

SALT LAKE VOLLEYBALL CLUB

Parent Handbook

www.UTVOLLEYBALL.ORG

NOTE TO THE PARENTS- As a club, we are anxiously looking forward to this club season. Playing club is a fun time for your daughter/son and enjoyable time for our coaches. Your children have the opportunity to improve their skills, work with great coaches and make lots of new friends. The general feeling is one of great anticipation and enjoyment. Our coaching staff are strong and great people to be around. All of our coaches will be trained and instructed in coaching techniques that will produce consistency and excellence. The club will work hard to give you and your athlete an exceptional experience.

SALT LAKE VOLLEYBALL CLUB INFORMATION- Welcome to the Salt Lake Volleyball Club (SLVBC)!! The following information has been prepared for you to provide you with as much information about our upcoming club season as possible. There are many aspects of SLVBC that you need to consider before you invest the time and money, so please use this guide to assist you in the decision. We hope you will keep this handbook as a reference

throughout the season for many of the questions you may have. It is SLVBC's hope that this will be a positive and productive volleyball experience for each individual player. Our goal is to further develop volleyball skills for all girls, while encouraging a love for the game.

CLUB ORGANIZATION- SLVBC will teach the latest and best individual techniques and the finest concepts in team play. We will also help your child with improving their mental and technical skills. Our program requires dedication and effort and will give your child a chance to compete against teams from all around Utah and Idaho. They will even have the chance to compete against high level teams across the country.

All coaches and administration personnel are required to pass a background check administered by AAU Volleyball. Background checks are required to be re-administered every year after acceptance.

PHILOSOPHY AND PURPOSE- SLVBC will support the philosophy that volleyball skills of individual athletes, would be enhanced if these student athletes were given the opportunity to train and compete in volleyball throughout the majority of the year. Also, to provide these student athletes with enough volleyball training and competition so that ultimately, we could maximize their opportunity for their volleyball career.

The emphasis is on the 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 at any one school in our community.

While winning is an important team goal, participation by each individual is stressed, with the focus on improvement in performance rather than winning as the ultimate goal.

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 to help them develop in their coaching skills and keep up with the latest changes with the sport of volleyball

CLUB SIZE SLVBC's goal is to provide as many athletes as possible with the opportunity to participate on one of our Club's teams. The size of the Club is limited by the number of quality coaches available, as well as the availability of indoor practice facilities.

TRYOUTS- A player is eligible for the SLVBC after qualifying through tryouts. Tryouts are held in November. Registration for the tryout will require the player completing a player information sheet and an AAU membership. During tryouts, players are put through a series of athletic and volleyball skill tests by coaches and ranked based upon their performance. Team selections are made based upon performance at tryouts. Our staff may waive the tryout requirement for some players if injury or illness has prevented a tryout. In these instances, a member of our coaching staff will evaluate the player to determine the player's current athletic and volleyball skill level.

TEAM SELECTION- After the tryout period, players are placed on the various teams according to skill level. 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 who will fill the various positions on each team (i.e. setters, middles, outsides, 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 the Club Director. Every effort will be made to avoid transferring players from one team to another, however, occasionally transfers are made to make sure the teams are as cohesive as possible.

Participants place on a team (As many players as possible will be placed on teams depending on coach availability.)

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. In addition, failure to stay current with a player's financial obligations to the Club will affect eligibility. *If the monthly payment is 10 days delinquent your son/daughter will not be able to participate in practices or tournaments until account is brought current.* The eligibility of each player is entirely at the discretion of the Club Director and is not subject to appeal.

TEAM ORGANIZATION- SLVBC will organized it teams into 3 divisions:

Elite/Travel teams are comprised of the best possible players. These teams travel and participate in Regional and out of state tournaments. These teams are made up of 10 – 12 players. Players are expected to be dedicated and reliable and able to meet all school commitments as well as SLVBC training, travel and playing schedules.

Competitive teams are made up of players who are developing their skills. The primary purpose of the competitive teams is to develop skills and give as much playing experience as possible. This does not mean equal playing time in tournaments for players, but equal attention and coaching during practices to enhance player development

Training/technical teams are made up of players who are new to the sport of volleyball and need help developing and learning all of the skills. The primary purpose of these teams is to develop skills, learn the game of volleyball, and learn to be a team player while focusing on all aspects of the game.

TRAVEL INFORMATION- Transportation to and from tournaments, practice and other activities is solely the responsibility of the player's parents and is not a function of the Club. We encourage you to organize carpools to both tournaments and practice as a way to share expenses and to get to know each other better.

Each parent is responsible for getting their daughter or son to each tournament. It is also the parent's responsibility to arrange for a ride for their daughter or son 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 or sons. No reimbursement for gas will be given for transporting teams to local Regional tournaments.

On occasion, Region tournaments are scheduled in areas outside of Utah and Salt Lake County. Transportation, meals and lodging costs will need to be assumed by the families for those weekends. A financial breakdown will be sent home the week prior to the tournament so that plans can be made ahead of time. It should be noted also that these tournaments are a lot of fun for your children!

CLUB TEAMS AGE DIVISIONS

18 and Under: Players who were born on or after September 1, 1997

Or

Players who were born on or after September 1, 1995 and a high school student during some part of the current academic year

17 and Under: Players who were born on or after September 1, 2001

16 and Under: Players who were born on or after September 1, 2002

15 and Under: Players who were born on or after September 1, 2003

14 and Under: Players who were born on or after September 1, 2004

13 and Under: Players who were born on or after September 1, 2005

12 and Under: Players who were born on or after September 1, 2006

INTER-REGIONAL TRAVEL: ELITE TEAMS Purpose for participation in Inter-Regional tournaments:

1. Creates a better competitive experience for our teams. National competition (in most cases) is stronger than our Regional teams.
2. It is a barometer for how Elite teams compare to the rest of the country.
3. It gives our players exposure to collegiate coaches for recruiting purposes.

Benefits: Inter Regional Tournaments:

4. To teach our players time management skills.
5. To learn to handle the rigors of a competitive schedule.
6. To develop friendships with athletes from different areas of our country.
7. To enjoy the benefits of belonging to a team.

Expenses: The cost for each tournament is based on the past costs and is an estimate. The cost for each tournament is split evenly among all athletes on each team. The expenses include:

8. Coaches expenses (airfare, lodging)
9. Team entry fee
10. Car/Van Rental
11. Lodging
12. Teams transportation to tournament
13. Chauffer (airfare, lodging)

All players are responsible for their own meals at these tournaments. We recommend that you budget \$30.00 per day for food.

UNIFORMS: Salt Lake Volleyball will issue official uniforms at the beginning of the season. The cost of the uniform is included in the participation/membership fee. *The uniform must be worn when representing Salt Lake Volleyball Club at any sanctioned tournament.* Care of the uniform is the responsibility of the player. Any cost incurred to replace lost or damaged uniforms will be the responsibility of the player. The following will be handed out to each player:

All Teams

- (2) Jerseys
- (1) Spandex
- (2) Practice T's
- (1) Hoodie
- (1) Pair of Knee Pads
- (1) Bag

There will also be additional items available Ala-Carte

PRACTICES: Practice schedules will be presented to the coaches and the players and posted on the club website www.slc.utvolleyball.org. All teams will practice together in December and officially start practicing from January to May. All Training teams will start practice the 2nd week of January. All Elite teams (13's – 18's) will practice three times a week. When the week involves tournament play they will only be practicing 2 days a week.

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 Salt Lake Volleyball 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 their money deposit. This would include the following:

- 1) Current AAU Number
- 2) Medical release form
- 3) Membership contract (signed by the parent/guardian)
- 4) Deposit (club fee)

Please bring ALL FORMS & DEPOSIT to the parents meeting (Nov. 14th, 2014)

Players and parents must realize that practice is an essential part of the Salt Lake Volleyball Club program. Coaches must be notified **PRIOR** to practice if a player cannot make practice. Failure to notify, or missing practices, will result in diminished playing time in both practices and tournaments.

Salt Lake Volleyball Club expects that our Elite team members will make volleyball their priority. If there are conflicts with school or other activities, we expect serious consideration and commitments.

A special note: Elite out of state tournaments are often played on Sundays. This will need to be taken into consideration when making your decisions to commit to our programs. Special arrangements can be made, but that will be between the player, the parents and the coach.

PHONE NUMBERS

SALT LAKE VOLLEYBALL CLUB DIRECTOR

(801-518-3080) Bree Anderson

Director of Operations

(801)-592-6700 Kiera Powers

WEB SITE:

www.utvolleyball.org

FEE AND PAYMENT SCHEDULE

- 1) **Elite Teams**
- | | |
|-----------------|-------------------------------------|
| All ages | \$1,800 + (AAU Registration) |
| Deposit | \$300.00 Due (Nov.14, 2014) |
| Payment | \$300 per/mo. (Dec. thru April) |

*This does not include out of state tournament and travel costs

- 2) **Competitive Teams (All Ages) \$1,300 + (AAU Registration)**
- | | |
|---------|---------------------------------|
| Deposit | \$300.00 Due (Nov.14, 2014) |
| Payment | \$200 per/mo. (Dec. thru April) |

- 3) **Training Teams (All Ages) \$800 + (AAU Registration)**
- | | |
|---------|---------------------------------|
| Deposit | \$300.00 Due (Nov.14, 2014) |
| Payment | \$100 per/mo. (Dec. thru April) |

DEPOSIT: DUE AT (PARENTS MEETING)

MONTHLY PAYMENTS: DUE ON THE 5th DAY OF EACH MONTH STARTING DEC. 1ST

FINANCIAL- Salt Lake Volleyball will make every effort to keep the cost of participation as low as possible. The following are some of the expenses: practice facilities, coaches, uniforms, equipment, AAU membership (coaches & chaperones), regional tournament fees, team travel (elite) and miscellaneous expenses for postage, duplication, accounting and bookkeeping services. The Club will have fund-raising activities which will enable players to earn money towards their expenses. Players are also encouraged to seek sponsors for their club expenses. If you will be missing a payment or need to do a different payment plan- you will need to sign a Financial amendment agreement in order for you athlete to participate. This will only be accepted at the discretion of the club director. A 5% discount will be give if you pay in full by Dec. 1st.

EXTRA EXPENSES- Players who participate on certain SLVBC teams (primarily on the Elite teams) may have some extra expenses related to additional tournaments or travel not included in the Club budget and basic Club fee. While it is not possible to accurately predict the exact amount of such additional fees, the total extra charges are estimated to range from \$50.00 to \$200.00. These extra charges will be billed monthly following the month in which they occur.

FUNDRAISERS- SLVBC will attempt to provide players with the opportunity to raise money to offset the expenses of participating in the Club's activities. These will be available for both individual and teams. We welcome any suggestions from parents for additional fundraising events.

CLUB FEES- Fees are non-refundable because they are based on the Club's 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. The Club reserves the right to require payment in full if a player's fees are consistently not paid when due. Club Fees are posted on our website: www.slc.utvolleyball.org. Monthly payments are due on the 5th of each month starting in December 2014. (This does not include the down payment due in November.)

1. In order for the Club to maximize its efficiency in preparing for the club season (ordering uniforms, sending Tournament entry fees, etc.) it is necessary, for us to collect the deposit upon acceptance. (Please read over this Parent Manual carefully before attending the parents meeting. We will answer questions that you might have, concerning your decision about joining our Club. If it is not possible for you to pay the deposit amount by the parents meeting please call Bree Anderson @ 801-518-3080 and make arrangements for payment.
2. Monthly payments are due by the 5th day of each month. Late charges of \$25.00 will be assessed to your account if payment is not received 15 days after the due date.
3. Players falling more than 10 Days behind in payments will not be allowed to practice or participate in tournaments until the account is brought current.

4. Send Payments To: Salt Lake Volleyball
6896 Maverick Circle
Cottonwood Heights, UT 84121

PARENTAL PARTICIPATION- SLVBC 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 or son's coach or the Club Director if you are interested in becoming a team parent. All chaperones will have to complete an AAU background check and register with AAU Volleyball prior to participating with the team and athletes.

RULES AND REGULATIONS OF SALT VOLLEYBALL CLUB

- 1) When you have a complaint regarding your child, 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 the 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 also do not think it is productive for parents to call coaches with concerns after a practice or tournament. If a coach is approached during a tournament, please be advised that the coach has been instructed to terminate the conversation and walk away. We will not tolerate hostile, aggressive confrontations to any of the coaching staff, or towards other athletes and/or other parents. If this type of behavior does happen, the person involved and the athlete will be dismissed from the club with no refund of the participation fee.
- 3) The recommended meeting times for parents to speak with the coach is a scheduled time either before or immediately following practice. Please call the Club Director to arrange that time.
- 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 effective for the athlete or the team. There are times when everyone is wondering about substitutions, playing time, etc., and we know that in a competitive team sport like volleyball, not everyone is going to be happy all of the time. We would simply ask that should you hear complaining from any person, whether it is at tournaments, carpooling or at practice, that you ask the person to call the coach or the Club Director and not air their grievances with you.
- 5) SLVBC does not have the philosophy of giving equal playing time during tournaments for the **Elite Teams or highly competitive teams**. Playing time is determined by the performance of the athletes and is left to the discretion of their coach.

PLAYER AND PARENT - Belonging to SLVBC 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 should not, have not, and will not tolerate players or parents who behave in a manner which is disruptive or detrimental to the Club and its function.

PLAYER BEHAVIOR- Each player, as a condition to Club membership, agrees to abide by the AAU Volleyball Participant Code of Conduct. Which includes some of the following:

- A) Player Code of Ethics: A player is not merely an individual; a player also represents both the team and the Club. A player's conduct reflects not only the coach's training, but the philosophy of the entire Club as well. A player's actions, because a player is a leader, must therefore be without reproach:
1. A player should:
 - a. Participate as a member of a unit, showing for the team effort.
 - b. Be concerned primarily with playing, leaving control of other people at an event to the appropriate officials.
 - c. Show respect for others, the coaches, and the officials.

- d. Realize that successful sportsmanship at a game depends, to a large measure, on a player's actions. Thus a player is courteous 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 and is understanding of 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 not confront the coach on a disagreement. Coaches are not obligated to take abuse which may be acceptable in other organizations. If a coach's behavior is demeaning or detrimental to the welfare of a player, the parent may submit the issue to the Club Director.

CLUB DISCIPLINE- Club discipline is based upon what is best for the player, and in some cases, the Club. The coach is the primary focus of control for discipline. At this level, discipline can remain informal and at a low profile. 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

Some changes may be expected. Exact tournament locations and times for each individual team will be available the week before the tournament. The inter-mountain web site lists all tournament information and can be viewed for schedules and starting times. The web site address: www.NUVA.me

In addition, the Club will organize a communication system based upon each team having a "team parent" or player who assumes communication and organizational responsibilities. It is helpful to have a least two team parents to share this responsibility to contact another member of the team or team parent to obtain the needed information. You may also access all practice schedules on the Club's web site and tournament schedules along with tournament site locations on the AAU website.

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, participants are covered by the AAU'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. The AAU's coverage is secondary.

TRAVEL GUIDELINES- While not an all inclusive list, the following guidelines may be useful:

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 food or drink throughout the day. Take snack foods that are nutritional and high in carbohydrates. Take natural sugar items and lots of fruit. Do not eat candy bars or carbonated drinks during competition. Save these until after the game. Bring Gatorade and a jug of water. Nutritional snacks are important because it is not always known how much time is in between matches. There may be time for a snack only and not a meal.

Your coach will determine if there is time for a meal or snack. Stay together until it has been determined how long you have until you play again and what the TEAM is to do. Never leave the gym area without getting permission from the coach. Many families choose to take along an ice chest with drinks and food for their meals, particularly lunch time. It is also a good idea to carry sandwich supplies. Some days get long and buying fast food gets expensive. Again, if a parent isn't accompanying their daughter, they should coordinate food.

2. We recommend you carry a blanket to rest on. Also, bring some folding chairs. In some gyms there are bleachers. In others you can bring a folding chair and in others you CANNOT bring in chairs. Please check with the gym supervisor regarding the specific site directions.
3. Please respect and follow all rules of the gyms we play and practice in. There is NO FOOD OR DRINKS ALLOWED IN MOST GYMS. Please clean up after yourself – DO NOT LITTER!! Remember, do not do anything that would jeopardize your team getting a penalty because you did not follow the rules.

4. 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. Athletes may not leave to go shopping or visit relatives without discussing it with their coach.
5. 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 someone other than their own daughters.
6. Players and parents shall adhere to specifications of the Code of Conduct at all times while representing SLVBC.
7. Non-family members shall not stay in the same room with families where members of the opposite sex are included.
8. Chaperones 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 SALT LAKE VOLLEYBALL 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 HIERS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS OF ANY KIND WHATSOEVER THAT I MAY HAVE AGAINST SALT LAKE 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 SALT LAKE VOLLEYBALL CLUB.

EFFECTIVE NOVEMBER- JULY OF CURRENT YEARS.

Parent Signature

Date