

RPA CLUB AGREEMENT 9/21/2022 through 7/30/2023

Top Ten Focus Points:

Lose the excuses

Excel in your role

Always be on time

Display a strong positive attitude

Encourage team members – AN ABSOLUTE MUST!

Remain committed and focused

Bring effort and energy every week – We are not looking for 70% to 95% effort. We are only accepting 100% effort!!

Help and serve others

Improve and be coachable

Prepare to win

I promise to be committed to the Top Ten Focus Points throughout the entire season at RISE Performance Academy.

Athlete's Printed name: _____

Athlete's signature: _____

RESPECT AND HONOR

I promise to show respect and honor to all my coaches and Club Director at all times. I promise to listen when they are coaching and adhere to their professional advice and direction. I promise to utilize the training time to practice all of my volleyball drills and not waste time with side conversations and joking around. There is a time to practice and there is a time to have fun but I must always connect with my coaches to display a high level of professionalism and respect during practices and tournaments.

PARENT AND ATHLETE PRINTED NAME: _____

PARENT AND ATHLETE
SIGNATURE _____

COMMITMENT PROMISE

Two of our most valuable core values are commitment and teamwork. Quitting is not a core value that we accept and is NOT an option for our athletes. Quitting not only puts a financial burden on our programs but it also has a negative effect on the entire team and the individual. Please be sure you are 100% committed to participating and 100% committed financially in our RPA programs before accepting a position. We are building strong teams that will continue to play together for years to come.

I will commit to staying with my team for the entire competitive season. If I am approached by another club director, coach or recruiting representative, I will not disown my team. I will ask that the representative speak with my RPA Director Michael Torres with any questions or inquiries.

PARENT AND ATHLETE PRINTED NAME _____

PARENT - ATHLETE SIGNATURE _____

RPA POSITIVE CHARACTER REQUIREMENT

At RISE Performance Academy our teaching philosophy and teaching environment is positive, encouraging and motivating. Negative speech, thoughts and actions will not be accepted at RPA. We believe that our success comes from high quality teaching, proper volleyball techniques, strong strategy evaluation but it **MUST** be fused with positive character team building traits, encouraging teamwork and genuine concern and support for each member of RPA. I promise to display a positive character at all times and support all my team club members.

I promise to train, learn, obey and play with 100% dedication, focus, commitment to myself, my team and my coaches.

PARENT – ATHLETE PRINTED NAME _____

PARENT – ATHLETE SIGNATURE _____

RPA REBOUND REQUIREMENT

In every sport we play there will be times of disappointment. There will be times where we commit mistakes on the court. There will be times where we may be down several points during a set. There will be times of failure. These moments are part of life but they do not define us. At RPA we live up to our name. It is extremely important that during times of adversity, we must **RISE** up with a spirit of belief. We are asking every athlete to maintain a positive belief that they will triumph. Whenever you commit an error, we are asking our athletes to shake it off immediately and focus on performing the volleyball mechanics the correct way during the next opportunity. We are looking for athletes who are excited about rebounding (bouncing back) from committing errors and are enthusiastic about performing at a higher level. We want athletes who recognizes the important of positive thinking. We do not want to recruit players who are constantly down on themselves when they commit an error. We want to recruit athletes who believe in themselves and will not dwell on disappointments but instead be focus on advancing their skills. As a RISE team member, I promise to keep looking up, keep believing, continue to play and practice at a high level despite any set-backs or failures.

ATHLETE PRINTED NAME _____

ATHLETE SIGNATURE _____

COMMUNICATION REQUIREMENT

An essential element of any successful program is good consistent communication. The Club Director and coaches will have detailed information to share with all athletes and will be relayed via court training, emails, Zoom video conference and text messages. In order for the athlete to learn all the aspects of volleyball, it is imperative that this information is obtained, appreciated and applied. The game of volleyball is very complex

and utilize strategic formulas. Many times, these formulas will be conveyed via email and text messages. It is extremely important that our communication to the athletes is confirmed and that our athletes will respond to every form of communication. This also applies to communication regarding practice times, announcements, updates and event changes. I am committed to maintain a high level of communication to the RPA leadership team. I agree to the use of video recording to assist with athlete training and club marketing.

PARENT – ATHLETE PRINTED NAME: _____

PARENT – ATHLETE SIGNATURE: _____

AT HOME TRAINING

The ultimate display of commitment is to train beyond the volleyball court lines. The time allotted for volleyball training and court analysis is extremely important. But equally important is the volleyball training an athlete can partake in during the week. This dedicated training time at home will enhance the athlete's performance on and off the court. I promise to exercise at home the following exercise regimen:

Plyometrics, Dynamic stretching, speed drills, vertical jump exercises and other strength conditioning drills.

ATHLETE'S PRINTED NAME: _____

ATHLETES SIGNATURE: _____

PLAYING TIME

Playing time will be determined by four factors: Attitude, attendance, coach's strategy and athlete's skills. Attitude component will be the biggest contributor to playing time. As previously stated, a positive attitude is the foundation and drive behind RPA. Having a "I can" attitude and "we can" attitude supports the culture at RPA. We look for passion for the game and for life, strong teamwork, positive words that inspire the entire club and a forward progressive mindset.

Playing time will be granted to those volleyball players who are focused, energized **at every practice** and gives nothing less than 100% determination and effort at practice. In order for each player to be successful and learn all the components of volleyball, the athlete must attend each practice. If you have to be absent, please notify your team coach. In high end volleyball, coach's strategy plays a huge role in which a match is designed. There will be matches where substitutions are frequent. Other times the coach may decide to run a 6-player rotation. Every match is different and it is extremely important to trust your coach with designing the rotation line up for every match. Please remember that in professional volleyball sometimes the very best player on the team will be substituted due to coach's strategy.

Strong volleyball skills will play a role in court time but it must be combined with teamwork and a very positive attitude.

PARENT AND ATHLETES PRINTED NAME:

PARENT AND ATHLETES SIGNATURE:

REFUNDS

I fully understand there will be no refunds, unless a player is injured and such injury prevents the athlete from participating in the club season for one month. In that event, the refund will be paid at the conclusion of the club season provided the athlete did not participate in any other physical activity during the club season such as interscholastic or recreational activities. RPA will refund a prorated amount of the tuition less the initial non-refundable down payment. The majority of the registration fee is utilized to pay for the facility training space and time, athlete training gear, training equipment and tournament reservation therefore refunds cannot be issued due to these tremendous financial obligations.

PARENT PRINTED NAME: _____

PARENT SIGNATURE: _____

CONFLICT RESOLUTION

RPA believes in a 24 hour cool down period. If there is an issue at a tournament or practice, please set up an appointment or call the coach only after the 24-hour period. NEVER confront any coach at a tournament about playing time or coaching strategies or techniques.

When an issue arises, we believe in following a chain of command. If there is an issue, please speak to the coach first. If you're still not satisfied, then we (coach, parent, and in some instance the athlete) will meet together. Should the issue still not be resolved, parents or guardian may request a meeting with the RPA Director to help come to a fair and honest resolution. All decisions made at this point will be made by the RPA Director with the input of the athletes, parents, coaches, and witnesses. The use of inappropriate language will never be tolerated. To do either of the above is reason for immediate dismissal from attending practices or events.

PARENT – ATHLETE PRINTED NAME: _____

PARENT - ATHLETE SIGNATURE: _____

LIABILITY WAIVER

I agree that the coaches, club, and facilities used shall not be liable for any damages arising from personal injuries sustained by my daughter or her guest(s) in, on or about the premises of the facilities and further agree that the coaches, club, and facilities shall not be liable for any loss or theft of personal property. In the event of an injury my daughter will immediately notify a coach and no legal action will be taken against the coaches, club, or facilities used.

My daughter is in good physical condition and has no disability, impairment or ailment that prevents her from engaging in active or passive exercise that will be detrimental and inimical to her health, safety, comfort or physical condition if she does so engage or participate.

PARENT PRINTED NAME _____

PARENT SIGNATURE _____

2 WEEK FULL ACCEPTANCE PERIOD

Within the first two weeks of being accepted onto the RISE competitive team, the athlete will undergo a 2-week evaluation period to confirm if they are honoring our 10 Focus Points, practicing at a strong acceptable level and displaying full commitment to themselves and to their team. When an athlete is performing at top level we will continue to train and compete with intensity, passion and connectivity. If an athlete is not honoring our 10 Focus points and not putting forth 100% effort into practice, they will be asked to resign from the RISE competitive team. A refund will be issued minus the \$500 non-refundable deposit.

PARENT AND ATHLETE PRINTED NAMES:

PARENT AND ATHLETE SIGNATURE:

RPA FINANCIAL AGREEMENT

I accept the position for my daughter on the _____ team and understand that I am responsible for full payment of tuition. I understand there will be no refunds, unless a player is injured and such injury prevents the athlete from participating in the club season for more than 1 month. In that event, the refund will be paid at the conclusion of the club season provided the athlete did not participate in any other physical activity during the club season such as interscholastic or recreational activities. RPA will refund a prorated amount of the tuition less the initial non-refundable down payment. I understand that failure to fulfil my financial obligation may result in athlete suspension from practices and tournaments until the payments have been made; or dismissal from RISE Performance Academy.

I, _____ (parent) agree to pay the sum of \$ _____

by 11/15/2022, for _____ (athlete) RISE Performance Academy Registration.

Failure to fulfill the financial commitment of this form will result in permanent suspension from the club. If I am paying my registration per month, I promise to set up automatic credit card payment every month until balance is paid in full.

Parent Printed name _____

Parent Signature _____

Date _____

Club Name: RPA (RISE Performance Academy)

Team Name: RISE

The meaning of our team's name: We rise above negativity, we rise above mediocracy, we rise above self-doubt. We rise to reach a high level of excellence.

The way we train: "Beastmode" – Going all out, 100% effort and energy, no stopping us attitude!