

North Durham Volleyball Club

2019/2020 Handbook

Club Leadership

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Mission Statement

North Durham Volleyball Club strives to provide an opportunity for volleyball athletes to develop the fundamental individual and team skills of competitive volleyball through practice and competition at the local, regional, and national levels. We strive to do this in a supportive environment from a knowledgeable and experienced staff.

NDVC Goals

To provide and foster an atmosphere for athletes to grow in character and sportsmanship as well as grow individual and team volleyball skills.

To give athletes training that will enhance their local school programs and then also assist those who want to pursue volleyball at another educational level

To help local schools with athletes who return with stronger skill sets after a competitive club season

To promote quality instruction of volleyball and doing this with coaches who are constantly refreshing on new and updated ideas of coaching effective techniques

To promote a working triangle between parents, players and coaches with the common goal of growing the individual athlete and the team as a whole

General Information

USAV Volleyball Season

North Durham Volleyball Club is part of the Junior Olympic program through USAV, and Carolina Region VB.

All teams will practice from November through April or May, depending on the final tournament date

Registration

Players must have completed the following:

USAV Registration Form

USAV Medical History and Release Form

NDVC player contract

USAV membership online

Attend either through online or in class referee training

Fees:

We are dependent on each family doing their part to pay club fees. Until the club is well established, we do not have the luxury of offering scholarships for families that cannot afford the fees.

If a family decides to voluntarily withdraw from the club for personal reasons or is removed for any violation of USAV or NCVC rules they will be responsible for the balance of their dues.

Fees to towards playing USAV club registration and insurance, gym rental, uniforms, equipment, coaches tournament expenses, tournament registration fees, and etc. If an additional tournament is scheduled, there may be additional fees.

Officiating

All players and coaches must complete the required officiating course to learn the rules of volleyball and how to officiate and keep score

Player Selection

Teams will consist of a minimum of 9 players and no more than 12 players.

Athletes will be evaluated on general athletic ability, existing and potential skill levels, knowledge, effort, competitiveness, attitude, sportsmanship, and interaction with coaches and other athletes.

Playing Time

Playing time is earned in practice. Equal playing time is never guaranteed for any team member at any event. All playing time is decided by the coaches and is not negotiable. It is not to be discussed by players or parents during or immediately following a game. Coaches have the right to play whomever they think is best suited for a position and also who helps to positively contribute to the team development and chemistry.

Playing time may be addressed by the athlete before or after practice. The coach will be as honest as possible about what is required to increase playing time. Remember that tone is very important when addressing playing time.

Club fees go toward practice time and instruction by qualified coaches who are striving to bring out the best possible skill level in the athlete.

The following factors affect playing time;

Attendance at practices

Volleyball skill and ability as evaluated by all of the coaches

Level of effort and individual participation at practices and tournaments and attitude in practices and game situations

Individual position and role on the team

Adherence to the coach's rules

Adherence to the club rules

Practices

Practices will typically be two times a week for two hours at each practice. There may be occasional additional practices or practices with a longer duration. The coaches will communicate with any changes to the practice schedule as quickly as possible. The practice schedules will be listed on the Facebook page, through email, on the Shutterfly site, and also on the website as well.

Attendance at practices are mandatory Athletes are expected to be at every practice session. Every effort should be made to manage homework, other sports, and other outside activities, so they do not conflict with NDVC practices. An athlete's absence affects her negatively as an individual, but also the entire team. Regardless of the reason, missed practices will influence the amount of playing time the athlete receives.

1. **If an athlete cannot be at practice** it is that athlete's responsibility (not the parent's or a fellow player) to contact the coach 24 hours prior to the practice so that the coach can adjust the training plan. If the reason for missing is an illness, then the athlete should contact the coach as soon as possible.
2. **Athletes are encouraged to bring water or an appropriate drink to practices for rehydration**
3. **In the case of inclement weather**, coaches will call, text or email to notify parents and players of the cancellation
4. **No jewelry is allowed at practices** since this allows us to get into tournament mindset prior to the time of the tournament
5. **Conditioning is required** Some conditioning will happen in practices, and some conditioning is required at home. Athletes are expected to put in the full effort as it will enhance personal performance on the court, and help the team in the long run.

Tournaments

Tournaments are held as one day tournaments in the Carolina Region, or two day tournaments in out of Region areas. The typical one day tournament schedule starts at 8:00 AM with “pool play” consisting of two or three round robin matches. Bracket play begins some time in the afternoon, ending in tournament finals some time that evening. Teams making to the finals will add another two or three matches to the day.

A few tournaments involve two or three days of pool play that are similar to the one day tournaments. In a two day tournament, bracket play sometimes starts immediately after the second day’s pool play and wraps up in the evenings. Sometimes in these type of tournaments there is a morning wave, and/or an evening wave. Oftentimes these tournaments end with bracket play, and then bracket finals. Teams making it to the brackets in the larger tournaments may add an additional three to four matches to their tournament total.

Because the length of volleyball matches can be unpredictable and tournament formats and management varies, it is difficult to pinpoint the exact time a tournament may end. Also, exact tournament locations and schedules are often not available until right before the tournament begins. This is partly due to late entries, withdrawals and team changes, all of which impact tournament schedules. North Durham Volleyball Club has no control over the administration of the tournaments, so we cannot dictate how they are run.

Team Areas Upon arrival, the team will identify where the girls can leave their bags and hang out between playing time and officiating. We ask that the areas reflect our club in a manner that is neat and organized at all times. Most girls bring a blanket and pillow, homework, a book, and electronic device or etc to pass the time. Remember the team area is not secure, and valuables will be left at your own risk. It is our responsibility to clean our area, and leave it as we found it.

Tournament Food Most tournaments do not offer concessions. When allowed, the team will organize a tournament food list, and families with items for each family to contribute. The food will be shared among families that are attending the tournament with their players. The team food list will be created by the team mom on our Shutterfly site, so that everyone has all of the information available to them.

Player responsibilities for tournaments

1. All athletes are expected to be in the gym, ready to warm up at the arrival time that is determined by the coach. The NDVC guideline will be an hour prior to the first match regardless if you play or referee
2. Proper demeanor is expected of all members of the club (coaches, athletes, parents, and supporters) at all tournaments. This includes respectful treatment of the officiating crew, other coaches, players and parents from other teams. We want to set ourselves apart as a different breed than what is presented many times at volleyball tournaments, or other sports functions.
3. **Officiating and scorekeeping** Officiating is a shared responsibility for the entire team. All NDVC athletes are required to help with line judging, scorekeeping, score flipping, up ref, and down ref. Teams assigned to officiating and scorekeeping must perform this responsibility from the beginning to the end of the tournament. **Athletes 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 with the team at the tournament for the duration of the team's officiating duties. This is non-negotiable. An exception is that the player may be excused for an injury or a true emergency.

Parents are not permitted to confront coaches on tournament days to discuss playing time or to complain about coaching tactics, strategy, individual or team performance. Parents are encouraged to take notes about their concerns and follow the grievance policies outlined in the handbook.

Travel Athletes and/ or parents are responsible for providing transportation for their athlete to and from tournament sites.

At out of region tournaments, all team members will stay in the same hotel. Hotel rooms will be booked by each family. If parents will not attend, then they can make room arrangements with another family who will be attending. The costs of the hotel are the responsibility of the athlete and their family.

Athletes will not leave the hotel without a parent, coach, or chaperone. And, they must notify the coach if they are leaving. Athletes must use a buddy system at all times, when walking around the hotel, or the hotel grounds.

Curfews will be established by the coaches. It is the parent's responsibility to assist coaches in enforcing the curfew. Violation of the curfew may result in loss of playing time the following day.

Any athlete found in possession of alcohol or other controlled substances, including tobacco products, while representing NDVC will be sent home.

Fees

The estimated club fees for the 2019/2020 season are \$1200 (15U) or \$1500 (18U). This includes the uniform package, tournament fees, and other fees associated with running a volleyball club. Failure to pay fees by the set deadlines each month will result in no playing time until the amount is caught up to the correct amount

Monthly Fees Monthly fees are due by the 15th of each month in the amount of \$160 (15U) or \$200 (18U), unless the amount was paid in full at the beginning of the season. If the monthly fees are late without notification, then practice time or playing time will be decreased until the fees are caught up in a timely manner.

The final amount due must be paid in full prior to the end of the season. Failure to pay club fees in full will result in the athlete participating in NDVC events until that amount is paid in full. After 60 days, that amount will be forwarded to a collection agency.

Responsibilities, Ethics and Conduct

Athlete Responsibilities: Athletes are held to a high standard of conduct by the coaching and administrative staff of NDVC. Athletes should remember that they represent their parents, coaches and club to a large community when they participate in any club related event. No athlete is allowed to use alcohol or any other controlled substance, including tobacco products, at any time during the club season. Any athlete that is involved in this activity will be dismissed from the club with no refund of club fees.

NDVC athletes are expected to:

- * Display sportsmanship and respect towards teammates, competitors, parents, coaches and officials at all times
- * Keep a positive attitude and be supportive of teammates and coaches
- * Be prepared mentally and physically for all practices and competitions
- * Give 100 % effort at all times
- * Participate in all team drills(including physical conditioning)
- * Be cooperative, considerate and act with high moral and social standards while playing and traveling as a program representative
- * Be on time for all scheduled events
- * Never use alcohol or controlled substances, including tobacco products
- * Learn the rules and develop officiating skills
- * Be willing and ready to serve the team and Club by participating in all club related events
- * Follow all specific team rules that are outlined in the handbook and by the coaches
- * Participate in some type of physical conditioning outside of scheduled practices
- * Take responsibility and be accountable for individual behavior
- * Show strong initiative in becoming a viable and stronger player for the team
- * Report all injuries to the coaches immediately
- * Keep coaches informed of absences as soon as possible
- * Resolve all personal issues within the team. If it cannot be resolved between the players, then the coaches will help resolve the issue.
- * Abide by all curfews established at away tournaments
- * Take care of all assigned NDVC gear tha

Parent Responsibilities: Appropriate parental support and involvement are vital to the success of the team. Parents are welcome to attend practices, as long as there is no interference during the practice session, and as long as they are not a distraction to the athlete performing during that time. Parents are encouraged to volunteer in different aspects of the team, and to fulfill many tasks associated with NCVC volleyball.

NDVC Parents are expected to:

- Set a good example of behavior for their athletes who are playing for NDVC
- Release their child to the experience of playing for NDVC. This means that you allow your child to be coached by coaches who have experience in coaching, and help your child to embrace instruction with a great attitude
- Display sportsmanship and respect towards teammates, competitors, parents, officials, and coaches
- Allow the coaching staff to handle any concerns over an official's ruling.
- Understand and respect the differences between parental roles and coaching roles
- Focus on their child's development of skills and strategy rather than competitive success. The nature of sports competition creates its own pressure to succeed.
- Communicate their true concerns to the coach. A positive working relationship is based upon clearly communicating goals between players, parents and coaches
- Control negative emotions and think positively
- Refrain from criticizing coaching techniques in front of players, or other parents.
- Show enthusiasm at tournaments as you cheer for NDVC teams
- Help your athlete learn how to be a cooperative member of the NDVC family.
- Refrain from giving players instruction at practices and tournaments. This may be confusing with what their coaches are telling them.
- Be a partner with the coaches as they teach the girls positive mental toughness, a high work ethic, enthusiasm about the sport of volleyball, and team mentality rather than a mentality of individualism

Conflict Resolution:

Know when and how to communicate with your athlete's coach- Most often the issues most related to parental concerns are concerning playing time. NDVC will not allow an aggressive confrontation between a parent/athlete/coach. Violation of this policy could result in dismissal from the club.

Playing time issues-

Playing time is not something taken lightly by any of the coaching staff. It is a careful determination of the athlete's ability, the athlete's potential, the athlete's position, and the team's needs at the moment, and in the future.

Parents are not permitted to confront coaches on tournament days to discuss playing time, or to complain about tactics, strategies, or individual and team performances. They are encouraged to take notes, and to scheduled time either before games or practices. When addressing specific individual performance, the parent is only allowed to discuss their own child, and not another athlete on the team.

Playing time should first be addressed by the athlete. Playing time will not be discussed with the parents, unless the athlete themselves have first approached coaching staff to discuss the issues. All of the coaches are approachable and willing to listen to concerns about individual playing time. The time to address this is at practices where detailed conversations can take place. Tournament days are not the time to address any issues.

Coaching Decisions- Coaching decisions include among other things, practice planning, specific match decisions, who plays, who gets subbed out, the specific athletes who will referee in each match, what positions are played, and etc.

Coaches will not be required to defend his/her thought processes, strategies, or conclusions in these determinations.

Steps for Conflict Resolution

- **The coach and athlete will speak**
- **The coach will then speak to the athlete's parents**
- **Parents and/or coach may then address the Club Director**
- **Mutual meeting between all parties to resolve issues**

Coaching Responsibilities: Coaches will plan and lead all practices and game activities with a sense of purpose, and working clearly toward established goals that are specific, measurable, achievable, realistic and tangible (SMART) goals. Emphasis in practice and competition will be placed on skill development, and overall team improvement.

NDVC Coaches are expected to:

Display sportsmanship and respect to athletes, fellow coaches, competitors, parents, opposing coaches, and officials at all times

Always put the welfare of the athlete ahead of personal gain

Be punctual for all scheduled events

Learn each athlete and know their individual needs

Know the rules of the game

Make informed playing time and strategy decisions

Prepare informative and challenging practices

Emphasize performance and process over outcome

Be positive and consistent with feedback

Communicate fully with athletes and parents by making sure they are familiar with expectations, procedures, and team rules. Be open to talking with athletes and parents. Be fair, impartial, and ready to listen and respond

Protect the safety of athletes. Direct any injury or illness to the appropriate medical authority

Provide a role for every player on the team.

Be respectful of the facilities used by the club, and understand the rules that are in place for that facility

Contribute to and support the decisions of policy, actions and rules of USAV, Carolina Region, and NDVC.

Be a good role model on and off the court.

Sexual Harassment Policy-NDVC has adopted the Sexual Harassment Policy of USAV. Harassment can occur between any members of the volleyball community, including coaches, players, officials, parents and organizers. It can occur when one individual holds a position of authority over another person.

Sexual Harassment may include:

- Suggestive comments about physical appearance
- Leering or staring
- Use or display of materials with inappropriate content
- Sexual teasing
- Jokes with sexual themes
- Unwanted physical contact
- Promises or rewards for sexual favors
- Sexual assault

NDVC will not tolerate any kind of conduct that remotely resembles any kind of harassment or discomfort.

If you witness any behavior from a coach, or administrator that you believe to be inappropriate, please report it immediately. All complaints will be investigated! Any staff member found to be in violation of the USAV policies will be dismissed immediately.

North Durham Volleyball Commitment: We are committed to growing each athlete both on and off the court. We will respond to all questions and concerns that are related to club operations. We will do our best to respond in a timely manner. We will work diligently to help each athlete to develop both athletically and personally to the fullest of our abilities. We will be open and forthright to the best of our in all of our dealings with members. We will foster the attitude of growing together as a family within NDVC!

