

## **Alamo Sports Foundation**

### **Viper Volleyball**

### **Parents Handout**

### **2011 Season**

Welcome to The Alamo Sports Foundation's Viper Volleyball Program. Herein, we'll address our organizational purpose and structure as well as your time commitments and financial obligations for our upcoming season.

**Purpose:** The Alamo Sports Foundation is dedicated to the philosophy of **building character through sports**. The purpose of the Viper Volleyball Program is to:

1. Build self-esteem and self-confidence.
2. Teach problem-solving and decision-making skills.
3. Teach self-discipline, teamwork, and the concept of "team volleyball."
4. Improve each individual's volleyball skills.
5. Develop a life-long interest in volleyball.

#### **Staff Introductions:**

John Kimmel	Executive Director
Dave Hawk	Director of Coaches
Melinda Kostek	Business Manager
Mickey Gayler	Corporate Attorney
Dr. Keith Markey Expert	Medical Advisor, Orthopedic Surgeon; Sports Medicine
Dr. Allan Gratia	Medical Advisor, Sports Medicine Expert
Coaches	Individual coaches for each team will be available at try-outs.

Our website is [www.clubviper.net](http://www.clubviper.net). Later this year, Parents and players will be asked to create an account so we can use this web site to help keep informed of all club activities.

**Alamo Sports Foundation Volleyball Program Structure:** We are organized into three divisions: Viper Academy, Viper Select and Viper Elite. The differences between the divisions are based primarily on demonstrated and evaluated skill level, the expected level of competition for the players and the dedication and motivation of the player. The Academy is designed to teach and improve on skills with through instruction and practice; Viper Select focuses on the further development of fundamental and team skills; whereas Viper Elite is built on the idea that many players have fundamental individual skills and have the desire to practice and play in a more competitive environment. **Viper Elite is a performance-driven team.**

**Viper Academy (Momentum)  
Developing and Training Volleyball Players  
Ages 8 through 13**

Viper Academy is an alternative to the traditional volleyball club in that our focus is entirely on introducing, developing and improving the skills of the player without the cost and issues of playing in tournaments.

This level is designed for those 8 through 13 who are new to volleyball or may have played some volleyball (such as YMCA or CYO), who are not yet ready for the demands of club volleyball, and who may want to be part of a club. Many parents may not be sure club is the right place for their daughter and cost is a major factor. This group will practice once or twice a week depending on available court time and scrimmage with like groups. The season runs from early December through the end of March. Cost is \$875 per player.

**Viper Select**

Viper Select is a traditional club organization with two levels: local and travel. Generally this is for players of intermediate skills who wish to play volleyball and perhaps be involved in couple of other activities.

**Local:** We expect these players to know the fundamentals of the game and be able to demonstrate an early intermediate to intermediate-level skill set. This is a step up from our Volleyball Academy Program. These teams will play in 8 or 9 tournaments and will end their season in late March. We offer this team level to those players and parents who want to play but who have less time to devote to volleyball or who are looking for an economic way to play club ball. Our goal is to put 10 to 12 players on a team, focus on

developing each player's skill set, and teach the aspects of team volleyball. Viper does not put these teams in tournaments that require an overnight stay. **Our emphasis is on improving skills and developing the fundamentals necessary to enjoy the game and to compete.** The cost per player is \$1350.

**Regional:** Players on regional teams will possess early intermediate, intermediate or advanced skills of volleyball as well as the right attitude (to learn, to be a team-player) and the right aptitude (to change; to listen to the coach). We anticipate the number of tournaments will range from 10 to 12: at least four multi-day events; three of which will be out of town trips with overnight stays. The season will end in early May at the Regional championship tournament. Our goal is to put 10 to 12 players on a team, focus on developing each player's skill set, and teach the aspects of team volleyball. We enter these teams in the second or third division of some tournaments where they should be evenly competitive. With the right dynamics and attitude, this team could advance to an Elite team.

**This level of our club will concentrate on "team volleyball": fielding the most competitive team possible while focusing on tactics and strategy. Players will compete to earn and to retain their positions on the team; some players may have limited court time during tournaments.** Regional teams are tentatively scheduled to play in the Alamo City Classic (SA), MLK Challenge (SA), President's Cup (SA), Cross Court (Houston), the Lone Star Classic (Dallas or Houston) and the Lone Star Regional tournament (Austin). The cost per player is \$2400.

### **Viper Elite**

Viper Elite is our most competitive club level. Generally, these players demonstrate intermediate to advanced skills, show a passionate commitment to playing volleyball above other activities, and wish to be involved with others who continually work hard. All Elite players understand that volleyball is a team sport where everyone has a role and contributes to the success of the team regardless of whether they start or even play during tournaments.

We anticipate the number of tournaments your daughter will play in will range from 12 to 14: at least four multi-day events; three of which will be out of town trips with overnight stays. Our goal is to put 10 to 12 players on a team, focus on improving each player's skill set, teaching tactics and strategies, and teaching the aspects of team volleyball. We enter these teams in the first or second division of most tournaments where we believe Viper Elite will be competitive.

**As with our Regional teams, this level of our club will concentrate on "team volleyball": fielding the most competitive team possible while focusing on tactics and strategy. Players will compete to earn and to retain their positions**

**on the team; some players will have limited court time during tournaments.**

Elite teams are tentatively scheduled to play in the Alamo City Classic (SA), MLK Challenge (SA), President's Cup (Dallas) (or a tournament in the mid-west), Cross Court (Houston), the Lone Star Classic (Dallas or Houston), and the Lone Star Regional tournament (Austin). This team may also participate in the Tour of Texas and will end its season at the AAU National Tournament in June 2011 in Orlando, Florida. We choose this tournament as an ending tournament so that families can make arrangements early. If we try and compete for the USAV National tournament we might not qualify and/or families may not be able to adjust their summer schedule. Cost for this team is \$2975.

### **General Information**

**Practices: Our practices are CLOSED to the parents.** We do this to reduce the distractions that come with parents watching. Parents may come watch the last 15 minutes of practice; but we asked that you drop your child off and then come back to pick them up. Generally, each team will practice twice a week. The Elite teams will be scheduled to practice on Sunday plus twice a week; if they play on Sunday that will count as their Sunday practice. In December, we may have more practices than twice a week because the gyms are more available; in January and February the gym space is less available. If for some reason we miss a practice we will do our level best to make up that practice as soon as we can. **Players are expected to attend every practice; missing practice will have consequences.**

**November and December Practice:** Over last few years as our season starts, we have noticed an increase in the number of players who are fatigued, injured, or less than enthusiastic. We believe that this overall condition is related to the players not having sufficient down time to heal, to rest, to recoup physically, mentally, and emotionally. If you will look at the typical volleyball schedule of a player, you find that from August through the end of October she is playing in school. In November she starts her club season which runs until May (or July). In the summer she attends two to four volleyball camps and then starts her school season all over again.

We all need to remember that these young athletes are still growing and require rest as well as down time. For this reason, Viper Volleyball chooses not to conduct full practices until the Monday after Thanksgiving. We may also choose to have low-impact training during the first two to three weeks of December. This simply means that when the girls come to practice we may conduct team building exercises, discuss volleyball, learn about nutrition, study our offense and defense, and meet with a sports psychologist.

**Extending the Season:** For the last several years, teams have wanted to extend their season. To accommodate these requests, if the parents of a team wish to extend the team's season, the team parent will need to schedule a meeting with the Executive Director and at least one parent of each player. This meeting needs to happen before Feb 15th so appropriate adjustments and entry fees can be made.

**Tournament Schedules:** In early December, we will provide you with a tournament schedule. We reserve the right to adjust this schedule as necessary based upon team preparedness, player commitment, tuition payment receipts, and unforeseen circumstances. In the event a tournament is missed or cancelled, we will make every reasonable effort to replace it. If we cannot replace the tournament, we cannot issue a refund or a discount as tournament cancellations are beyond our control. Generally tournaments are cancelled when an age group does not have enough teams committed to the tournament.

**Time Commitments:** Players must attend practices and tournaments. Please adjust your personal schedules to meet these requirements. Failure to attend practice and/or tournaments will most likely result in decreased playing time. Additionally, for all teams, we expect our players to maintain at least a "B" average in their studies. Keeping up with the academic work is as important as playing volleyball.

**Travel and Lodging:** the Club covers the lodging for the coaches only. Parents are responsible for their lodging and the lodging of their player(s). The parents are also responsible for all transportation expenses for their daughter. Viper Volleyball does not pay for or schedule the player's transportation.

**Team Parent:** We ask that each team have a team parent who serves as the representative for that team. Generally, this parent is responsible for club communication, arranging and managing the food/snacks, and communicating issues with the club staff. Teams that travel may wish to have a travel coordinator in addition to a team parent.

**Fees:** Fees cover the cost of running the club: uniforms (not including shoes), coaches' salaries, court rental, USAV registration and associated fees, volleyballs, tournament entry fees, administrative costs, and other ancillary costs.

**Financial Obligations:** Alamo Sports Foundation, like any other business, runs on having sufficient funds and the proper cash flow. Your payments are due in full and on-time. Payment is due on the 1<sup>st</sup> of the month and is late on the 5<sup>th</sup>. Failure to meet these obligations will result in the affected player losing the privileges to practice and to play in tournaments until your account is current. **If you join Viper Volleyball, you are committed to pay the entire annual club fee. Checks or money orders must be made out to Alamo Sports Foundation and mailed to 9415 Marsh Creek San Antonio, TX 78250-3259.** You may pay via credit card. If so, please contact Melinda Kostek. **Please do NOT give payments to our coaches.**

**Fundraisers:** Currently, Viper Volleyball does not conduct any fundraisers. We are constantly looking to see if we can find something that helps each player as well as the club. In the past, our parents have not wished to participate in fundraisers as they are involved with all of the ones at school.

**Tryouts and Team Formation:** Essentially our tryouts are an assessment of current skills; an identification of playing potential; a brief look at court movement and court sense; and a short look at attitude, desire, and dedication. At the end of each general try-out session, we will give the player and parent(s) a verbal report on our honest assessment and where in our club she or he would play. Our goal is to put 10 to 12 players on each team. Our experience has shown that a team with fewer than 10 players cannot sustain itself during the six-month club season.

The Director of Coaches and his staff will make specific team coaching assignments at a time most beneficial to the operation of a club. We do not promise any player that she may play for a specific coach as we do not promise coaches that they may coach a specific team or age group. Our goal is to line up the right players on the right team with the right coach.

Viper will schedule a time for equipment disbursement; for parents to complete necessary paperwork; and for team and individual photos. Although subject to change, our paperwork and uniform try-on sessions will be in November just before Thanksgiving vacation. The specific times and location will be announced later.

**Meaningful playing time:** Please remember, you are not “paying to play” you are paying for instruction, skill development and training. Meaningful playing time does not mean equal playing time. However, early in the season we highly encourage our coaches to play everyone as much as possible so that by mid-February our coaches can establish the best possible rotation for the team. Our coaches have the discretion of playing their most productive and effective team members. Playing time is also influenced by practice attendance, timeliness, attitude, work ethic and the status of club dues.

**Conduct:** At all tournament events we expect our staff, coaches, players and parents to display respect, sportsmanship and dignity regardless of the results of play, the conditions of play or the efforts and behavior of others. Additionally, during all tournaments we expect the players to stay together, to eat together and hang out together as a team. We have found that this helps build a team; without this social connection we simply do not have a team. We ask that the parents work with us on these team building areas: this is one of the great benefits of club sports!

During all overnight trips, supervision of the players is the responsibility of the parents. During these out of town trips, the head coach may establish a curfew, have a meeting or conduct some team building exercises. We expect the parents to support these activities. In any case, inappropriate behavior will not be tolerated and players who violate this policy will be sent home and may be dismissed from the club.

**Issues:** Parents are strictly forbidden to discuss issues with a coach during tournament play. If your child has an issue with her team or coach, she must first address that issue with her coach. This is one of the ways we can help the girls learn

responsibility. To help our players become responsible adults, we ask that the players take control of their own situation. If the parent gets involved too soon, the player has lost the opportunity to learn, to grow and to mature. If a parent has issues about a coach or his or her child, speak with Coach Hawk, our Director of Coaches. If, after talking with Coach Hawk, you feel as though you were not completely understood, then ask Coach Hawk to set up a meeting with you and the Executive Director. Again, if you have an issue or concern with one of our coaches, such as your child's playing time, the procedure is to discuss the issue with Coach Dave Hawk and not with the team's coach. If needed, Coach Hawk will set up an appointment with the appropriate people to discuss the issue.

**End of Season:** We encourage each team to have an end of season gathering where the parents, coaches and players may share some stories and end the season positively. The club will host an end of season banquet currently planned for early May. For members of Viper Volleyball your tuition pays for a player and two guests; for members of the Viper Academy, you may purchase tickets for this event at \$50 each. Our banquet is a dress-up affair where the ladies wear 'after five' type dresses and the gentlemen wear a jacket (with tie) and dress slacks.

**Tuition:** For the Viper Academy, tuition is \$875; for the Viper Select Local teams: \$1350; for the Viper Select Regional teams: \$2400; and for Viper Elite teams: \$2975. All tuition is due in full. To accommodate this expense, we offer an early payment discount, discounts for multiple children (same parents) in club, and a monthly payment system. You may pay by check, cash or credit card. Each parent will be given their own payment schedule after they make their initial payment. **Specific payment schedules will be attached to this document.**

**Refunds:** All payments made to **Alamo Sports Foundation** (Viper Volleyball) are **non-refundable**.