



**CLUB NORTH**  
**PARENTS/PLAYERS MANUAL**

As customary for all USA Volleyball club programs, all Mizuno Club North parents are encouraged to be super fans for our team within the USA Volleyball club program philosophy. It has been our experience that the more positive parents are with their involvement, the better the individual player's experience which in turn feeds into team cohesiveness during training and competition. We encourage you to bring your families, relatives, etc. to competition dates.

Throughout the season we will need your assistance with the following:

1. Support of the club – We need your backing behind all of our teams and players (not just your daughter)
2. Support for Trainers/Coaches – These are individuals that puts in a great deal of their time & effort to improving each player, team and the competitiveness of the club as a whole.
3. Transportation – Get your players to & from practice on time. Plan to get them there up to 10 minutes before practice start and be available for pick-up 5 minutes before end of practice.
4. Logistics/Chaperone's – Each team will need a parent or two to volunteer for directions, foods, hotel accommodation during tournaments away from our local area etc. This is a volunteer role that needs someone with open mind and ability to work well with people. Volunteers must register with USAV/HOA.
5. Team Social Activities – Help plan team events before tournaments, team meals, etc.

Cooperation and communication are the keys to the success of any team. To make this club season a successful one, we must work together so that each person on our team can grow. We have included a few guidelines, rules, and general sports information for your benefit (this is where the cooperation comes in - we expect that each team member will read the rules and become aware of them). Please read through this manual and help our team members get familiarized with the contents.

#### **PARENT GUIDELINE:**

Parents will not be involved in any of the following:

1. Coaching of the team (except if registered as Club North Coach and Impact Certified)
2. Critiquing a coach's decision – in front of other parents, players or coaches
3. Confronting a coach regarding playing decisions
4. Talking to a coach about play time, line ups and team strategies
5. Getting involved on individual or team issues unless invited by the coach
6. Removing a player from practice or tournament without notifying the coach

#### **24 Hour Rule:**

Coaches should offer a positive developmental environment for a child and should help serve as role models for game skills and sportsmanship. However, parents will sometimes disagree with a coach's decision or approach, especially when it involves their child. Parents have to understand that the coach does not represent a player. The coach represents the team and must make decisions from a team perspective first and a player perspective second. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 Hour Rule" which simply states that coaches will not discuss a game or situation until at least 24 hours after the fact.

This important rule does two things. First, it removes the discussion away from the presence of the players. Second, it allows all parties to have time to put things in perspective and to "cool off" if necessary. If parents will respect the 24 Hour Rule, their concerns are more likely to be fully addressed in a reasonable discussion. More importantly, the player's enjoyment of a game will not be marred by an ill-timed confrontation between parents and their coach.

**Should parents have any concern within the confine of the 24 Hour Rule, the following is the acceptable club procedure in order:**

1. Have your daughter make an appointment to talk with Head Coach first. If not satisfied;
2. Phone the Head Coach to make a schedule for a meeting to discuss the issue (Player and parent must together be in attendance). If after the meeting, you are still not satisfied;
3. Schedule a meeting with the coaches, and Patty or Coach Ib..

**Parents who cannot abide by these procedures will be asked to take their daughter out of the club program. Due to commitment of funds for all club programs - No refunds will be made at all.**

### **TOURNAMENTS**

A complete listing of tournament schedule per team should be available per team close to the middle of November for majority of our teams. **Due to Covid-19, tournaments schedule might change from time to time.**

### **UNIFORMS, PRACTICE TEES & GENERAL CLUB WEAR**

We are proud to be part of the Mizuno USA volleyball club family. Our complete uniform includes Mizuno shoes, socks, kneepads, shorts, uniform and outerwear. **Because of our Branding relationship with Mizuno and for preservation of Club Brand identity, we require everyone to observe the following.**

#### **MANDATORY FOR TOURNAMENTS WHILE REPRESENTING CLUB NORTH**

- 1) All Mizuno Club North Team members must wear only Mizuno Club North Court Shoes, Tees, Apparels and Uniforms at Tournaments. This means no other branded outerwear (warm up and pants), tee shirts, shoes, socks, kneepads except for Mizuno brands or Club North are permitted. It is however permitted to wear a non Mizuno branded Ankle Support. *\* In a situation that a team member's shoe does not fit due to medical challenges, every effort will be made to find an appropriate shoe within Mizuno brand first. If one is not available, special permission can be granted with a doctor's note to permit another competition shoe to be worn.*
- 2) Flip-flops. Team members can purchase Mizuno brand at the Volleystore. Non-branded/non-visible logo flip flops can be worn to tournaments.
- 3) Masks – As a part of our Covid-19 policy, we will require our team members to wear masks in our facilities for team practice and trainings. We will issue Mizuno branded masks or other non-branded for the 2020-2021 season. If a team member chooses to bring their own, it must be non-branded/plain without any logo or inscriptions for wear in our practice facilities, and in tournament environment while representing Mizuno Club North Volleyball.

#### **MANDATORY DURING CLUB PRACTICES/TRAININGS**

- 1) Only Mizuno Club North/Club North logo tees/Apparels can be worn for practices and skill enhancements
- 2) Non-Mizuno branded shoes can be worn for practice when it is the best option for team members
- 2) Flip-flops. Team members can wear Mizuno brand or non-branded/non-visible logo flip flops
- 3) Masks – only issued Mizuno branded/non branded/plain masks can be worn. Team members can bring their own mask provided it is non-branded/plain.

#### **MIZUNO CLUB NORTH FAN GEAR:**

We are proud to have a Mizuno Volleyshop to provide Team members, Parents and Families a variety of Mizuno wear and other accessories to make Training and Tournament days a true family and team affair. The Volleyshop is in the new Club facility. Open hours are typically between 4-9pm weekdays and 9am-3pm most weekends. To purchase apparel outside of open hours, please contact our Club Apparel coordinator – Coach Ib at vbtrainer@aol.com.

## **PERMISSION REQUIRED TO USE CLUB NORTH LOGO FOR FUNDRAISING**

Due to copyright and branding agreements. **Please do not utilize the Mizuno, Mizuno Club North Logo Name to make personal apparel or any other form of usage.** Anyone using the Mizuno, Mizuno Club North Logo can and will be prosecuted according to the full extent of the law. If you should have an interest in using only the Club Name & Logo for your team fundraising effort during the season, please contact Coach Ib at vbtrainer@aol.com for approval before you proceed.

## **SOCIAL MEDIA**

Club North Volleyball recognizes the prevalence of electronic communication and social media in today's world. Many of our team members use these means as their primary method of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered. For these reasons we have a clear and concise policy on acceptable social media and communication processes supported by Club North posted online. Please view and download it from [www.clubnorthvb.com/club-fees--general-information.html](http://www.clubnorthvb.com/club-fees--general-information.html)

## **TRANSPORTATION & LODGING**

When our teams travel, parents & players are responsible for their own transportation and lodging. Club North Coaches are discouraged from driving any player to practices or tournaments unless their own child. Carpooling among the team members is encouraged and also serves as a great way to get to know other players and their family! For complete policy, please go to [www.clubnorthvb.com/club-fees--general-information.html](http://www.clubnorthvb.com/club-fees--general-information.html)

## **PRACTICE/TRAINING EXPECTATION:**

Everyone will have equal access to training. Mizuno Club North team members can expect to acquire efficient fundamental skills in all areas of their volleyball experience. Emphasis will be placed on enhancing effective technique, form and movement necessary to execute different ball control skills. Our team members will progress from beginning till end of season in their individual and team skills.

Parents are not allowed in the Gym for the 2020-2021 season. We will continue to review this as needed.

## **SKILL ENHANCEMENT TRAINING SESSIONS:**

This will take place for club team members during the regular season and typically when there is no Tournament. It is an additional opportunity provided to Club North team members to improve their skills outside of scheduled team practices. There is no fee to attend. You cannot use a skill enhancement training session to 'make up' a missed practice.

## **ATTENDANCE & TRAINING SESSION EXPECTATION:**

1. All practices, competitions, and other functions of the team are mandatory – except if you've made prior arrangements with your coach to be absent or late.
2. Team members are required to personally call and speak to their coaches should it be necessary to miss any practice, or competition well in advance. **DO NOT SEND WORD THROUGH SOMEBODY ELSE.**
3. Unexcused absences **WILL TYPICALLY** result in a player being held back from matches. Consistent absences **CAN RESULT** in suspension from the club program. Should you decide to also leave the club program for any reason, your club coaches should be notified in advance – no refund will be issued.
4. You are expected to be on time for all team scheduled activities. Please plan to always arrive up to 10-15 minutes early to practice or to designated competition site.
5. Each person will assist in setting up and taking down of volleyball standards, pick up and put away balls and equipment at the conclusion of training sessions including sanitizing, cleaning up of water bottles. Leaving the court/facility better than you found it is our policy.

### **GAME DAY PLAYING EXPECTATIONS:**

- 1) Membership guarantees equal access for practice and training only NOT equal playing time during competitions. Club members are expected to use training/practice time to compete for playing time
- 2) In Select Division Teams – while playing time is guided by player progression and competition, every effort will be made to provide playing time (NOT EQUAL) to all team members, provided team members attend regular practices, including the last 2 practices prior to each tournament (except in cases of illness)
- 3) In Premier and National Teams Divisions - playing time is guided by competition, consistent ball control and utilization of trained skills, understanding and execution of trained team systems and the ability to contribute to team stated goals of winning. Consistency of attending practices sessions is also expected
- 4) In general, it should be understood that team members executing better during pool play will have the opportunity for more playing time during single elimination/championship matches.

There is no guarantee of the following: **STARTING OR PLAYING IN EVERY SET**. During game days, effort will be made to afford each player the **OPPORTUNITY** to play within a tournament pool. However, no one is guaranteed equal playing time.

In conclusion, every team member should bring high level focus from the start of season until the end so that everyone competes for playing time through their own progression in training. It goes without saying that team members consistently demonstrating better ball control and contribution to bring a higher level of success to their team will typically get more playing time.

### **HOW TO EARN CONSISTENT PLAYING TIME:**

- 1) CONSISTENT ATTENDANCE AT SCHEDULED PRACTICE SESSIONS
- 2) IMPROVE FROM TRAINING TO TRAINING IN BALL CONTROL
- 3) CONSISTENT EXECUTION OF TRAINED BALL CONTROL SKILLS TO IMPROVE TEAM STRATEGIES AS LEARNED IN TRAININGS AND PRACTICES
- 4) HIGH LEVEL COMMUNICATION, EFFORT, GREAT ATTITUDE AND TEAM FIRST FOCUS

We must have 100% commitment for every tournament and especially as it relates to traveling to tournaments. If a player commits to a travel tournament and then later withdraws, the rest of the team will NOT absorb the financial burden of this decision – if any was committed. The player who changed their plans is still responsible for any financial commitment if any was pre-arranged.

### **OUT OF TOWN TOURNAMENT CLUB REGULATIONS – see Club North Travel Policy:**

1. Every tournament has its facility regulations, please read and observe these regulations
2. All athletes will strive to stay with the team at playing facility when off
3. Be on your best behavior at the sites
4. Make sure someone knows where you are, at all times. Don't go anywhere alone - use the buddy system!!
5. DO WHAT IS RIGHT!! If there is any question - Don't do it!!
6. Wear Mizuno Club North apparel as a team. No other non-Mizuno Club North apparel is permitted
7. Have FUN and Play some great volleyball!!

### **TIPS FOR TOURNAMENT DAYS**

1. Pack your travel bag the night before – and of course make sure you bring your uniforms, shorts, shoes, socks, knee pads, sweats and other apparels. Check your bag again before leaving home to make sure everything is there
2. Make sure you have some type of ID on you or in your bag
3. Hydrate drinking water the day before and bring along nutritious food and water bottle
4. Bring your homework along to study during off times
5. Pay attention to Officiating Responsibilities and represent your team to the best of your abilities.

## CHARITIES

As in the past, Mizuno Club North Team members have supported different Charities during the season. For this year, we have selected the following to support as a Club.

- 1) Side Out Organization – Dig Pink Breast Awareness Program
- 2) Samaritan's Feet – Youth Volleyball Mission

We will send information out during the season for teams and team members to consider supporting any of these two organizations.

## CLUB NORTH COVID-19 PROTOCOL FOR PRACTICES

At Club North, we are committed to providing our members with a clean and secure practice environment. As a result of COVID-19, we will increase our cleaning methods, providing mask, hand sanitizers for team members and coaches. Most importantly the following protocols will be vigorously adhered to.

We will post signage to remind everyone in the gym of the following additional precautions –

- 1) Masks are mandatory for coaches, team members and parent reps at all times in our facilities
- 2) Regular hand washing/sanitizing by coaches, team members and parent reps
- 3) Coaches will wipe down all equipment utilized after use
- 4) All are required to cover coughs and sneezes with inside of elbow or undershirts even with mask on
- 5) Avoid touching eyes, nose, or mouth.

## PARENTS & TEAM MEMBERS OBLIGATION

**DO NOT** come to practice if you are sick. The following are potentials signs of exposure to COVID-19:

Fever	Chills	Loss of Smell/Taste
Cough	Shortness of Breath	Fatigue
Muscle Aches	GI Issues – Diarrhea	Headache

## REQUIREMENT BEFORE & DURING PRACTICE SESSIONS

Coaches will hold team members from coming in until the start of their practice schedule OR until the previous team has departed the gym.

Coaches / Team Members and Parent Rep must have their mask on before coming into the gym, throughout their time in the gym and can only remove after leaving our facilities.

Coaches will take temperature measurement of themselves, team members, and parent rep. Anyone with temperature above 100 degrees will be sent home

Hands washed or sanitized before start of practice & before water breaks.

No huddles during scrimmages

Coaches are required to finish practice on their time and not run into another team's time as scheduled

10 minutes time in between change-over of teams during practices to allow for sanitizing

## WHEN LEAVING THE GYM

Team members, coaches, and parent rep will wash hands OR at minimum sanitize hands before departing

## PLAYER DROP OFF/PICK-UP

Parents are to drop off and pick up team members at designated times

Parents will not be allowed inside of the gyms for practice and Group Skill Trainings. **We will review this every month.**

No large gathering allowed in front of the gym / parking lot

## TOURNAMENT & OTHER CLUB RELATED COVID-19 PROTOCOL

We are waiting on USA Volleyball / HOA / Tournament Directors guidance. We will make them available when they are received.

We will also lean on other Platte County Health Department advisories during the season.

### CLUB FEES INFORMATION

Posted online at [www.clubnorthvb.com/club-fees--general-information.html](http://www.clubnorthvb.com/club-fees--general-information.html)

#### 2020-2021 COVID-19 REFUND POLICY

If the season is canceled before November due to Covid-19 Health Advisory – Only the following funds will be reimbursed – minus non-refundable \$100 administrative fee. \* *For example: Someone in good standing with their club fees will receive a portion of the reimbursement that is more than someone who is not.*

1. Funds from Canceled Tournament Fees and Canceled Practices
2. National Team Funds for Coaches Hotel & Meals
3. Funds for Coaches Contract

#### What is not refunded

1. Funds expended for Uniforms and Administration will not be refunded
2. Uniforms will be passed out to each team member who has paid part or all of their club fees
3. Funds expended for Balls, Carts and other 2020-2021 season equipment

**If Practice and Competitions are canceled during season due to Covid-19 Health Advisory - Only funds as listed below will be divided and refunded to team members in good standing with Club Fees.** \* *This will be pro-rated per person as indicated above.*

1. Funds from Canceled Tournament Fees and Pro-Rated Canceled Practices - less Administrative Fees.
2. National Teams will also receive balance of unused funds for Coaches Hotel & Meals.
3. Balance of any remaining Funds for Coaches Pay

#### DELAY OR NON-PAYMENT OF CLUB FEES

We understand that from time to time there might be a delay in fees payment. The following are the policy for the season when there is a delay or non-payment of Club Fees.

- 1) Team members not current with their fees will receive a reminder after 7 days
- 2) If no response is received after 15 days, team member will be held back from practice and competition
- 3) Team member held back will only be reinstated when balance is up to date or an arrangement has been agreed upon on payment.

As with everything, communication is the key. If due to an unforeseen circumstance that there will be a delay in fee payment, reach out early to our Club Director – Patty Reynolds at [mreynolds18@kc.rr.com](mailto:mreynolds18@kc.rr.com).

**CLUB NORTH VOLLEYBALL RESERVES THE RIGHTS TO ADD, AMMEND OR CHANGE CONTENTS OF THIS MANUAL AT ANY TIME DURING THE SEASON.**