complete information as requested, affix signatures, and return the completed contract/permission form to the coaching staff.

### Parent Contract

1. I/We understand the commitments and expectations laid forth in the Team Handbook and agree to diligently follow them.
2. I/We affirm that my daughter will exert effort to maintain a high level of academic achievement.
3. I/We, as a spectator, will exhibit a high level of sportsmanship at contests.
4. I/We will follow appropriate procedures in communicating concerns to coaches.
5. I/We hereby authorize and consent to our child's participation in Club athletics and sports.
6. I/We understand that the sport in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment.
7. I/We assume the risk of injury to our child that may occur in an athletic activity.
8. I/we agree to release and hold harmless the South Peace Volleyball Club, its members, the Club Coordinator, Technical Director, the member of the executive, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgment, and expenses arising from our child's participation in Club athletics.
9. I/We hereby give our consent and authorize the South Peace Volleyball Club and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

### Athlete Contract

1. I understand the commitments and expectations laid forth in the Team Handbook and agree to diligently follow them.
2. I am committed to respecting every aspect of the club's social media policy.
3. I will do my very best to maintain a high level of academic achievement.
4. I will always exhibit a high level of sportsmanship at contests.
5. I will follow appropriate procedures in communicating concerns to coaches.
6. I understand that I am partaking in a club athletic activity and that, consequently, all Alberta Club expectations, rules and policies apply.
7. I realize that being a member of the South Peace Volleyball Club makes me an ambassador of Grande Prairie, Alberta on the national and international scenes. My behaviour will show respect towards this privileged responsibility.

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Sport / Team

## USE OF PERSONAL INFORMATION

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### **Alberta's Personal Information Protection Act (PIPA)**

The information collected on the South Peace Volleyball Club Registration Forms is personal information as referred to in the PIPA Act. The South Peace Volleyball Club believes this information is necessary and relates directly to our obligation to provide athletes with a volleyball-training program that meets its needs and the provision of a safe and secure training environment. The South Peace Volleyball Association believes that the uses of personal information as listed below provide a vital, healthy, functioning service where participation of all athletes is important and encouraged:

- ◆ the use of athletes' names, photos and comments, on local TV or radio broadcasts, in the club pamphlet, sponsorship package, posters, club website or other SPVC publications
- ◆ the taking of individual or team photos for our website or other promotional purposes
- ◆ the use of athletes' names and personal information necessary for determining eligibility
- ◆ the use of athletes' names, related contact information and telephone numbers for emergency purposes.

I am aware and agree with the above.

\_\_\_\_\_ (Parent/guardian signature)

There are occasions where photos are taken of athletes in training, at fund raising activities, during competition or during Volleyball Alberta or Volleyball Canada sponsored activities by media, for publication, where athletes may be identified by name, such as: photographs or videos of athletes in the gymnasium, taking part in a training session, a tournament game, or another club function. I grant permission to the South Peace Volleyball Association to allow my child's picture to be used in the above manner.

\_\_\_\_\_ (Parent/guardian signature)