



PARENTS/PLAYERS MANUAL

As customary for all USA Volleyball club programs, all 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 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 10-15 minutes before practice start and be available for pick-up 5 minutes before end of practice.
4. Logistics/Chaperone's – We 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 familiarize yourself with its contents.

PARENT GUIDELINE:

Parents will not be involved in any of the following:

1. Coaching of the team
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 age group 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.

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 close to the end of November or first week of December.

UNIFORMS:

Our intent is to provide our players with equipment that is characteristic of a competitive level volleyball club program. In that regard, it is important that our players take good care of their uniforms.

CLUB NORTH FAN GEAR:

As in previous seasons, arrangements are being made to sell Club North apparel for purchasing by team members and families. Please contact our Club Apparel coordinator – Coach Ib for your orders. **Please do not utilize the Club Logo & Name to make personal apparel.** If you should have an interest in using the Club Name & Logo for your team, please contact Club Director, Patty Reynolds.

TRANSPORTATION & LODGING – See Club North Travel Policy:

When our teams travel, parents & players are responsible for their own transportation. **No club coach will drive a player to any tournament.** Carpooling among the teams is encouraged and also serves as a great way to get to know other players and their family!

PRACTICE/TRAINING EXPECTATION:

Everyone will have equal access to training. Club North team members can expect to acquire 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.

We will continue to have open practices for all parents. However, parents must remain strictly quiet and supportive observers. Parents may help shag balls if asked to by the coach.

SKILL ENHANCEMENT TRAINING SESSIONS:

This is led by Club North Master Trainer – Coach Ib. 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 SET-UP & TAKE DOWN:

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. You are required to personally call and speak to your age group coaches should it be necessary to miss any club training 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 a set or match. 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.
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 cleaning up of water bottles. Leaving the court/facility better than you found it is our policy.

GAME DAY PLAYING EXPECTATIONS:

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.

For all Regional teams, playing time will be a minimum of 40% provided the players attend 80% of all practices and one of the last two practices leading up to their next tournament.

Amount of playing time for the **National Teams** will be determined by coaches. The focus from the start of season till the end is that everyone competes for playing time through their progression in training. It especially important to state that players consistently demonstrating better ball control and contribution to bring a higher level of success to the 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
- 4) HIGH LEVEL COMMUNICATION AND TEAM 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 Club North apparel
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.

2015/16 CLUB SEASON FEES:

11 & 12's Regional Teams: \$990.00 - (no Regionals)

These fees cover the cost of 1 uniform top, kneepad, warm-up jacket, a warm-up t-shirt, bag, shorts, **2 practices per week**, 7 local tournament fees, coaches' fees, equipment, **additional Skill Enhancement Sessions directed by Club North Master Trainer.**

12-Regional Gold: \$1050.00 Regional Teams. These fees cover the cost of 1 uniform top, kneepad, warm-up jacket, a warm-up t-shirt, bag, shorts, **2 practices per week**, 8 local tournament fees, HOA Regional tournament, coaches' fees, equipment, **additional Skill Enhancement Sessions directed by Club North Master Trainer.**

13's thru 18's Regional Teams: \$1395.00.

These fees cover the cost of 2 uniform tops, kneepad, warm-up, a warm-up t-shirt, backpack, shorts, **2 practices per week**, 7 local tournament fees plus 1 HOA Regional tournament, coaches' fees, equipment, and **additional Skill Enhancement Sessions directed by Club North Master Trainer.**

Regional Team Tournaments are typically in the HOA area including Topeka, St Joseph, Blue Springs, Kansas City, Springfield, Lawrence, Columbia, Pittsburg, or Independence.

13's thru 18's National Teams: \$1,975.00

These fees cover the cost of 2 uniform tops, kneepad, warm-up, a warm-up t-shirt, backpack, shorts, **3 practices per week**, coaches' fees, equipment, **additional Skill Enhancement Sessions directed by Club North Master Trainer**, and other club costs. The additional expense covered for the National teams include tournament entries for 2 National Qualifiers, Power League, HOA Regional Tournament and Additional Local Gold Tournaments. 1 Out of Town National Qualifier hotel for coaches is also included. (The fee does NOT include travel for players or per diem for coaches' meals & travel costs for out of Region competition).

Additional Note: Fees Does NOT include travel, hotel accommodation etc. for players/parents or per diem for coaches' meals, transportation and hotel when out of town (except for the one included in club fees above for 1 Out of Town National Qualifier). Any additional tournaments chosen by teams outside of the schedule included in established fees.

HOW TO PAY

Payments can be made in 3 installments or, all at once.

Payment Installments Deadlines!

- **1st payment: Due at Uniform Fitting on October 11th or before 10/28/2015**
- **2nd payment: Due before or on 11/25/2015**
- **Final payment: Due before or on 1/10/2016**

If a payment is not made within 30 days of the due date, the player will be notified and suspended until payment is received.

Payments are non-refundable. No player will be released to play for another Club until after the season is complete for your team.

Payments should be made payable to Club North Volleyball and delivered in person to Patty Reynolds or deposited in the payment box at Leggett. You can also mail to:

Club North Volleyball, 6609 NW Valley View Drive, Kansas City, MO 64152