

October 7<sup>th</sup>, 2023

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PLAMONDON VOLLEYBALL CLUB WOLFPACK

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A T H L E T I C

B Y L A W S

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October 7<sup>th</sup>, 2023

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## ATHLETIC BY-LAWS FOR PVCW

### ARTICLE I – TEAMS

1. PVCW can have a maximum of 12 teams from 12U to 18U
2. For 12U, 13U, 14U, 15U in both gender and for 16U boys, each team should have 8 or 9 regular players and a maximum of 3 or 4 red-shirt players.
3. For 16U girls, 17U and 18U in both gender, each team should have a minimum of 8 players and a maximum of 10 players and a maximum of 4 red-shirt players.
4. The decision of having red-shirt players is the coach decision.
  - 4a) A red-shirt player is allowed to play at an event if a regular player is missing.
  - 4b) If a team has multiple red-shirts players and only one regular player is missing, the coach will decide which one he or she will bring based on the team needs.
  - 4c) A red-shirt player playing time is under the coaches' discretion, but the player should have less playing time during the event compare to the regular players.
  - 4d) A coach can decide to bring red-shirt players to an event even if the team doesn't have any regular players missing, but the red-shirt player is not allowed to start a set unless: an injury happen to a regular player, a disciplinary action has to be taken against a regular player during an event or it's the last game of the event and the team has no chance of winning a prize. The red-shirt players can be used as a substitution during a set to slow down the pace of the game
5. If a coach decides not to take any red-shirts players, the coach will have to submit a list of potential players that could come only to tournaments in case of injuries or other commitment by multiple players in the same team. The club will have to pay for the affiliation of the player.
  - 5a) An emergency player is only allowed to come to a Premier or Nationals if the team has only the minimum of players attending the event (6 players for a team who is not allowed to use the libero and 7 players for the team who's allowed to use a libero) or based on positional needs.
  - 5b) The emergency player is only allowed to practice with the team after the event preceding the premier where he or she's needed to participate in until the event the player has to participate. In case the emergency player is from a team from another level of the PVCW club, the coach must follow the practice guidelines of Volleyball Alberta.
  - 5c) An emergency player can only be asked to participate to an event after all the red-shirts players decline the chance to replace a regular player.
  - 5d) If an emergency player is asked to participate to an event and the player is from another team of PVCW, a request must be sent to the president or the person registering participants to the Sport Lomo system and with the coach of that player duplicate in the email request after having the approval of that coach.
6. All players must attend their appropriate age group for tryouts. Players may be invited to attend the second day of tryouts at an older age category at the coaches/board discretion.

7. Players that do not attend tryouts and contact the club after tryouts have closed, will only be considered if the roster is not full. The consideration will be at the coaches/board discretion.

8. Any athletes who has sustain an injury suggesting a concussion must be diagnose by a physician. The athlete will be clear to play or practice after the coach received the physician's note.

## ARTICLE II – FUNDRAISING & FEES

1. 70 % of sponsorship money collected by a player will go towards his or her fees. 30% will go towards the club.

2. A player who is participating in a fundraising activity organized by the club will share the money raised amongst the players and coaches who are participating. After the money is split, 90 % of the fundraised money will go towards the player's fees and 10 % will go towards the club.

3. All players must submit an expense claim for any eligible fundraising money in their player account prior to June 30. Funds eligible to be claimed cannot be carried over to the next playing season.

4. The claimable expenses are: hotel cost, jersey, shoes, mileage, volleyball equipment and apparels and any other expenses asked by the club.

5. All apparel fees must be paid in full prior to ordering (at AGM). Players will be required to pay the full cost, including minimum order fees, for apparel ordered after the AGM.

6 Each red-shirt player will have to pay a fee of \$125 which include the fees for affiliation with Volleyball Canada and Volleyball Alberta.

6a) If a red-shirt player joins a team during the year, the player fees should be set depending on the time left for the current season (for example, if a player join the team with 1 month left in the 5 months season, the player should pay 1/5 (\$25) of the red-shirt fees). The coach will then decide to register the player as a recreational player (can't participate in any premiers) or as a fully insured player (can participate to a premier if needed)

7. The fees asked by the club to the players includes: premier tournaments registration, provincial's registration, gymnasium rental, coaches' expense, fees for affiliation with Volleyball Canada and Volleyball Alberta and fees for affiliation for two emergency players.

7a) If a regular player joins a team during the season, the fees of that player should be set depending on the number of events left in the season included in the fees (for example, a player joins the team after premier 2 and the club is paying for Nationals, the player still has 50 % of the events left and should pay 50 % of the fees)

7b) A player can only get a credit for his or her fees in case of an injury with a doctor's note. The credit cannot include the Volleyball Alberta and Volleyball Canada registration and insurance fees. If a player's gets injured after the roster lock for provincials, that player cannot get a credit. The credit shall depend on the number of events left in the season minus the insurance fees mentioned above.

## ARTICLE III – DISTRIBUTION OF AGLC MONEY

1. The club shall set a 2 years financial budget to allocate funds for each Casino event.

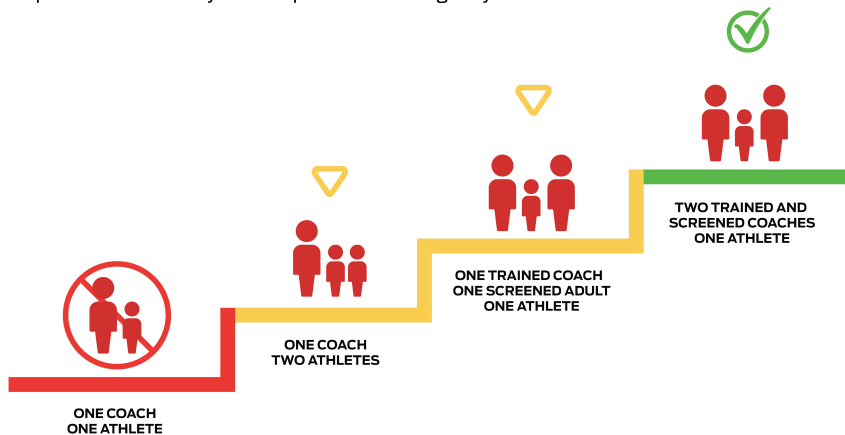
2. The club shall carry \$5000.00 in their gaming account to cover cost incurred with working a Casino.
3. Each year PVCW offers scholarships to graduating players. Each 18U team, or graduating player year, will receive \$1000.00 in scholarships to be split amongst eligible players to a maximum of \$250.00 per player. Players pursuing post-secondary education are eligible to apply for the scholarship by Sept 30<sup>th</sup> of the following club season. A copy of tuition receipt is required by December 31<sup>st</sup> to prove an athlete is attending post-secondary education.
4. For each team under PVCW, the club shall pay \$250 per team plus \$250 in volleyball equipment to the school where all the practices occur or just a total of \$500 at the athletic director discretion. In the event where the practices time are split in between 2 schools, the allocation shall be divided in half.
5. In the event where the club isn't able to find gymnasium time to one particular team, the club can look toward renting a facility and can pay a rent upon agreement of the board.
6. Volunteers that work the two-day (two shifts) Casino event will have a \$400 credit for the upcoming season. In the event a player has two volunteers working the event, the second volunteer will be eligible for a credit to their player account of half the value of the player fees for the upcoming season. In the event that we can't find any workers, the credit could go toward the red-shirt players, the current season or toward a donation to another association or non-profit organization.

#### ARTICLE IV - COACHES

1. Each team can have 1 head-coach and 1 full time assistant-coach. A second assistant coach can be added to the roster and be there to practices and tournaments. But the second assistant-coach won't receive any apparels or funding to go to tournaments.
2. PVCW is using "the rule of 2" for all volleyball related event (practice, meeting, team building event, ...) and must have at least 1 coach gender specific.

# RULE OF TWO

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.



## GOOD RULE OF TWO IMPLEMENTATION PRACTICES

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

**Learn more:** [coach.ca/responsiblecoaching](https://coach.ca/responsiblecoaching)



3. Each coach shall provide an annual vulnerable sector check.
4. Each team is allowed to claim the price of two hotel rooms by filling the expense claim form.
5. Head coaches shall receive a set amount for travel to tournaments. This is the equivalent of \$0.40 per km.  
Examples as follows:  
Edmonton: \$168.00  
Calgary: \$408.00  
Red Deer: \$292.00  
Saskatoon: \$464.00  
In the event that a new location is added to this list, the treasurer will use the Google Maps app to establish the distance between Plamondon and the new location.
6. Each head-coach shall receive an allocation of \$100 towards food for each premier, provincials and \$150 for Nationals.

7. Each head-coach and full-time assistant-coach can receive club apparels such as shirts, bags and jackets.
8. At least one of the staff members from each team should attend a coaches' meeting prior to the November board meeting to talk about tryouts, club philosophy and to gather all information's regarding the AGM.
9. PVCW requires numerous coaches each year. Advertisements will be posted on the PVCW website, Facebook, AVA and in local newspapers for new coaching opportunities. Any new coaches interested in becoming a PVCW Coach must submit a letter of intention to the Board prior to tryouts for the upcoming season. The Board shall meet and review all qualifications of candidates prior to offering a coaching position.
10. PVCW philosophy supports coach development. Coaches wishing to pursue the National Coaching Certification Program (NCCP) may apply to receive up to \$500.00 to cover registration/travel to achieve certification. In order to receive funding PVCW will require a commitment to coach a minimum of 2 club seasons. A copy of the paid Certification Program registration will be required.

#### ARTICLE V – CLUB PHILOSOPHY

1. A player should not be penalized (playing time) if that particular player missed practice because of school related sports and activities
2. The playing time of an athlete is rewarded by his commitment, his talent and the respect of others.
3. The player development is the focal point of the club philosophy.
4. PVCW philosophy supports player development. Any player attending an ID Training Camp, such as College or University, Team Alberta or Team Canada ID Camps, may apply to receive \$250.00 to support their travel/registration. A copy of the paid ID Camp registration will be required.
5. Commitment to the team is a priority for PVCW. Any player that intentionally leaves a tournament/game jeopardizes the success of the whole team. Therefore the consequences for such action are as follows:
  1. Formal Meeting with Board, Coach, Parent, Player
  2. Suspension from team for the remainder of the season
  3. Future seasons of play
6. Policy on changing on court: Both male and female players are not permitted to change from their warm up shirt into their jersey court-side, exposing bare chests/sports bras. Players must wear their warm up shirt over top of their jersey during warm up to eliminate the need to change and expose themselves on the court. Coaches will ensure players are following this protocol and are representing PVCW in a positive, respectful manner. Players not following this protocol risk disciplinary action at the discretion of the board.
7. Social Media: Pictures and information on PVCW may be shared on our Facebook page and website. PVCW encourages players, coaches and families to share our successes on social media. Please remember to share positive information; do not post negatively about teammates, competitors, coaches, clubs, organizations, or officials. Comments may be easily misconstrued or be seen as offensive. Remember that you are an ambassador for your sport and for PVCW. In the event a player, coach or family member posts a negative or offensive comment, they will be asked to immediately remove any/all posts that are inappropriate. The incident will be reviewed by the board and any disciplinary action will be at their discretion.
8. The board members shall meet 2 times during the year: the first Sunday following the October Thanksgiving weekend and the Sunday of the 18U Provincials.

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9. Every board member shall receive an honorarium for a fiscal year as follow:

- President \$300
- Vice-President \$150
- Treasurer \$300
- Secretary \$150
- Fundraising director: \$150
- Apparel director: \$150
- Team rep. \$120

The honorarium shall be given after the AGM by the number of meetings that the board member attended (spring, fall and AGM). If a member missed 1 meeting, he shall receive 2/3 of the honorarium and so on.

9.1. The treasurer shall receive an allocation of \$150 for doing the Casino report, annual return and annual tax return if she or he decide to do so. If not, the club shall hire an accountant to do all the required reports.