

UTAH ELITE VBC HANDBOOK 2012

Utah Elite Volleyball Club seeks to combine instruction and organization with talented young athletes to create the most rewarding and fulfilling club experience anywhere. This experience requires determination, character, commitment, responsibility and hard work. Everything we do at Utah Elite Volleyball Club is done in an effort to develop these characteristics in each athlete.

UTAH ELITE VOLLEYBALL CLUB INFORMATION

Welcome to Utah Elite Volleyball Club! The following information has been prepared for you to provide you with as much information about our upcoming 2012 club season as possible. We hope you will keep this handbook as a reference throughout the season for any questions you may have.

CLUB ORGANIZATION/DIRECTORS

Each Utah Elite team competes in either the USAV (IVA) Power League or the AAU Region.

Director USAV/AAU teams--Chris Rushing has been involved in volleyball extensively for the past 30 years, both as a player and as a coach. Chris is a former club player and All American from Northern California and then played for the Brigham Young University Men's volleyball team in the mid to late 1980's and early 1990's. He has coached college volleyball for 21 years, as well as several club teams throughout these years. As head coach, Chris holds the record for best winning percentage at 3 different colleges. He has also been named Conference Coach of the year a few years and guided teams to Conference Championships, as well as the NCAA tournament. He has also led some of his club teams to qualify at National Qualifiers, in both Club and Open divisions. He has medaled in the Junior Olympics as both a player and a coach.

Director AAU teams—Dave Richards is a former member on the USA Men's National Team; former USA Men's Paralympic head coach, USA Women's Youth National Team Director, (Texas) and Director of many USA High Performance youth volleyball camps Olympic Training Center; UVU Men's Volleyball head coach (4 yrs.) UVU assistant Women's coach (11 years); won GOLD, USA Junior National Tournament; and has placed 200 student athletes into College and Universities programs across the country.

Utah Elite VBC will teach the latest and best individual techniques and the finest concepts in team play as well as individual techniques. Our program requires dedication and effort and will give you a chance to compete against the top teams and players from all over the country. We have established relationships with a vast number of college coaches for the purposes of recruiting our Utah Elite Volleyball Club nation wide.

PHILOSOPHY AND PURPOSE

Utah Elite Volleyball Club is founded on the philosophy that volleyball skills of individual athletes are enhanced when these student athletes are given the opportunity to train and compete on a year-round basis. With this training, athletes are able to compete for and earn collegiate scholarships at top universities and experience volleyball at the next level.

The emphasis is on development of the individual's volleyball skills while teaching the values of teamwork, responsibility, self-discipline, and self-motivation. In no way does the Club aim to strengthen the volleyball program for any one school in our community.

Every effort is made to locate coaches knowledgeable in the sport of volleyball as we strive to maintain a high level of skill in our training sessions. All coaches go through training sessions as well as a national certification program.

CLUB SIZE

Utah Elite VBC's goal is to provide as many athletes as possible with the opportunity to participate on one of our Club's teams. However, the size of the Club is limited by the number of quality coaches available, as well as by the availability of indoor practice facilities, among other

factors. From an organizational perspective, our motto is; it's good to be big, but it's better to be good.

TRYOUTS

A player is eligible for the Utah Elite VBC after qualifying through tryouts. Tryouts are held in November. During tryouts, players are put through a series of athletic and volleyball skill tests by coaches and evaluated based upon their performance. Team selections are made based upon these performance evaluations at tryouts. Our staff may waive the tryout requirement for certain players if they are unable to attend. In these instances, a member of our coaching staff will evaluate the player to determine the player's athletic and volleyball skill level.

TEAM SELECTION

After the tryout period, players are placed on the various teams according to skill level and other considerations. Players are further evaluated during the first several practice sessions. The objective is to put together teams with players of similar athletic and volleyball skills that will fill the various positions on each team (i.e. setters, middle blockers, outside hitters etc.). Travel will also be a consideration. After the initial team selections are made, players will continue to be evaluated and changes may be made at the discretion of the coaches and Club director. Every effort will be made to avoid transferring players from one team to another - however, occasionally transfers are made.

To remain eligible a player must attend practice regularly. Player and/or parent attitude may adversely affect eligibility for the Club. A player may not be eligible if the club determines that participation could be disruptive or detrimental to the Club. The eligibility of each player is determined entirely at the discretion of the Club Director and is not subject to appeal.

LOCAL (Utah) TOURNAMENT TRAVEL INFORMATION

Transportation to and from tournaments, practice, and other activities is solely the responsibility of the player and his/her parents and is not a function of the Club. We encourage you to organize carpools to both tournaments and practices as a way to share expenses and to get to know each other better.

Each parent is responsible for getting their daughter to each tournament. It is also the parent's responsibility to arrange for a ride for their daughter if they are unable to attend. Parents should offer to share the expense of gas if carpooling with another family. The Club and its representatives are not subject to any liability for damage or injury which may result from the transportation of players.

Travel to all local Regional tournaments will be by car. Parents will be responsible for car pooling their daughters. No reimbursement for gas will be given for transporting teams to local Regional tournaments.

NATIONAL TOURNAMENT TRAVEL INFORMATION (USAV POWER TEAMS ONLY)

We will be driving to Las Vegas and Reno for National sized tournaments. We will pay \$150 to 3 sets of parents per team to volunteer parents to drive our players and coaches to these tournaments. The club fees include the expenses for these trips. However, all players are responsible for their own meals at these tournaments. We recommend that you budget \$30.00 per day for food.

GEAR (USAV POWER (travel teams): Included in your Utah Elite Volleyball Club Fees, we will issue 2 uniform tops and bottoms, 2 t-shirts, 1 warmup top, 1 warmup pant, and 1 back pack to each player at the beginning of the season. Care of this gear is the responsibility of the player. Any cost incurred to replace lost or damaged uniforms will be the responsibility of the player.

GEAR (USAV POWER (non travel teams and AAU Teams):

Included in your Utah Elite Volleyball Club Fees, we will issue 1 uniform top and bottom, 1 t-shirt, and 1 sweatshirt. Care of this gear is the responsibility of the player. Any cost incurred to replace lost or damaged uniforms will be the responsibility of the player.

PRACTICES

Practice schedules will be posted on our web site once all of the teams have been formed. We will practice 2 times per week for 2 hours. All POWER (travel teams) will practice the first two weeks of December, then start back up the first week of January. All other teams will start first week of January. All teams will end in May.

Every team requires commitment from the players. We expect players to organize their time so that they can take care of their other responsibilities (homework, jobs, school, etc.) without interfering with their responsibilities to Utah Elite VBC for practices, tournaments, travel, fundraising activities, etc.

PRACTICE POLICY:

Players will not be allowed to practice until all forms are completed and turned in along with money deposit. This would include the following:

- 1) USAV Form and release of liability form
- 2) Medical release form (USAV teams only)
- 3) Membership contract (signed by the parent/guardian)
- 4) USA Registration fee
- 5) Club deposit

Players and parents must understand that practice is an essential part of the Utah Elite program. Players and parents are EXPECTED to notify the coach that they are unable to attend practice PRIOR practice time.

Utah Elite VBC expects that our Elite team members will make volleyball their priority. If there are conflicts with school or other activities, we expect serious consideration consistent with this commitment.

A special note to POWER teams who are attending Las Vegas and Reno: National tournaments are played on Sundays. Please see Chris Rushing if you have concerns with respect to playing on Sunday.

Club contact information:

USAV and AAU Club Director: Chris Rushing

Phone: 252-367-0788

Email: chrisrushing8@gmail.com

AAU Club Director: Dave Richards

Phone: 801-420-7145

Email: dg.richards@mac.com

Club Website: www.utahelitevbc.com

FEE AND PAYMENT SCHEDULE: please see our website.

START UP FEE: required at parent meeting.

CLUB FEES

Fees are non-refundable in most cases. They are based on the Club's fixed expenses and the total number of players in the Club. A payment schedule has been established to allow the fee to be paid over a period of time rather than entirely at the beginning of the season. Club Fees are posted on our website. Monthly payments are due on the 3rd of each month beginning in December.

PARENTAL PARTICIPATION

Utah Elite VBC needs and encourages parental participation. Many parents find trips to tournaments very enjoyable. At some major events, parents are needed to help with chaperoning, transportation, laundry etc. Please notify your daughter's coach or the club director if you are interested in becoming a team parent.

RULES AND REGULATIONS OF UTAH ELITE VBC

- 1) When you have a complaint regarding your daughter, we expect you to use the following procedure to solve the problem. A) the athlete should speak with the coach first, B) the parent should speak with the coach, and then if you feel the problem is not remedied, C) the parent should meet with the coach and club director. Players or parents not complying with this procedure risk expulsion from the club.
- 2) Parents and /or players are expected to call the coach to set up a meeting time away from tournament or practice site. We do not feel it is advantageous for either parent or coach to discuss decisions at practice or tournaments. We will not tolerate hostile, aggressive confrontations to any of our coaching staff, or towards other athletes and/or parents. If this type of behavior does happen, the person involved and the athlete will be dismissed from the club with no refund.
- 3) The recommended meeting times for parents to speak with the coach is a scheduled time either before or immediately following practice.
- 4) It is not appropriate for athletes or parents to approach other parents or athletes regarding any problem they may be having with the coach, or any coaching decisions. This type of behavior is rarely positive, and not good for the athlete or the team. Please, if you have legitimate issues, follow these guidelines and we will do our very best to find a solution to whatever problem you have.

PLAYER AND PARENT BEHAVIOR Belonging to Utah Elite VBC is a privilege and should not be construed as a right. This privilege can be revoked at the discretion of the Club Director. The Club will not tolerate players or parents who behave in a manner that is disruptive or detrimental to the Club and its function.

PLAYER BEHAVIOR Each player, as a condition of Club membership, agrees to abide by the USA Volleyball Participant Code of Conduct, which includes the USA Volleyball Disciplinary Policy. A copy of this policy is included in the handbook. In addition, Utah Elite VBC has adopted, and each player must agree to follow, the Player Code of Ethics and a Player Code of Conduct as follows:

- A) Player Code of Ethics: the sphere of influence of a player's behavior is not restricted to the individual – a player also represents both his/her team and the Club, and should comport himself/herself accordingly. Players should:
- a. Participate as a member of a unit, showing respect for the team's effort.
 - b. Be concerned primarily with playing, leaving control of other factors at a competition to the officials.
 - c. Show respect for opponents, coaches, officials and fans.
 - d. Show courtesy on the court as well as on the bench.
 - e. Make every honest effort to win a contest, but avoid deliberate actions which could cause harm to other players.
 - f. Maintain acceptable standards of personal appearance.

PARENT BEHAVIOR

The Club recognizes parent emotions related to competitive sports. The major issues which arise relate to team placement of players, playing time and criticism of coaching decisions and behavior. **Coaching decisions are not subject to parental interference.** Parents may make inquiries for clarification, but should seek to control or manipulate a Coach. Coaches are not

obligated to take abuse that may be acceptable in other organizations. If a coach's behavior is demeaning or detrimental to the welfare of a player, the parent is encouraged to discuss these matters with the club director.

CLUB DISCIPLINE

Club discipline is based upon what is best for player, team and Club. The coach is the primary focus for player discipline. At this level, discipline can remain informal and low profile in nature. If it is determined by the coach that steps taken have not remedied the problem, the Club Director may be consulted for assistance.

CLUB COMMUNICATIONS

Information regarding Club activities will be posted on our web site: at utahelitevbc.com.

Some changes may be expected. Exact tournament locations and times for each individual team will be available the week before the tournament.

In addition, the Club will organize a communication system based upon each team having a "team parent" who assumes communication and organizational responsibilities. These parents assist the coach as requested.

INSURANCE COVERAGE

Each participant is expected to have her own medical insurance coverage which will be the primary insurance to be relied upon in the event of injury during a Club activity. Once registered with the USAV or AAU Volleyball, participants are covered by the USA's sport accident policy on a secondary coverage basis while participating in scheduled, supervised, and approved activities such as practice sessions, games, fundraising activities and tournaments. If a player has sustained an injury in a Club activity, the coach should be notified as soon as possible. If an injury appears serious enough to require a doctor, medical care should be sought immediately. Parents should make a claim for medical expenses to their family medical insurance carrier first. USAV coverage is secondary.

TRAVEL GUIDELINES

1. The teams who perform best at the end of the day are the teams who have reserved or replenished their energy levels during the day. It is important that players maintain their energy levels by consuming good foods and plenty of water throughout the day. Take snack foods that are nutritional and high in carbohydrates. Nutritional snacks are important because it is not always known how much time will pass between matches. There may be time for a snack only and not a meal.
2. Never leave the gym area without getting permission from the coach. Many families choose to take along a cooler with drinks and food for their meals, particularly lunch. It is also a good idea to carry sandwich supplies. Some days get long and buying fast food gets expensive and usually unhealthy. Again, if a parent isn't accompanying their daughter, they should coordinate food.
3. We recommend you carry a blanket to rest on. Also, bring some lawn chairs. In some gyms there are bleachers. In others you can bring in lawn chairs and in others you CANNOT use chairs. Please check with the gym supervisor regarding the specific site.
4. Please respect and follow all rules of the gyms we play in. At many tournaments, there is NO FOOD OR DRINKS ALLOWED IN THE GYMS. Please clean up after yourself - DO NOT LITTER! Remember, do not do anything that would jeopardize your team or result in a penalty because the rules were not followed.
5. While at a tournament, the players are encouraged to stay together in the gym or immediately outside the gym area. They may bring blankets and small games or homework to keep occupied. The girls need to rest and be mentally and physically prepared for their next match. Girls may not leave to go shopping or visit relatives without discussing it with their coach.

6. It is a good idea to pack a small personal bag when traveling to “away” tournaments. Include toiletries as well as Tylenol. It seems to be something that the girls ask for often and other parents do not like to hand these pills out to other peoples’ children.

7. Players and parents shall adhere to specifications of the Code of Conduct at all times while representing Utah Elite VBC.

8. Chaperons shall not consume or be under the influence of alcoholic beverages. Parents are asked not to consume alcoholic beverages during Club functions.

HANDBOOK ACKNOWLEDGMENT

I ACKNOWLEDGE THAT I HAVE READ, UNDERSTAND, AND ACCEPT THE INFORMATION IN THE UTAH ELITVE VOLLEYBALL CLUB PARENT HANDBOOK. I RECOGNIZE THAT MY ELIGIBILITY FOR PARTICIPATION IN THE CLUB IS CONTINGENT UPON MY FOLLOWING THE SPIRIT OF ITS CONTENTS.

Parent Signature

Date

Player Signature

Date

WAIVER OF LIABILITY

I, THE UNDERSIGNED, INTENDING TO BE LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS OF ANY KIND WHATSOEVER THAT I MAY HAVE AGAINST UTAH ELITE VOLLEYBALL CLUB AND ALL OTHER PARTIES AND REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL DAMAGES WHICH MAY BE SUFFERED BY ME OR ANYONE I AM RESPONSIBLE FOR AS A RESULT OF MY ATTENDANCE AT ACTIVITIES SPONSORED BY UTAH ELITE VOLLEYBALL CLUB.

EFFECTIVE NOVEMBER 17, 2012 TO JULY 15, 2012

Parent signature

Date