



2011-2012 Player/Parent Handbook

MISSION STATEMENT

Spiral Volleyball is committed to providing its athletes the technical, physical, and psychological training necessary so that each player can achieve her highest individual potential. Players, regardless of age or ability, are coached in an atmosphere of structure, discipline, and encouragement based on positive motivation so they will learn lifelong lessons in responsibility, accountability, teamwork, and commitment to excellence.

PROGRAM PHILOSOPHY

Spiral Volleyball has assembled a talented coaching staff that boasts many years of experience in producing outstanding players. We are dedicated to training our athletes at the highest level possible in a safe and positive learning environment. Our coaches understand the concept of whole-player development. Attention is given to physical training and the emotional development required to achieve at the highest level of competition.

The younger players are taught the fundamentals of the game, the skills necessary to compete at a higher level, and the nutritional requirements important for athletic excellence. Physical conditioning, emotional strength, self motivation, as well as developing a passion for the sport are emphasized.

Older players are coached at an advanced level of training so they may succeed at the highest level of club, collegiate, and international play. Spiral Volleyball is committed to providing these athletes the most comprehensive technical instruction and physical conditioning with an emphasis on the development of a competitive spirit and dedication to teamwork. We stress the importance of self discipline, positive relationships between athletes and coaches, and individual goals and aspirations. In addition, all players are given the opportunity to showcase their abilities at a series of local and national venues so that college scholarships are achievable.

CLUB FEE STRUCTURE AND PAYMENT SCHEDULE

Monthly payments are due on the 1st of each month beginning on December 1st. The final payment is due on April 1st.

Team fees include the following: AZ Region player, team, and coach registration, Region player/coach officiating and scorekeeping fees, Region Tournament entry fees for all Power tournaments, Region Championships, and Region JNQ (for select teams), insurance, facility rental and operating costs, coaching and administrative salaries, equipment, jerseys, spandex, team warm-ups, kneepads, backpack, and socks.

The fees for each team within Spiral Volleyball DO NOT include travel expenses to national events. Spiral Volleyball will bill separately for travel instead of including all travel fees with club dues.

IMPORTANT: Parents will purchase their daughter's airline tickets separately! This will allow parents to use free tickets, vouchers, points, etc. for airline tickets. Teams will be provided with the airline information for coaches and chaperones as soon as possible so parents will have the ability to book their daughter's ticket on the same flights.

CLUB REQUIREMENTS FOR PARTICIPATION

Spiral Volleyball is a business and must be operated as one. Therefore it is imperative that all participants understand the following:

Players whose club accounts are not current within stated payment schedules or arranged payment schedules will be subject to suspension from match and tournament participation. Players who have not paid for national travel costs may not be allowed to participate in that particular event. The club contract has more specific details regarding this provision.

TRAINING PHILOSOPHY, ENVIRONMENT AND PLAYING TIME

It is a philosophical principal within the Spiral Volleyball program that players get better when trained in an environment that is both physically and mentally challenging while immersed in proactive, educational feedback. When players see, hear, feel and understand what is right and wrong, they get better. And while every athlete learns at her own pace, the simplification of our training language and techniques allow for most players to see great gains quickly. We recognize that athletes see, hear and learn things differently and that what works for one player may not work for another. The Spiral Volleyball staff will do its personal and cumulative best to create an environment both in training and competition that allows for the player and the team to be their best.

As a club, Spiral Volleyball will attempt to utilize its coaching staff to its highest potential. Specialized training sessions, guest coaches and clinics, joint training of various age-group teams and personalized/group feedback are just a few of the ways the Spiral Volleyball staff will immerse its athletes in an environment that allows them every opportunity to improve.

Training at Spiral Volleyball will include Speed, Agility and Quickness training, Core Strength training, and exposure to many ideas that players may find unconventional and/or new to their volleyball experience. We will work to expose our athletes to ideas that are universally accepted and/or new in theory and application.

Playing time for 18 Black, 17 Black, 16 Black, 15 Black, and 14 Black is NOT guaranteed. Unbalanced playing time is guaranteed for all remaining teams. With that said, it is our professional experience that often the players in the younger age-groups are more closely matched in ability, thus, it is easier to create and allow various substitution patterns, ensuring more playing time.

Playing time is and always will be at the discretion of the team head coach and should fall into the parameters described above. Concerns regarding playing time should be addressed following the club's grievance procedure.

PLAYER CODE OF CONDUCT

Athletes, family members and friends within the Spiral Volleyball community are expected and required to abide by a general set of binding conduct principals. In doing so, we do our best to ensure that the experience for all involved is as positive as possible.

Please read the following information carefully. Parents, players, and all family members are expected to understand and abide by these principals whenever involved in a Spiral Volleyball activity.

- **Players will be held accountable for their actions**

Any and all athletes who wear the Spiral Volleyball uniform are expected to develop and grow both athletically and personally from their individual Spiral Volleyball experience. It is a belief within our administration and coaching staff that the club volleyball experience teaches players a lot about life and how to live it responsibly within a team environment.

Players who act negligently, irresponsibly or hostile will be addressed. There will be consequences on a case by case basis. The club reserves the right to sanction its players if their actions warrant it. Examples of inappropriate behavior include but are not limited to: lying to players/staff/admin, cheating, verbal abuse/outbursts directed toward players, staff, officials, and opponents, excessive tardiness and abuse of facilities/equipment.

- **Substance use and/or possession is not allowed**

Any athlete found to be in possession of and/or having consumed alcohol, drugs or tobacco products which violate existing local, state or federal laws is subject to sanction and/or dismissal from the club. Smoking is prohibited.

- **Communicate effectively within the Organization's structure**

Inevitably questions, concerns and problems arise over the course of the season. Players should immediately address their thoughts with their coaches. Every effort should be made to resolve problems quickly and completely within the coach/player relationship. If that is not possible, players and parents should observe and follow the club grievance procedure.

- **Represent yourself and your club with dignity, humility and class**

In sport you win and you lose. Both should be done with respect to your opponent. Athletes and families within the program are expected to demonstrate the highest level of comportment when dealing with everyone they come into contact with during practice, travel and competition. Failure to do so will result in sanction.

PARENT CODE OF CONDUCT

Athletes, family members and friends within the Spiral Volleyball community are expected and required to abide by a general set of binding conduct principals. In doing so, we do our best to ensure that the experience for all involved is as positive as possible.

Please read the following information carefully. Parents, players, and all family members are expected to understand and abide by these principals whenever involved in a Spiral Volleyball activity.

- **Parents/Family will be held accountable for their actions**
Everyone associated with the Spiral Volleyball program is expected to conduct themselves to the highest possible standards of civility and professionalism possible. Those who consistently challenge the program coaches, players and administration will be asked to explain themselves.
- **Parents/Family wishing to express concerns should do so through the proper channels**
The Player/Parent Grievance Procedure is designed to protect the most important people within the club: the players. Embarrassment to the athletes, coaches, staff or parents of other players through a parent's poor behavior will not be tolerated. Overt public displays of anger, hostility or unsportsmanlike conduct will not be tolerated and will constitute sanction of the athlete.
- **Parents/Family are encouraged to participate in their daughters' development**
Get involved. Ask questions. Host a team party. Bake cookies. Whatever and however you can assist in the camaraderie, development and social health of a team, please feel free to participate. All we ask is that you check with the coach before you plan an activity or event on behalf of the team.
- **Be aware of your daughters' schedules, events and role**
Training schedules are subject to change on occasion and may, based upon the phase of the season we are in and general event preparation. The tournament schedule has been finalized, with the exception of tournament site announcements which are made by the AZ REGION usually no sooner than 4 days before the event itself. National events, especially for first-time club participants, are sometimes very daunting. Understand the expectations of travel to these unique competitive events.

Additionally, check in with your daughter on a regular, monthly basis to better understand her role on the team. Often the roles of players change throughout the season. Effective coaches will do their best to help the player understand their current role on the team, and what they can do to possibly change that role if the player is unhappy with it. If you have any questions about your daughter's role on the team, contact the coach directly.

TRAVEL POLICIES AND PROTOCOL

There are primarily three types of travel that occur within the club: regional single-day events, regional multi-day events, and national multi-day events. **Schedules will be provided as they become available.**

GENERAL TRAVEL GUIDELINES

Regional Single and Multi-Day Events

Fiesta Classic, Power Tournaments, AZ Region Championship, AZ Region Junior National Qualifier

- **Arrive on time**

Traditionally, events within the AZ Region begin at 8am on Saturday morning. Expect to be there 1 hour earlier than the start time. The club DOES NOT provide travel to these events.

- **Have reliable directions to the site.**

Although the club will provide parents with the site directions given to them by the AZ Region, they have been known to be inaccurate. Make sure you know where you are going.

- **Dress Appropriately.**

When traveling to and from an event within the AZ Region, athletes will wear Spiral Volleyball attire.

NATIONAL EVENT TRAVEL PROTOCOL

Travel is an integral part of the club volleyball experience. It provides our players with higher levels of competition and national exposure to college coaches.

Spiral Volleyball requires all travel teams to have 1 parent chaperones travel with each team. Hotel, meals, rental cars, gas, parking, and airfare will be provided.

Las Vegas and USA Volleyball Junior National Qualifiers (TBD)

A travel itinerary for players will be supplied by the club. Parents wishing to attend these tournaments are responsible for making their own travel arrangements.

End of Year Event: USA Volleyball Junior Olympics and Volleyball Festival

A travel itinerary for players will be supplied by the club. Parents wishing to attend these tournaments are responsible for making their own travel arrangements

HOUSING FOR THESE EVENTS IS OFTEN DICTATED BY USA VOLLEYBALL!

Teams traveling to most National Qualifiers are **REQUIRED** by USA Volleyball to stay in certain hotels.

For certain trips, parents will have the ability to secure rooms at the team hotel through the Spiral Volleyball reservation block. This will enable teams and parents to stay at hotels within walking distance of the Convention Centers. Travel costs will be greatly reduced by not renting vehicles and paying for fuel and parking.

*** Parents operate at their own risk if they choose to secure travel or hotel arrangements before being told to do so. Spiral Volleyball will in no way accept responsibility for lost deposits or airfare if a parent has acted on an individual basis before being given travel information from the staff.**

Important Note: It is an objective of the club to qualify for the USA Volleyball Junior Olympic Championships. The teams that do not qualify for JO's will attend The Volleyball Festival. Training and competing through June and into July is important to the players, and it is important to the club's success and stability. Players are encouraged to participate in June tournaments and complete the entire season.

CLUB GRIEVANCE PROCEDURE

The following guidelines have been established to protect the players, coaches and parents from awkward and inappropriate situations when it comes to the professional discussion and handling of grievances.

The coaches inside the Spiral Volleyball program have been instructed to adhere to these guidelines to better maintain the club/player/parent relationship.

When there is a problem, and discussion of that problem requires sensitive, mature conversation, we ask that the following chain of events be followed:

1. The athlete should speak directly with the coach.

If the matter is not resolved to the player's satisfaction...

2. The parent and the athlete should both speak directly with the coach

Please do not confront a coach in a hostile manner before, during or after an event.

Arrange to meet with your coach at a convenient time for all parties.

Coaches are instructed by the administration to diffuse the situation by walking away.

If the issue is not resolved after this meeting...

3. The parent, athlete, head coach and/or director will meet.

The matter will be thoroughly discussed, a plan of action will be established and the matter will be resolved to the best of all parties' abilities.

It is important that players and parents alike understand that conversation with a coach is allowed and encouraged at any time throughout the season as long as it is civil and polite. However, when problems arise, we all need to be rational and calm before a discussion occurs.

That is why we ask that parents and players do not aggressively confront a coach at the immediate conclusion of an event. Everyone is tired and stressed from the full day of competition and all parties involved are too emotionally involved to the events just concluded.

The administration at Spiral Volleyball will always act on behalf of the coach. We will support our coaches and their decisions, as long as the coach can justify any questionable actions. If the coach puts a player in harm's way, either physically, emotionally, psychologically or sexually, we will take every course of action necessary to facilitate a solution or appropriate response.