

# South Sound Volleyball Club

2011-2012 Parent and Player Handbook



### **Club Leadership**

Club Co-Director: Angela Spoja  
Club Co-Director: Jeff Grosshans  
Club Administrative Guru: Rhonda Ogilvie

### **Club Address:**

South Sound Volleyball Club  
C/O Impact Sports Academy  
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University Place, WA 98466

Website: [www.southsoundvolleyballclub.org](http://www.southsoundvolleyballclub.org)

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### **Mission**

Our goal at the SSVBC is to provide a positive learning environment that not only challenges the personal growth of players but also encourages them to reach beyond their personal limitations. Our emphasis will be on teaching the fundamentals of volleyball and by doing so we will create students of the game. We strive for excellence from our coaches, players, and parents. Our coaches are dedicated to promoting excellence and will help the players not only develop and improve their volleyball skills, but also help the players understand and learn the importance of team building, personal growth, and academics. Each player will develop skills to balance the team goals with personal goals, and will always be challenged with the question, "How can I make the team better?". After all, volleyball is a team sport, and as we all know, there is no "I" in TEAM!

### **Registration**

*Players and Parents must have completed the following before being allowed to participate in any SSVBC event (excluding try outs):*

- USA Volleyball Puget Sound USAV Registration Form
- USA Volleyball Medical History and Release Form
- Puget Sound Region Concussion Awareness and Waiver form
- Signed 2011-2012 SSVBC Volleyball Club and USAV Puget Sound Region Player Contract
- Initiation Fee of \$500

### **Fees**

In order for the Club to execute their annual plan, we must adhere to our budget.

***If a family decides to voluntarily withdrawal from the club for personal reasons or is removed for violation of USAV or SSVBC rules on or after January 1, 2012, they will be responsible for the balance of their dues.***

Fees go towards paying USAV Club registration and insurance, gym and facility rental fees, coaching and administrative honorariums, equipment replacement costs, tournament registration fees, and coaches' tournament travel costs.

**Transportation & Lodging** for players and coaches for out of area tournaments (i.e. Spokane, Reno) will be coordinated by the club as soon as possible. Travel costs for players are in addition to club fees (dues.) The teams will travel and stay together. Additional travel costs incurred by player's families for their personal transportation and lodging are the responsibility of that player's family (the club will reserve additional hotel

rooms for parents, but parents are responsible for paying the fees associated and coordinating the arrangements).

**Uniform costs are included in the Club Fee (Dues) and include:** 2-3 jerseys, 2 pairs of spandex, Full zip jacket, sweat pants, backback/organizer. Other items will be available for purchase through an online spirit pack.

**Estimated 2012 Fees (Dues) per team are as follows-subject to change depending on final team rosters):**

- U10: \$1000
- U12: \$1150
- U13: \$1300
- U14: \$1500
- U15: \$2200
- U16: \$2200
- U17: \$2200
- U18: \$2200

The initial \$500.00 payment at the time of signing is required to ensure the club has the capital to register teams for the tournaments for the year and pay associated regional fees. If a player is accepted and a family agrees to be part of the team as evidenced by their signatures on the 2011-2012 SSVBC Volleyball Club and USAV Puget Sound Region Player Contract, that family is committed to the entire year's fees (dues) in order for that team to meet its financial commitment. Failure to pay fees in full will result in informing the USAV Puget Sound region of bad standing with The SSVBC, and until paid in full to The SSVBC, the player will not be able to participate in any associated USAV events or other clubs, including participating in future years with USAV volleyball.

**Monthly payment plans are available and will be discussed at the annual parent meeting on 11/22/2011. More information on how to pay dues will be provided at that meeting.**

***Monthly payments are due to The SSVBC on the 5th of each month.*** Any fee not received by the 10th of the month will be considered "Delinquent", and a late fee charge of \$25.00 will be applied to the balance. Information on payments must include player name and team identifier. Collection dates are as follows:  
Nov 22; Dec 5; Jan 5; Feb 5; March 5.

**Delinquent accounts:**

Any player with a delinquent account during the current season will not be allowed to participate in practices and/or tournaments until the account is made current. In addition, accounts must be paid in full each season by April 1. Failure to do so will result in that player being barred from participating in any activities past that date.

*An player with a delinquent account during the current season* will not be allowed to participate in practices and/or tournaments until the account is made current or individual arrangements are made with the Club Director and Treasurer. No player will be allowed to participate during the current season if fees from the previous season are unpaid. If an account remains delinquent for 30 days, the player is subject to immediate dismissal from the Club and the account will be forwarded to the USAV Puget Sound region and reported in bad standing.

**Practices**

**Attendance is mandatory.** Players are expected to be at every training session (practice). Every effort should be made to manage homework and schedule outside activities in a way that does not conflict with practices and tournaments. An player's absence has an adverse affect not only her individually, but the development of the entire team as a collective. If an player needs to miss practice, arrive late, or leave early, that player must notify her coach.

**In the case of inclement weather**, coaches will call or email their team members at their preferred contact number to notify them of practice cancellations. Every effort will be made to also include this information on the club website.

**Coaches may have additional team rules** for practices that their players must follow. **Training sessions are designed with the player in mind.** The SSVBC coaches have taken into consideration the need for adequate rest and recovery in avoiding excessive stress to the player.

**Practice times and place:** All practices will be held at Impact Sports Academy unless otherwise indicated by the coach. Updates to practice schedules will also be communicated via The SSVBC website. Times vary by teams, but in general will be on Monday's and Wednesday's between the hours of 4 pm and 9 pm (each team will practice for 1.5 to 2 hours). Some Friday or Sunday practices will be necessary, and will be communicated via the coaches.

## **Tournaments**

The tournament schedule for all teams will be set as soon as possible to determine that teams expenditures, travel arrangements, and overall budgetary planning. The tournament schedules should be decided by early December (pending set schedule by the USAV Puget Sound Region). In general, teams will play two tournaments per month from January – April.

Expectations of players and parents for tournament days:

1. **All players are expected to be in the gym, READY TO WARM UP**, at the arrival time determined by the coach. The SSVBC standard is an hour before the first game regardless if you play or referee.
2. **Proper demeanor is expected of all members of the Club** (coaches, players, parents, supporters) at all tournaments. This includes treating members of the officiating crew, other coaches, players and parents with respect during and between matches. Keep in mind that you are representing The SSVBC.
3. **All SSVBC players and coaches must attend an officiating clinic to learn the rules** of volleyball and how to officiate/score-keep. Parents are encouraged to attend as well.
4. **Officiating and Scorekeeping at tournaments.** All Junior Olympic tournaments are at least partially self-officiated. Officiating at tournaments is the shared responsibility of the entire team, including coaches. All SSVBC players are required to help with the line judging, scorekeeping, score flipping, and down officiating. Teams assigned to the officiating and scorekeeping must fulfill this responsibility, especially during the playoffs. **Players may not leave the tournament site unless excused by the coach and parents should not ask the coach to make an exception.** Except for a true emergency, all players must remain at the tournament with the team until the completion of the team's officiating and scorekeeping duties. This is non-negotiable. The following "Team Player" concept should be understood, "Win as a team, lose as a team, officiate and score-keep as a team." An exception is that a coach may excuse a player early due to injury, or other significant emergency.
5. **Parents are not permitted to confront coaches on tournament days** to discuss playing time, or to complain about tactics, strategy, individual, or team performance.

Parents are encouraged to take notes about their concerns, and follow our required grievance procedures as outlined within this document (please see grievance procedures below).

**6. Coaches may have additional team rules for tournaments** that their players must follow.

### **Responsibilities, Ethics, and Conduct**

**Player Responsibilities:** Players are held to high standards by the coaching and administrative staff of The SSVBC. They should remember that they represent their parents, coaches, and Club to the larger community every time they participate in any Club-related activity. No player is allowed to use alcohol or other controlled substances, including tobacco products, at any Club-related practice or event. Any player involved in any of these activities (and any other activities deemed inappropriate by Club leadership) will be dismissed from the club immediately with no refund of Club Fees.

#### **The SSVBC players are expected to:**

- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times. Do not speak negatively about any player, or any club.
- Keep a positive attitude and be supportive of teammates and coaches.
- Be prepared mentally and physically for all practices and competitions.
- Give 100% effort.
- Participate in all team drills (including physical conditioning).
- Be cooperative, considerate, and act with high moral and social standards while traveling as a program representative.
- Be punctual for all scheduled events.
- Never use alcohol or controlled substances, including tobacco products.
- Learn the rules and develop officiating skills.
- Follow all specific team rules established by the coach.
- Take responsibility and be accountable for individual behavior.
- Show initiative.

**Parent Responsibilities:** The SSVBC philosophy is to ensure that every player has the opportunity to learn and grow. As we respect you as parents, we ask for the same respect in return as coaches. Appropriate parental support and involvement is vital to the success of a team. Parents may attend practices but may not interfere in any way (if parents want to volunteer to help at practices (such as shagging balls or helping with a drill, they may do so at the discretion of the coach). Because players are expected to fully participate in practice and tournaments, we expect parents to not interfere or distract their players during these times.

#### **The SSVBC parents are expected to:**

- Release their child to the experience of playing volleyball on their club team.
- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times. Do not speak negatively about any player, or any club.
- Allow the coaching staff to handle any concerns over an official's ruling.
- Understand and respect the differences between parental roles and coaching roles (i.e. please don't approach coaches with your philosophy of volleyball, or tell the coaches what position your daughter should play, or discuss playing time).
- Focus on their child's development of skills and strategies rather than competitive success. The nature of sports competition creates its own pressure to succeed.

- Communicate their true concerns with the coach. A positive working relationship is based upon clearly communicated mutual goals among parents, coaches, and players.
- Control negative emotions and think positively.
- Players have open relationships with their coaches, please ask questions to your player as they will more than likely know the answer.
- Abide by the clubs grievance procedures as outlined in this document.

**Coaches' Responsibilities:** Coaches will plan and lead all practices and game activities with a sense of purpose, working towards clearly established goals that are Specific, Measurable, Achievable, Realistic, Tangible (SMART) goals. Emphasis in practice and competition will be placed on skill development and overall team improvement.

**The SSVBC coaches are expected to:**

- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times.
- Always put the welfare of the players and ahead of any personal gain.
- Be punctual for all scheduled events.
- Learn about the players and their individual needs.
- Know the rules of the game.
- Make informed playtime and strategy decisions.
- Prepare informative and challenging practices, so that maximum court time is devoted to learning, and cover relevant volleyball skills and concepts.
- Provide instruction of how to continually elevate the skills and game of volleyball using realistic and practical goals.
- Emphasize performance and process over outcome.
- Be positive and consistent with feedback.
- Communicate with players and parents by making sure they are familiar with expectations, procedures, and team rules. Be open to talking with players and parents. Be fair, impartial, and ready to listen and respond. Ability to motivate the players to ensure success from a variety of players and personalities, while demonstrating patience.
- Protect the safety of players. Direct any injury or illness to the appropriate person.
- Provide a role for each player selected for a team.
- Be respectful of the facilities used by the Club and maintain Club property responsibly.
- Contribute to and support the decisions of policy, actions, and rules of USA Volleyball, the USAV Puget Sound Region, and The SSVBC.
- Be a good role model on and off the court.
- Per the parent expectations as outlined above, coaches will not discuss playing time. Please speak with your player directly.
- Coaches do not accept payment of club fees.

**Playing Time**

Playing time must be earned. Equal playing time is never guaranteed on any team or at any event. The following factors influence playing time, in no particular order of importance:

- Volleyball skill and ability as evaluated by the coach

- Level of effort and individual participation displayed at practices and tournaments, and attitude in practice and game situations
- Individual position and role on the team
- Adherence to the coach's rules
- Adherence to the club's rules

Playing time is **NOT** an issue to be brought to the coach's attention by the parent. If an player has questions about her playing time, she may address these with the coaches at an agreed upon time apart from practices or tournaments. Players are not guaranteed to play the same position that they do during their high school volleyball season. Coaches take into consideration many factors in selecting players to fill out their rosters, and may feel that the player and team would benefit by developing an player to play a different role than he or she has previously performed. Playing time concerns are not subject to the grievance process – any concerns should be discussed with the player (players will know where they stand at all times and players can discuss this with their coaches directly).

### **Grievances**

**Knowing when and how to communicate with your player'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 (see playing time above). The SSVBC will not tolerate a hostile or aggressive confrontation between a parent or player and any official, coach, other parent, or other player, whether or not the coach, other player, or other parent is a member of The SSVBC. Violation of this policy may result in the dismissal of the player from The SSVBC.

**It is inappropriate for any player or parent to approach other SSVBC members or their parents about a problem the player or parents have with an SSVBC coach, objections to coaching decisions, or a disagreement with an administrative decision.** Asking uninvolved persons to take sides in an issue is unfair to the third party and to the Club. Competitive team athletics, by its very nature, creates situations where not everyone may be happy all the time. For the psychological health of the team and the Club as a whole, grievances need to be handled by only the parties involved and the decision-makers in the situation.

**The SSVBC encourages any player to talk to the coach when she has questions about her playing time or if she is unclear about what the coach's expectations are either in practice or in competition.** An appropriate attitude may be for the player to ask the coach what she needs to do in order to get more opportunities to play in matches. This discussion should take place away from tournament play or practices (after practice is an acceptable time).

### **The coaches and/or Club Director will not discuss "coaching decisions."**

*"Coaching decisions" include, among other things, specific match decisions such as who played when, who was subbed out and when, or in what position an player was played.*

The amount of time any player is given on the court is a result of a complex determination, in that coach's opinion, of the player's ability, the player's potential, the player's position, 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 processes, strategy, or conclusions in these determinations, and it is improper for a parent to make that request.

**Coaches will not discuss any player other than the parent's own or the actions of any other SSVBC coach.** If you, as a parent, have legitimate concerns about your

player's coach, a coach other than your player's coach, or with an player other than your own, you need to address this with the Club Director. Please remember that "coaching decisions" and playing time are **NOT** legitimate concerns.

**When a coach is experiencing issues with a player, the coach will take the following steps of communication:**

1. The coach will speak to the player.
2. If the issue is not resolved, the coach will then speak with the player's parents.
3. If the issue is still not resolved, the coach will then speak with the Club Director.
4. The coach, Club Director, parent, and player will have a meeting to discuss the issue and action required.

**When a parent or player has a legitimate concern to raise, the following steps of communication should be followed:**

- The player should speak with the coach about the matter.
- If the issue is not resolved, the parent should then speak with the coach.
- If the issue is still not resolved, the parent may then speak with the Club Director and request a meeting with the coach and Director.

**Meetings of this nature are to be at times and locations other than tournaments.** If a parent approaches a coach during a tournament, we have instructed the coach to refuse to discuss any controversial matter and to walk away. The recommended time for a parent and/or player to talk to a coach about a problem is at a previously arranged meeting either before or immediately after a scheduled practice. Repetitive complaining by a parent or player to third parties may be cause, in the sole determination of the Club, to terminate club membership. As necessary, Club Leadership will be involved in helping to make appropriate decisions about any issues or incidents that arise during the club season.

**Travel**

In area tournaments (i.e. the greater Puget Sound region): Players and/or parents are responsible for providing transportation for their player to and from tournament sites. Carpools are acceptable.

Out of area tournaments (i.e. Spokane, Reno): When the team travels together to "out of area tournaments", be on time for departure. All members of a team will stay in the same hotel. Hotel rooms will be booked by the Club Treasurer in consultation with the Club Director. The costs of the hotel room are the responsibility of the player. Any parent or player that does not stay with the team may do so only with the permission of the Club Treasurer. Players will not leave the hotel without a parent, coach, or chaperone and must notify the coach. Players must use a buddy system at all times. When traveling as a team, room numbers and phone numbers are to be given **ONLY** to members of the travel party. Curfews for the players may be established by the coaches. It is the parent/chaperone's responsibility to assist coaches in enforcing such curfews. Violation of curfew may result in the player being expelled from the club.

Players who damage any property at lodging or playing facility will be responsible for the damages. Any player found in possession of alcohol or other controlled substances, including tobacco products, while representing the SSVBC will be sent home immediately at the expense of the parent or guardian. Club Leadership will decide any other reasons for sending a player home at the expense of the parent/guardian during an out of area tournament.

### **Insurance Coverage**

The USAV provides team liability protection on an excess coverage basis for members participating in scheduled, supervised, and approved activities. If an player sustains an injury in a practice or a tournament, any medical treatment that is needed must be covered by individual medical insurance.

### **Injuries/Illness**

*If an player sustains an injury or becomes ill during a practice or game, she must tell her coach immediately. A coach will not allow an player to practice or compete if there is:*

- a verbal statement from an player expressing an injury
- a physical action shows that they are unable to play
- a signed note from a parent or doctor

*Parents will be notified immediately upon any emergency. If an player sustains an injury or illness that is so severe that she is unable to participate in practices or tournaments for a period of time, written notification of recovery from a parent or qualified healthcare provider is required before that player may resume participation.* Players that are unable to compete for more than 3 months time based on a severe injury may be eligible to have the balance of their dues waived by the Club. Such players must submit medical documentation from a qualified and treating health care provider. No refunds will be granted for pre-paid tournament fees. The decision to waive the remaining fees is as the sole discretion of the Club Director and Treasurer.

### **Lystedt Law – Governing Concussions**

The 2009 Washington State Legislature passed EHB 1824 setting forth important requirements for schools and sports clubs to follow when a player may have sustained a concussion. OVC will strictly abide by this law and expects all players and parents to report any signs of head injuries. The law requires OVC to not permit a player to practice or participate in tournaments until the player has been evaluated by a licensed health care provider trained in the evaluation and management of concussions. The player must receive a written clearance from the health care provider to return to play. The Puget Sound Region will post a waiver form on their website that must be completed and signed before practice or play can begin. A copy of the signed waiver must be returned to the club, and a copy will be forwarded to the region.

**2011-2012 Puget Sound Region Club-Player Contract**

THIS AGREEMENT is made between the **SSVBC Volleyball Club** , a licensed Club (the “Club”) in the Puget Sound Region (the “Region”) of the United States Volleyball Association, (“USAV” or “USVBA”) , and \_\_\_\_\_, the legal parent/guardian of \_\_\_\_\_, a junior player (the parent/guardian and the player are collectively referred to as the “Member”).

**The Member will:**

- abide by USAV rules, regulations and polices which include the USVBA Participant Code of Conduct, the Coaches Code of Ethics and Conduct USVBA;
- abide by the Region’s rules, regulations, and policies; and
- Pay all fees and costs associated with membership in the Club as described in The SSVBC Volleyball Club Player and Parent Handbook.
- Abide by the club’s grievance process as described in The SSVBC Volleyball Club Player and Parent Handbook.

**The Club will:**

- abide by USAV rules, regulations and polices which include the USVBA Participant Code of Conduct, the Coaches Code of Ethics and Conduct, USVBA;
- abide by the Region’s rules, regulations, and policies;
- deliver the volleyball education, training, and playing opportunities described in The SSVBC Volleyball Club Player and Parent Handbook; and provide the ancillary items described in The SSVBC Player and Parent Handbook.

*I certify that I am the legal parent/guardian of player, \_\_\_\_\_, and have the authority to agree and sign this contract and waiver on behalf of the player. I acknowlSSVBC that participation in this athletic activity can result in serious injury or death to participants and agree to indemnify, defend and hold harmless the Club and the Region for any and all claims for harm or injuries suffered during participation in Club activities, including but not limited to play and practice. I further agree to waive and release the Club from any all demands, claims, actions, lawsuits, liability and damages of any kind arising from participation in the Club activities. I agree that prior to filing any lawsuit against the Club, the Region or USVBA, I must attempt to resolve my claim via mediation and arbitration in accordance with RCW 7.04A in Snohomish County, Washington..*

\_\_\_\_\_  
Parent/Guardian (*print*)

\_\_\_\_\_  
Parent/Guardian (*sign*)

\_\_\_\_\_  
*date*

\_\_\_\_\_  
Player (*print*)

\_\_\_\_\_  
Player (*sign*)

\_\_\_\_\_  
*date*

*I certify that I am a legal representative of \_\_\_\_\_, (the “Club”) and have the authority to agree and sign this contract on behalf of the Club.*

\_\_\_\_\_  
Club Representative (*print*)

\_\_\_\_\_  
Club Representative (*sign*)

\_\_\_\_\_  
*date*

