



PARENTS/PLAYERS MANUAL

As customary for all USA Volleyball club programs, all Club North Volleyball 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 as permitted by event hosts.

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 player)
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 to help coaches plan team events, team meals at tournaments, 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 in the Parent category.

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. Screaming/making inappropriate comments or gesture toward officiating crew
5. Talking to a coach about play time, line ups and team strategies (except if invited by the coach)
6. Getting involved on individual or team issues unless invited by the coach
7. 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 team member make an appointment to talk with Head Coach first. If not satisfied;
2. Contact the Head Coach to schedule a meeting for the issue at hand (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.

PARENT ATTENDANCE AT PRACTICES

We encourage parents to attend practices as much as possible. Coaches can also make decisions as needed for their team to do any of the following:

* No parents at practices

* Half of their team's parents per practice. If this is the decision – coaches will inform parents ahead of how this will work. **For example** – each player is assigned a day for one of her parents to attend a practice. A coach will typically divided their team into 2 groups. Group A has a parent attend one practice while Group B parents are off. Group B has a parent the next practice while Group A is off.

For example – a team with 10 players are divided into 2 groups of A (5 players) & B (5 players).

* Tuesday Practice – Group A (5 players can have a parent attend – 5 total parents). Group B parents off.

* Thursday Practice – Group B (5 players can have a parent attend – 5 total parents). Group A parents off.

Coaches will have a spreadsheet available for their team parents to sign up. **This is an example.**

PARENTS/FAMILY MEMBERS ATTENDANCE AT TOURNAMENTS

Majority of tournaments will have open attendance for parents and fans. While most will be free, others will charge about \$5 minimum for attendance. Tournament Directors reserve the right to limit attendance at their tournaments. Attendance policy at each tournament is usually made available once our teams are registered. Club North Volleyball and other Club Teams are guests of the tournaments we enter as such, we must adhere by any regulations put forth by the event Directors and Facility regulations.

Club North team member Parent/Family and their guests should help us with the HOAVB Region's attempts to remove verbal and physical abuse from organized volleyball activities, including language. Club North team member Parents/Family and their guests will be barred from attending Tournaments and Practices if they are involved in any of the following –

* **Violation of facility & tournament rules**

* **Caused disruption of the tournament through use of abusive language / yelling at officials / administrators**

* **Cause disruption to our team chemistry**

TOURNAMENT LISTING PER TEAM

A complete listing of tournament schedule per team should be available per team close to the middle of November for the majority of our teams.

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 where 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.

MANDATORY DURING CLUB PRACTICES/TRAININGS

1) Only Mizuno Club North/Club North logo tees/Mizuno Apparels can be worn for practices and skill enhancements.

*** To mark a special occasion, a team can wear as part of team bonding a different practice shirt from what is required and issued for practices. While this is so, it is important for all to recognize that this is not permitted as a substitute for the above.**

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

MIZUNO CLUB NORTH FAN GEAR:

We are proud to have a Mizuno Volleystore to provide Team members, Parents and Families with a variety of Mizuno wear and other accessories to make Training and Tournament days a true family and team affair. The Volleystore is in the KCP Gym of Club facility. Open hours are typically between 5-9:30pm 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.

CLUB NORTH LOGO POLICY

Due to copyright and branding agreements. **Do not copy/utilize the Mizuno, Mizuno Club North, or Club North Logo/Name.** We do not approve usage of our name/logo or an abbreviation of on any materials or products for posting online or on physical items for individual, team use, sale or fundraising. While teams can use their team name – for example...Club North 12Ana for team related events and on their team social media page – **they can only print their team name as 12Coach Ana on their own materials without the Club North name/logo and cannot sell them to other Club North Teams.**

. For College recruiting purposes, our teams can use their team's name – for example Club North 17-1 on social media pages for College Coaches.

* For attendance at Junior Nationals post season competition only – For Junior Nationals only - Teams needing to print Tees or other Apparels with Club North Volleyball Logo or Abbreviation of it must first receive approval and directly source the product or material through Club North first. If the cost is much more than the Club can produce it for the team, an approval can be given to utilize an outside vendor. Still approval must be sought for the appropriate Club North Logo rights usage, and selling of such materials to other Nationals bound Club North Volleyball teams. Contact Coach Ib at vbtrainer@aol.com for more information.

Anyone copying the Mizuno, Mizuno Club North and Club North Logo from our website for usage can and will be prosecuted according to the full extent of the law.

SOCIAL MEDIA

Club North Volleyball recognizes the prevalence of electronic communication and social media in today's world. Many of our teams and 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

Club North Volleyball Website and Social Media sites are generally for promoting our Teams and Team members competition and achievement related stories, pictures, team related events/meetings, news and occasional club related fundraising events. **Individual Team Fundraising information will not be posted on our social media pages going forward due to Tax implications.**

Coaches/Parent Reps deciding to have a Club North Team Social Media Site cannot use Club North Volleyball Logo, Mizuno Name and Logo, Mizuno Club North Name or Logo. **You can use your team name such as Club North 11-1 without the addition of Mizuno or Club North Logo. If it is discovered that your site is not following this process, we will request you to take it down.**

FUNDRAISING

From time to time teams can and should try to engage in fundraising activities to benefit their team goals. Within the club, Teams are encouraged to sign up to work our Tournaments / Camps / Clinics or Officiate KCP Leagues. If your team is interested in signing up for any of these, please reach out to Patty Reynolds. Teams interested in pursuing outside fundraising events can do so – provided any funds accrued is done without using the Club's Name and Logo due to tax implications. Teams planning to conduct raffles or fundraising where **WINNINGS** are attached **MUST** first sign a waiver to absolve Club North Volleyball of Tax implications before implementing their program. Please contact Patty Reynolds at mreynolds@kc.rr.com.

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

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.

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.

PLAYER DROP OFF/PICK-UP

Parents are to drop off and pick up team members at team designated times for practices and tournaments.

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/injuries or at the coaches discretion)
- 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. Make sure someone knows where you are, at all times. Don't go anywhere alone - use the buddy system!!
4. DO WHAT IS RIGHT!! If there is any question - Don't do it!!
5. Wear Mizuno Club North apparel as a team. No other non-Mizuno Club North apparel is permitted
6. 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, 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
- 3) Others

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

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 10 days
- 2) If no response is received after 15 days from notice being sent, 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.
- 4) Payments that are 15-30 days beyond due date will incur a minimum of \$30. This amount will be added to account of team member owing.

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 pattyclubnortvb@gmail.com

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