

# MAVBC Binder for 2010-2011 Season

[www.mavbc.org](http://www.mavbc.org)

## I. Our Mission

Metro American Volleyball Club of Washington, DC is a nationally prominent volleyball program dedicated to providing young athletes and coaches with the opportunity to grow intellectually and mature emotionally through the competitive sport of volleyball. Our desire is to promote leadership and identify roles in each individual that foster a sense of teamwork.

We, the coaches, athletes, parents and other members of Metro American Volleyball Club, want to be associated with THIS CLUB to share the mission of creating and supporting a program that has a profoundly positive effect on young athletes within the context of competitive volleyball. We help young athletes develop “life skills” by teaching them to set difficult, but achievable goals. We assist young athletes in achieving these goals by fostering in them and in ourselves a personal commitment to support each other and work as a team, which requires diligence, perseverance, and discipline. We recognize that all the coaches, athletes, parents and members benefit from being committed to a progressive club that has a continuity of purpose and that pursues excellence.

***WE PLEDGE TO DO WHATEVER IT TAKES TO CREATE AND SUPPORT SUCH A PROGRAM!***

## II. Club Volleyball Overview

Club volleyball has become a phenomenon, providing the community’s athletes a chance to refine their volleyball skills and compete in an organized fashion at local, state and national levels. A club program may be comprised of one team or several teams at different age levels (10-18 years old). Most club volleyball programs compete from January through May, with post-season (National Championship) play continuing through early July.

Metro American VBC (MAVBC) is affiliated with USA Volleyball (USAV) as a member of the USAV Chesapeake Region. The Chesapeake Region is a member of USAV and oversees junior volleyball coordination within its region. USAV is the National Governing Body for the sport of volleyball in the United States and is recognized by the

Federation International de Volleyball (FIVB) and the United States Olympic Committee. USAV, through its Rules Interpreter implements FIVB rules for its members. USA Volleyball hosts the prestigious US Junior Olympic Volleyball Championships, which many clubs strive to qualify for throughout their club season.

Metro American Volleyball Club serves the volleyball community in Washington, DC and the surrounding metropolitan area. Over the past years, the name “Metro American” has consistently remained a highly competitive junior club impacting the USA National Team, the Chesapeake Region, and numerous colleges and universities throughout the country. Since its inception, the club has had numerous athletes attend some the most prestigious colleges and universities in the country on a volleyball scholarship.

### **III. Collegiate Scholarships**

Not all club volleyball players aspire to play in college. However, for those who do want to play beyond high school, Metro American VBC provides the opportunity to develop the discipline and skills necessary to compete at the collegiate level. As part of our responsibility to our athletes, MAVBC assists in targeting the appropriate school to fit the needs of the individual player. Barry Goldberg, Director of MAVBC and Head Women’s Volleyball Coach at American University, has over 20 years of Division I Head Coaching experience. The collegiate coaching network he is a part of is an invaluable resource for every Metro American volleyball player. However, the choice of which school an athlete should attend has to be the sole decision of the player and their family, based on academics, as well as the competitive level of the volleyball program. We are here to advise and assist you, not to make the decision for you.

### **IV. History of College Attendance**

We are proud to currently have over 50 athletes in many fine programs across the country. Metro American’s history is a credit to the athletes, their families and the coaching staff. It encompasses hours of hard work and dedication. The following list is of very diverse colleges and universities that have been selected by our Alumni. **\*\*\*2011 and 2010 are listed below, however, previous years are listed on our website under “College Recruits”\*\*\***

## 2010 & 2011 MAVBC College Commitments

▼Player	↕Team	Grad Yr	↕College
<b>Ashley Higginbotham</b>	18 Travel	2011	Charleston Southern University
<b>Brooke Kelley</b>	18Travel	2011	Campbell University
<b>Francesca Emanuele</b>	18 Travel	2011	Naval Academy
<b>Isabel Eberstadt</b>	17 Travel	2011	Catholic University
<b>Kathryn Caine</b>	18Travel	2011	Virginia Tech University
<b>Maeve Drummey</b>	18 Travel	2011	Naval Academy
<b>Meagan Lagerlef</b>	18 Travel	2011	Howard University
<b>Rebecca Jones</b>	18 Travel	2011	Marist College
<b>Sara Rishell</b>	18Travel	2011	American University
<b>Stephanie Minite</b>	18 Travel	2011	George Mason University
<b>Stephanie Shultis</b>	18 Travel	2011	Howard University
<b>Tiffany Connatser</b>	18Travel	2011	Temple University
<b>Victoria Janowski</b>	18Travel	2011	University of Virginia
<b>Maya Louis</b>	18Travel	2010	North Carolina A & T
<b>Jessica Egan</b>	18Travel	2010	Florida International University
<b>Megan Kent</b>	18Travel	2010	University of South Carolina
<b>Kelly Rosenberg</b>	18Travel	2010	University of Rhode Island
<b>Mariel Schofield</b>	18 Travel	2010	University of Miami
<b>Robin Marsala</b>	18Travel	2010	West Texas A&M
<b>Jessica Warner</b>	18Travel	2010	Virginia Commonwealth University
<b>Seth Sullivan</b>	18North	2010	Edinboro University

## V. Management

### **Barry Goldberg- *Director***

One of the finest coaches in the nation, Barry Goldberg is in his 23rd season as the head coach of the American University volleyball program with a record of (545-203). Responsible for the dramatic rise of the program, he has established the team as a domineering power in the Patriot League. On September 12th, 2009, Goldberg became the 25th active coach and 43rd all time to reach the 500 win milestone. He has amassed a 136-6 Patriot League record over the past ten seasons, earning 11 NCAA Tournament berths in the last 13 years. Goldberg's squad has captured 11 of the past 14 conference titles.

A native of Pittsburgh, Pa., Goldberg is a 1984 graduate of the University of Pittsburgh with a bachelor's degree in Communication and Rhetoric. He went on to receive his master's in Counseling Education in 1986 from Pittsburgh. A standout on the court, Goldberg was captain of the men's varsity volleyball team at Pittsburgh that finished with a national ranking of 13th in 1983. From 1985-86, Goldberg was the assistant women's volleyball coach for his alma mater. In 1987, he came to Washington, DC as the coach of the Capital Volleyball Club where all of the players he coached secured scholarships at Division I institutions. In 1988, before being hired at American, Goldberg was the assistant coach at Georgetown University.

In 12 seasons in the Colonial Athletic Association, before AU joined the Patriot League, Goldberg coached 36 players to All-CAA teams, including 20 All-CAA First Team selections, two CAA Championships MVP accolades, and a CAA Rookie of the Year winner. Goldberg has also coached three GTE/Academic All-Americans and three American University Student-Athletes of the Year. Five of his student-athletes have been named Verizon District II Academic All-Americans. He has produced 31 All-Patriot League selections in seven years and six Patriot League Volleyball Player of the Year recipients.

In the fall of 2002, Goldberg became Director of Metro American VBC. Under his direction, MAVBC has grown from 5 teams in Washington, DC, to over 15 teams in the metropolitan area.

Along the way to the top, Goldberg has worked with several prestigious volleyball camps and committees. In 1997, for example, he was the United States representative, along with the Tampa Bay Juniors Volleyball Club, at a four-nation international camp in Europe. Elite junior national teams from Switzerland, Slovakia, and the Czech Republic hosted the camp. During his summers, Goldberg conducts summer camps on the campus of American University. He has also held seminars in the National Mizuno Coaching

Clinic Series and is a voting member of the national AVCA/USA Today Top-25 Coaches Poll. He lives in Maryland with his wife, Bonnie; daughter, Arielle, who attends the University of Pacific; son, Jared, who plays volleyball at Grand Canyon University and son, Mitchell.

**Bonnie Goldberg – Associate Director**

Bonnie Goldberg has been involved with MAVBC since 2003. She has coached the 14's team in the past and is currently the Assistant Director for MAVBC. Bonnie also has plenty of experience coaching other teams including: as a Player/Coach in Kussnacht Volleyball Club in Switzerland (1987-1988), Assistant Coach for Georgetown University (1988-1989), Assistant Coach for American University (1989-1992), and is also currently the Assistant Director of American Volleyball Camps and the Capitol Hill Volleyball Classic.

Bonnie began her volleyball career at Northeastern Clinton High School (1978-1981) in Champlain, New York where she was a 4 year varsity player for volleyball, basketball and softball.

She then continued on to play for American University (1981) and Eastern Michigan University (1982-1986) where she was team captain and also Mid American All Conference player. She was also a professional player for Kussnacht Volleyball Club in Kussnacht, Switzerland. She earned her a BS in Physical Education and a BS in Psychology and also went on to earn an MS in Health Fitness Management from American University.

Bonnie is married to Barry and has one daughter, Arielle; son, Jared, who plays volleyball at the Grand Canyon University; and son, Mitchell.

**Mike Petock - Southern Region Director**

Mike Petock has been with Metro American Volleyball Club since 2007. He has coached with our 17 Travel team and our 18 South team. Over the past 3 seasons Mike has taken over the role as the Southern Region Director. We at MAVBC are very excited about the progress and success the Southern Region has shown in that time.

Outside of MAVBC, Mike has an impressive list of coaching and overall volleyball experience. Currently, he is a high school volleyball referee for the Quantico Volleyball Officials Association in Northern Virginia. Mike successfully completed a 3-year run as the head coach of Episcopal High School in 2010. Prior to that, he was also an Assistant Coach at American University, a Head Coach with Clash Volleyball Club, and a Head

Coach at Woodbridge Senior High School. In 2001/2002, Mike was also one of two head coaches for a DC Pro Women's Volleyball Tour.

Mike began his volleyball career at Kenmore West Senior High School in New York. During that time, Mike was also an outside hitter for the Western NY high school All-Star team that competed and won the Empire State Games Gold Medal. He then went on to play for the University of Pittsburgh Men's Volleyball team. He was a setter and an outside hitter for the team, of which he captained, that reached a National Top 20 Ranking.

### **Silvia Johnson - *Director of Coaches***

Silvia (Panak) Johnson is currently in her 6th year as the head coach of the Metro American VBC 18 Travel team. Silvia served as the assistant coach for American University along side head coach, Barry Goldberg. During her time with the Eagles, AU won 5 conference championships and qualified for the NCAA tournament 5 times. Johnson played her junior and senior years for American University, winning the Colonial Athletic Association (CAA) Championship both years. She was named team MVP in 1999 and American University Scholar-Athlete of the Year in 2000. A two-time All-CAA selection, Johnson was ranked among the NCAA leaders in aces in both of her seasons at American. Before transferring to American, Johnson played for Long Beach State and was a part of the undefeated 1998 NCAA Championship team. Johnson still holds the school record for most assists in a match at 75, which she accomplished twice in her career. She is the career leader at AU for assists per game and is eighth all-time in aces per game.

In her first year as head coach of the 18 Travel team (2007), her team racked up some amazing credentials: undefeated in the Region in all tournaments, Regional champions, 3rd Place at the Villanova Tournament, 2nd place at the Capitol Hill Classic, 5th Place at the Colorado Crossroads tournament, 11th place in the Open division in the Atlanta Big South tournament, 3rd place at the KIVA tournament, qualified for the Junior Olympics at the National level, and finished 54th in the nation out of thousands of teams in the 18U division. In 2008, her team once again went undefeated in the Region in all tournaments, Regional Champions, 2nd place at the Capitol Hill Classic, 3rd place at the North East Qualifier, 9th place at Colorado Crossroads, and qualified for the Junior Olympics at the National level. Silvia followed up 2009 with another successful year. The 2010 season ended with a National Bid where along the way in the tournament, they defeated both the tournament's eventual champion and runner-up to make a strong case for being considered among the nation's best. The crowning success, however, came last year (2011) when Silvia took her team to Nationals as the first ever 18's Open Bid in the Chesapeake Region. As a testimony to Silvia's drive and knowledge as a head coach, all of her players have gone on to play volleyball in college.

Silvia currently resides in Frederick, Md. with her husband, Winfred and their two daughters, Tatiana and Natalia.

**Gina McCabe - *Administrative Assistant***

Gina McCabe is currently in her 6th year working with the Metro American Volleyball Club as their administrative assistant.

Gina grew up in Green Bay, Wisconsin where she attended Preble High School. She was an All-State middle hitter and led her team her senior year to a State Championship. She then went on to play for Division 1 - University of Wisconsin, Green Bay as a middle and right side hitter. Gina is still in the record books at UWGB in many categories. She graduated with an elementary/middle education degree with a minor in mathematics.

Gina then went on to teach 7th grade math at Hortonville Middle School while also serving as the head Junior Varsity/Assistant Varsity coach at Preble High School, before moving to the Maryland area.

Gina is married to Mathew (MAVBC's webmaster) and has four children.

## **VI. Coaching Staff**

A good coaching staff is an essential component in the ongoing effort to fulfill our Mission Statement and place our teams among the top contenders regionally and nationally. MAVBC has one of the most exceptional, educated, professional coaching staffs of any club volleyball program in the Chesapeake region. We require each coach to attend educational sessions for the purpose of creating common techniques of coaching. Numerous local school and university programs are represented by the MAVBC staff as well as many former and current Division I volleyball players.

A current listing of our coaches for the North, Central, South and Travel teams is listed on our website at [www.mavbc.org](http://www.mavbc.org).

## VII. Resources

The following websites, organizations and publications may assist in answering any additional questions you have about volleyball.

### EQUIPMENT

[www.underarmour.org](http://www.underarmour.org) – the official sponsor of MAVBC

### INFORMATION

[www.mavbc.org](http://www.mavbc.org) – official website of Metro American VBC.

[www.americanvolleyballcamps.com](http://www.americanvolleyballcamps.com) - Summer volleyball camp on the campus American University

[www.chrva.org](http://www.chrva.org) (click on juniors) – Chesapeake region directory, tournament lists, juniors updates.

[www.usavolleyball.org](http://www.usavolleyball.org) – national calendar of events, other region’s contact info, national teams, junior and youth national teams, national championships.

[www.avca.org](http://www.avca.org) – American Volleyball Coaches Association.

[www.volleycentral.com](http://www.volleycentral.com) – volleyball news and results: junior, collegiate, international.

[www.ncaa.org](http://www.ncaa.org) – NCAA policies and clearinghouse

## VIII. Tryouts and Team Selections

Each year we evaluate a large number of athletes during tryouts. Some athletes have extensive playing experience while others do not. Athletes are evaluated for skill execution, as well as athletic capabilities and potential. We select athletes for teams based on the following non-prioritized criteria: athletic ability for volleyball, athletic potential, work ethic, drive, willingness to be coached, competitive attitude, and specific volleyball skills.

Every athlete in the club is evaluated each year. Each athlete must come to the tryouts ready to compete (an athlete with a limiting physical or medical condition should talk to the Staff or Head Coach prior to the start of the tryout period). Players should never assume that because they were previously on a travel team that they will automatically be selected to a travel team the next year. We select athletes for travel teams because they show the ability or potential to help those teams compete successfully at the national level.

**\*\*\*You will need to register with Metro American Volleyball Club AND USAV before you are able to attend tryouts. Please see the “Tryout Page” on our website for a complete description of the necessary steps that need to be taken before trying out.**

## IX. Types of Teams

**Regional teams** – practice 2x per week, compete in approximately 6 tournaments within the Chesapeake region, play in Regionals, and may compete in one overnight tournament. The season runs from December through May.

**Travel teams** – practice 3-4x per week, compete in 2-4 regional tournaments, 2-4 nationally recognized tournaments, 2 National Qualifiers, and Junior Olympic Nationals in Columbus, Ohio and/or AAU National Championships in Orlando, FL

## X. Team Comparison Chart

	Travel Teams	Regional Teams
Age Divisions	<i>14,15,16, 17, 18</i>	<i>12-18</i>
Approximate roster size	<i>10-12</i>	<i>10-12</i>
Approximate practice hrs/week	<i>6-8</i>	<i>3-4</i>
Practice days per week	<i>3-4</i>	<i>2</i>
Overnight Tournaments	<i>5-7</i>	<i>1</i>

## XI. The Multi-Sport Athlete

Many players in the club are multi-sport athletes who compete in two or more sports at one time. Conflicts are to be worked out well in advance with your coach. However, for our club Travel teams, we expect Metro American VBC to be your first priority for all non-school related activities.

We DO NOT discourage travel team athletes from participating in another sport during our season; however, it is important to be aware of the physical demands and the time commitments required of these athletes. Safe participation is a primary concern. Injuries are much more common among athletes who participate in more than one sport at a time. We have placed many athletes on travel teams who play another sport and do believe in the idea of cross training. However, each athlete needs to be aware of her own limitations in order to stay strong and injury free.

## **XII. Team Practices**

- \* Practice facility locations for each region/team can be found on our website.
- \* All practices are open for anyone to attend. Observers are asked to do just that...OBSERVE. Coaching suggestions made from spectators will not be welcome. The Metro American coaches will have authority to ask anyone to leave who is disruptive to the progress of the practice session.
- The practice schedule for December-March is different from April-June due to school gym conflicts. You should **ALWAYS** be in contact with your team captains and coaches before going to practice in case of any last minute changes.
- All regular season team practices will conclude by Memorial Day weekend. All teams that have qualified to attend the US Junior Olympic National Championship in Columbus, Ohio or are going to the AAU National Championship in Orlando, FL will continue to practice through June. Updated practice schedules for those teams (May/June) will be posted on the website. Players on a team participating in Junior Olympics or AAU Championships are expected to attend all of the pre-tournament practices.

## **XIII. Practice Policies**

Practices begin at the scheduled start time. Players' "practice prep" (shoes, kneepads, ankle braces, taping, hair, etc...) should all be in place and complete by the scheduled start time. This includes bathroom issues.

***If an athlete cannot be at practice, the athlete must call the coach.*** It is the athlete's responsibility (not the parent's) to reach the coach before the practice starts. The athlete must contact the coach directly at his/her home/work/or cell phone number.

Injured athletes who can attend school are expected to attend practice, even if they cannot physically participate in practice, to support their team and be available to help where they can.

## **XIV. Uniforms**

(Required uniform packages and their prices will be made available to each team, since the packages differ between Regional and Travel and also between age divisions.)

All athletes are required to purchase specific Metro American VBC uniform gear and equipment. The type of team you are on will determine the requirements (regional vs. travel).

Metro American VBC is a “prototype” volleyball club with Under Armour. We are the only club in the Northeast, and one of only 12 clubs in the country, to be sponsored by Under Armour. We are in our third year of a three year rotation with this particular set of uniforms.

If, during the course of the season, any piece of an athlete’s uniform or equipment becomes lost or damaged, it must be replaced immediately.

(Requirements may change from year to year based on supplier availability. There is no guarantee that a uniform piece will remain an approved garment for your entire Metro American career.)

## **XV. Financial Information: Participation Dues**

<b>Regional Team Rates and Info</b>					
<b>Age Group</b>	<b># of Play Dates</b>	<b>Total</b>	<b>Deposit</b>	<b>Due on 2/01/12</b>	<b>Due on 3/01/12</b>
15/16's	2x/Week	\$1300+ 1 overnight trip	\$700	\$300	\$300
13/14's	2x/Week	\$1100 + 1 overnight trip	\$500	\$300	\$300
12's	2x/Week	\$600+ 1 overnight trip	\$300	\$150	\$150

<b>Travel Team Rates and Info</b>					
<b>Age Group</b>	<b># of Play Dates</b>	<b>Total</b>	<b>Deposit</b>	<b>Due on 2/01/12</b>	<b>Due on 3/01/12</b>
17/18's	3x/Week	\$2300 + travel	\$1300	\$500	\$500
15/16's	3x/Week	\$2100 + travel	\$1100	\$500	\$500
14's	3x/Week	\$1800 + travel	\$1000	\$400	\$400

## **XVI. Travel Fees**

Travel fees are additional fees paid by all Travel Team members to cover the expenses of traveling out of state. Fees will include:

- Airline ticket
- Hotel expenses
- Ground transportation including gas, insurance, tolls and parking.
- Coaches expenses (hotel, airfare, food)

Please note, trip fees are calculated by the total expense of the trip, divided by the number of athletes on the team. For that reason, it is important to know MONTHS IN ADVANCE if the athlete has a conflict with a scheduled trip. *If for some reason you do not travel (illness or injury), and the trip fee has already been published, you will still be responsible to pay the fee.*

## **XVII. Other Fees**

Uniform fees are charged separately from club fees and travel fees. The uniform requirements for regional and travel teams differ. Refer to the Uniform Section of this manual.

## **XVIII. Payment Responsibilities**

No athlete will be allowed to participate during the current season unless fees from the previous year have been paid in full.

An athlete whose account becomes delinquent during the current season may be denied the privilege of playing in a tournament and/or asked to sit out a practice until the account is paid or arrangements are made for restitution.

A player remains obligated for payment if they terminate their contract with MAVBC. Extenuating circumstances will be considered and costs prorated accordingly. Examples of extenuating circumstances would be moving out of the state, serious illness or injury. Costs such as USAV player registration and uniform purchase cannot be refunded. Prorated costs will include the number of tournaments remaining, the ability of the player to continue to participate in practices, etc.... The final decision on the amount will be the responsibility of the MAVBC Board of Directors.

Please do not hand payments directly to the coaching staff.

**\*\*\*Any payments that are not paid online must be mailed to: Metro American VBC, 26801 Dix Street, Damascus, MD 20872\*\*\***

## **XIX. Fundraising**

Metro American VBC is committed to helping young athletes excel. A program of this magnitude and quality is expensive, both in terms of commitment of time and money. The Directors and staff are committed to the goal that no deserving athlete shall be deprived the benefits of the Club for lack of funds. To that end, we will work with you to structure payment plans and fund raising ideas to enable you to be part of Metro American. Many athletes of limited means are currently and have been a part of Metro American by using fund raising to offset ~~almost all of~~ their fees. Please contact us directly if this applies to you.

\*\*\*We are currently looking for a fundraising coordinator for our club. If you are interested in being the coordinator, please contact Bonnie Goldberg at 301-906-0066 or [bbgold@comcast.net](mailto:bbgold@comcast.net).

## **XX. Tournaments and Travel: Participation**

Players are expected to attend all scheduled tournaments. Conflicts should be brought to the attention of the coach at the beginning of the year. Conflicts may result in the athlete's court time being affected as the team prepares during practices leading up to an event. Missed events do not constitute a partial reimbursement of the participant's fees.

## **XXI. In-Region Tournaments**

The purpose for attending in-state tournaments is to gain experience at the regional level, gain seeding statistics for other regional events, foster team/club unity and introduce athletes to the required responsibilities of traveling. All teams participate in these events.

In region tournaments take place over the weekend, either on Saturday or Sunday. Attending these events does not require missed school days.

## **XXII. Travel Tournaments**

The purpose for attending travel tournaments is for teams to gain experience at the national level, to gain seeding statistics for other national events, to expose the athletes to collegiate coaches, and most of all, to qualify for the USA Volleyball Junior Olympics. Therefore, most scheduled travel events will be a “qualifying event.”

All regular season travel tournaments are 3 days and MAY require missed school days depending on individual school schedules. (These events are often scheduled on holidays). Athletes are expected to travel with the team and notify their schools and teachers per individual school policy. Teams will participate in matches all three days.

Post season travel tournaments are only for travel teams (Nationals or AAU Championships). These events are typically 4-6 days long and take place in early summer. Athletes must plan to attend the summer practices and tournaments.

## **XXIII. Team Officiating**

Officiating is the shared responsibility of the entire team. All athletes are required to help with line judging, score keeping, libero tracking, score flipping, and R2 officiating. An athlete who has an officiating assignment may not leave a tournament before the assignment is completed. Coaches will provide further information regarding scorekeeper and officiating clinics. Clinics are also listed on our website under Scoring/Officiating.

## **XXIV. Tournament Policies**

\* No food, drinks (other than water), glass containers, or chewing gum is allowed in any gym at any time. Team food and drinks can be kept in the lobby or outside the playing venue.

\* Playing time for athletes is determined by the performance of the athlete during practices and previous matches, and is left to the discretion of the coach.

\* Proper demeanor is expected of all members of the Club (athletes, parents, and supporters); this includes treating members of the officiating crew with respect.

\* Only Metro American uniform pieces will be worn during tournaments

\* All uniform pieces must be brought to tournaments. Uniforms must be clean.

\* No jewelry may be worn once the player arrives at the venue for competition.

\* Athlete may not leave tournament site until excused by the coach.

## **XXV. Travel Arrangements**

Metro American VBC organizes travel arrangements for athletes ONLY. Athletes travel as a team (see MAVBC rules for traveling separately), stay in the club hotel, room with teammates, and eat all meals with teammates.

**Overnight regional team arrangements** (South Atlantic, Richmond, VA ) consist of hotel reservations only. A hotel will be selected by the club evaluating costs, location, accessibility and safety. Directions to the hotel will be posted on the website. Families are responsible to have the athletes meet the coach in the lobby at the specified time- usually Friday night-before the event begins. You are encouraged to car pool to tournaments. Transportation to the playing venues and for meals will be the responsibility of the families. Transportation home from the event is the responsibility of the family. Parents are responsible for making their own reservations.

**Out of state tournament** arrangements consist of hotel reservations, airline reservations, and ground transportation. Hotel information will be shared with the coaches, who will in turn share it with families that wish to stay in the same hotel as the team – but it is the responsibility of the parents to make their own reservations. Airline reservations and ground transportation will be secured as a group with consideration for schedule and costs. Parents must make their own reservations. Once secured, the total cost of the trip will be communicated to the athlete/family, with a date set for collection of fees. It is possible that players will make their own travel arrangements to/from the season ending tournament (Nationals), in order to secure better travel rates.

## **XXVI. Travel Policies**

- \* Athletes will be courteous and respectfully obey all staff members. This includes all coaches, chaperones, and adults officially traveling with the team.
- \* Athletes may not leave the hotel area at any time without permission from their coach or chaperone.
- \* Athletes must report any illness or injury to the coach and chaperone immediately.
- \* Room phone numbers are to be given ONLY to members of the travel party and parent.
- \* An athlete who damages any property at a lodging or playing facility will be personally responsible for damages.
- \* Athletes must dress appropriately at all times.
- \* Athletes found in possession of alcohol, tobacco, or illegal drugs will be sent home immediately at the expense of the parent/guardian. Further action by the club will follow. Violation of any travel policy may result in the athlete being sent home immediately at the expense of the parent/guardian. Further action by the club will follow.

## **XXVII. MAVBC Travel Rules (For players traveling separately from the team)**

Much effort goes into making travel arrangements for our teams. We do understand there are times when families will need to make alternate travel arrangements due to special circumstances. Knowing this, parents must keep in mind they are assuming all travel responsibilities for their daughter and are at an increased risk of jeopardizing their daughter's availability for her team. The following policies will strictly be adhered to for those traveling aside from their team.

- \* Player must travel with parent or guardian (and if not with parent or guardian, written approval given to coach for that player to travel with another adult).
- \* Player and family are entirely responsible for player's welfare in travel process.
- \* Parents MUST sign a waiver that Metro American is not responsible for this player.
- \* The player's itinerary will be provided to the coach at a specified time prior to the team's departure.
- \* Player and family are responsible to transport player from the airport to hotel and vice versa. Metro American coaches/chaperone will not be responsible for providing ground transportation between airport and hotel.
- \* It is mandatory for the player to arrive at the hotel on time for the team meeting, to be determined by coach.
- \* Once at the hotel, player must remain in the community of the team (room with team, be transported with team, dine with the team, etc....) for the duration of the tournament and adhere to the rules established by the coaches.
- \* There are no good excuses for the player to be late. Example: if the flight is delayed for any reason and player is late arriving to hotel for team meeting. The coach will

determine the consequence, which could be loss of playing time.

\* Player is financially responsible for all “split charges” on hotel/transportation costs for the duration of the tournament, regardless of the travel arrangements to the tournament site.

## **XXVIII. Parents Code of Conduct**

The influence, both good and bad, that a parent can have on their child’s introduction to or continuation in sports is often misunderstood or underestimated. Your valuable contribution to your athlete is appreciated by Metro American VBC.

- \* Remember that where we practice and play is like your child’s classroom, respect the classroom.
- \* 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.
- \* Discuss your concerns away from the players and away from your child.
- \* Show respect for the officials, coaching staff, parents, and players.
- \* Control your emotions.
- \* Get interested in your child’s sport. Ignorance is not bliss for those around you.
- \* Learn the rules of the game.
- \* Don’t coach from the sidelines-don’t coach at all. Simply reiterate what you may have heard your child’s coach say at practice.
- \* Get your child to games and practices on time.
- \* Don’t allow your child to talk negatively about a teammate, a coach or an official – stick with the facts, not the emotion.
- \* Don’t proliferate your child’s negative behavior when they are discouraged. Help them realize the positive.

## **XXIX. Nutrition and the Athlete**

Good nutrition is essential for the athlete to be able to compete at a consistent level, not to mention maintain a healthy body. While Metro American VBC may be able to assist in guiding the athlete to consume balanced meals and healthy snacks while on trips, you as the parent are the ultimate tool in creating good nutritional habits for life.

## **XXX. Know the Rules**

Each year, coaches and players attend officiating clinics within our region. Many times, the parents are welcome to attend as well. Knowing the rules will allow you to enjoy the many hours you spend watching this game much more. Nothing is more frustrating than not knowing what the last call was all about – other than listening to the irate parent scream at the official over a call THEY knew nothing about! Here are a few sites concerning rules of the game you may want to visit. You may also want to acquire an **Official FIVB Volleyball Rules**, presented by USA Volleyball. See sites below...

Rules of the game, USAV Rules and to order a rule book  
[www.volleyball.org/rules](http://www.volleyball.org/rules)

## **XXXI. Chaperones and Team Parents**

Coaches for Metro American volleyball teams will assign a “team parent” to assist the coach as needed. Hotel expenses for chaperones attending overnight travel tournaments will be covered by the club. Metro American will make the airline reservations but it is the responsibility of the chaperone to cover this expense.

## **XXXII. Grievance Procedure**

Knowing when to communicate and how to communicate with your athlete’s coach is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

Athletes should be encouraged to talk to the coach when a problem arises (i.e. regarding playing time, position or unclear expectations in practice or competition.) The appropriate manner for the athlete to approach the coach is to ask what she the athlete needs to do in order to receive more opportunities to play or to accomplish a goal. Parents can best help their athlete by guiding them through this process and supporting communication with the coach. Athletes should be the one to approach a coach regarding “coaching decisions” not the parents. Coaching decisions include, among other things: practice organization, play time, positions, substitutions, etc....

The amount an athlete is on the court is the result of a complex determination, in that coach’s opinion, of the athlete’s ability, the athlete’s potential, the team’s needs at the moment, and the team’s needs in the future. The coach will not be required to defend his/her thought process or conclusions in these determinations. It should be expected however, that the coach be able to relay information to the athlete to explain the athlete’s current role on the team and what the athlete needs to improve upon to resolve the concern.

**The athlete and parents *SHOULD*:**

1. Approach the coach to ask for a meeting time to be set. (Consider calling the coach on the phone to set a meeting time)
2. Expect meetings to be at a location other than a tournament.
3. Expect that the meeting should be between the coaches of the team and the player.
4. Approach the coach to ask for a meeting time to be set, if the concern remains unresolved, and this meeting should be between the athlete, the coaches, and the parents.
5. If the concern still remains unresolved, the parent should contact the Director for intervention.

**The parent or athlete *SHOULD NOT*:**

1. Confront a coach during a practice or during tournaments.
2. Expect meetings to be set during practice or tournament participation.
3. Attempt to “compare” or evaluate another athlete.
4. Use profanity towards the coach.
5. Harass or threaten the coach.
6. Discuss their concerns with any other parents or players until a resolution has been reached with the coach.

## **XXXIII. General Behavior Policy**

Metro American will not tolerate hostile, aggressive confrontations by a parent towards an official, a director, a coach, an athlete, or another parent. Violation of this policy may result in the athlete being dismissed from the club. In such cases, no refunds will be issued.

It is inappropriate for an athlete or a parent to involve other Metro American members (third parties) about a problem the athlete or parent is having with a Metro American coach, objections to coaching decisions, or disagreements with an administrative decision.

Any member who, as a third party, hears remarks or stories being told about Metro American, its employees or its policies, that cause the member to be concerned is encouraged to call the Director immediately to determine the facts, or to alert the club administration to a situation it may be unaware of.



