



## 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 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 (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 (except if invited by the coach)
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.

#### **UNIFORMS & APPARELS:**

For the 2018/19 Club Season, we are proud to be part of the Mizuno volleyball family. Our complete uniform will include Mizuno shoes, socks, kneepads, shorts, uniform and outerwear. **It is mandatory that all team members wear only issued Mizuno Club North apparel at tournaments.** Team members can choose to purchase another Mizuno shoe of different colors from the one that is standard issued as needed for competition and practice. All our team members should take pride in collectively wearing and taking care of their uniforms.

**Because of our Branding relationship with Mizuno and for preservation of Club Brand identity, no outside brand or other wear is permitted at Tournament events where our teams are representing Mizuno Club North. This means no other Brands outerwear (warm up and pants), tee shirts, shoes, socks, kneepads except for Mizuno are permitted.** 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 to permit another competition shoe to be worn.

While we want everyone wearing Mizuno issued practice tees and shoes at practice, we want to make it easy for team members to wear past Club North apparel for practices. Occasionally, club team members can also choose to wear different tee shirts and shoes outside of the Mizuno brand from time to time during practice.

#### **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. 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.** If you should have an interest in using only the Club Name & Logo for your team, please contact Club Director, Patty Reynolds for approval before you proceed.

**TRANSPORTATION & LODGING – See Club North Travel Policy online at [www.clubnorthvb.com](http://www.clubnorthvb.com)**  
When our teams travel, parents & players are responsible for their own transportation and lodging. **No club coach will drive a player to any tournament unless it is their own child.** 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. 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 choosing to attend practice sessions must remain strictly quiet and supportive observers. Parents may help shag balls if asked to by the coach.

#### **SKILL ENHANCEMENT TRAINING SESSIONS:**

This will take place for club team members during the regular season and typically on open Saturday/Sundays. 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.
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:**

- 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 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 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.