



# 2009-2010 Player and Parent Handbook

RidgeValley Volleyball Club  
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## **RidgeValley Introduction**

RidgeValley Volleyball Club was formed in 2008 to provide an opportunity for volleyball players in the Snoqualmie Valley as well as the Puget Sound area to further develop their skills at a high level. Our first season was a huge success with 3 teams. This upcoming year we are looking forward to having teams at every age level as well as starting a little rookies program in our club.

### **Mission Statement**

Our mission is to provide a positive volleyball experience for student athletes of all ages and skill abilities in the Snoqualmie Valley and other surrounding areas.

### **Goal Statement**

Our primary goals revolve around the skill development and overall improvement of the athletes who participate in our club. Through training and competition each player who is a member of RidgeValley will see an improvement in their volleyball skills and knowledge of the strategies and concepts of the game.

Our secondary goal is to have teams that are competitive in our region and eventually develop into a nationally recognized club.

## **USA Junior Volleyball**

Over 112,000 primary school aged athletes throughout the nation participate in USA Junior Volleyball with local organizations like RidgeValley Volleyball Club. The organization helps sponsor competition primarily in 7 different age categories, 18 and under to 12 and under. It also had boys volleyball. Our program the past 2 years has focused on U16 and under and our little rookies program grades 3-6. We will continue to look at whether or not we will have teams older than U16.

## **USAV Membership (Required)**

Prior to participating with RidgeValley VBC, you will be required to complete an online registration. If you go to [www.pugetsoundvb.org](http://www.pugetsoundvb.org) you can click on registration and it will take you through that process. You can also go to [www.ridgevalley.org](http://www.ridgevalley.org) website to get to that link. Once registered please mail your paperwork in to our P.O. Box.

### **What to Expect from RidgeValley Volleyball Club**

- ❖ RV VBC is dedicated to hiring coaches with a firm belief in training younger players to better ensure a higher quality of play at the middle and high school level.
- ❖ RV VBC is dedicated to providing its players with an environment free from threat, ensuring parents that their children are in safe and friendly locations.
- ❖ RV VBC is dedicated to providing its players with the proper equipment and excellent facilities needed to ensure proper training.
- ❖ RV VBC is dedicated to providing its members with a responsive administration and an open door policy between its members and the club's operators.
- ❖ RV VBC is dedicated to providing the opportunity for all players to excel in the sport of volleyball and for those, with the desire, to achieve their potential.
- ❖ RV VBC is dedicated to instilling a strong work ethic, to becoming a better team player and to excel at their highest level on and off the court.
- ❖ RV VBC is dedicated to helping to provide the opportunity for players to continue their involvement with the sport at the college level.
- ❖ RV VBC is dedicated to training volleyball players with the understanding that club, or JO volleyball, is a competitive arena and demands more commitment than found at the middle school, high school and recreation league level. This is extremely important when making the decision to join a club as there is a commitment of time, finances and of the players mind, body and soul.
- ❖ RV VBC will NEVER make any promise of a collegiate career through the participation of club volleyball. There is no guarantee that you will play college volleyball by participating in club volleyball.
- ❖ RV VBC is dedicated to providing as positive learning experience for you and your family.

### **What RidgeValley Volleyball Club expects from You**

As a player, you should be committed to attend regular practices and tournaments. Every player is expected to adhere to the USA Volleyball Participant Code of Conduct and in addition should exhibit good sportsmanship and support their teammates. Parents are expected to make certain their children arrive at their scheduled practice or tournament at the time specified by their coach and club administration.

JO players are required to officiate matches during the season. If you are signed up for the Officials clinic on December 13th @ Kentwood HS, you are responsible to be there for your team and club.

### **Coaches**

Each RV VBC team will have one Head Coach and an assistant coach. Some coaches will also be "floating," making them available for individual training and for assisting your coaching staff. Our floating coaches have experience with the game at all levels but are unable to commit to a team due to other obligations.

All coaches receive a salary for their time and coaching efforts. Along with the PSR, RV VBC requires all of its coaches to be IMPACT certified, and actively promotes coaching education through USAV resources and with the incorporation of coaching seminars conducted by High Performance and Collegiate coaches. We are looking at bringing in some skilled GM2 coaches this season. All coaches affiliated with the PS region and RV VBC are required to submit and pass a background screening process prior to the start of the season.

## **Team Selections**

Each year during tryouts we consider every athlete as a prospective member of the RV VBC. Some athletes have extensive playing experience while others do not. We will evaluate as best as we can during the duration of the tryout.

We will reassess each athlete in the club every year. In addition, the staff is continually evaluating athletes we see, whether in our club or another, on a high school team, at camps, even in other sports events. Each athlete must come to tryouts ready to compete for a place on a team, sometimes against teammates from RV VBC and sometimes against athletes new to the club.

### **We base our player selections on many factors:**

- a) Specific athletic ability for volleyball
- b) Overall athletic potential
- c) Work ethic/body language/attitude
- d) Drive to perform
- e) Willingness to be coached
- f) Competitiveness
- g) Particular needs of a specific team
- h) Interaction with other players
- i) Skill level

**Players should never assume that just because they were on a team one year they will be automatically be on a team the following year.**

We select athletes for teams because they show the ability or potential, in our opinion, to help those teams compete successfully at the appropriate level. (An athlete with a limiting physical or medical condition should talk to the head coach prior to the start of the tryout period.)

Every year we will evaluate how many teams and what age groups we will have. This year we went with 2 age groups in the U14 and U16 division. We felt that was the best way to accommodate the most athletes this season.

## **Movement between Teams**

Occasionally we will move an athlete from one team to another as needed to complete a roster. We will not move an athlete from or to another team until we have discussed the move with the athlete and the parents. It is usually to simply fill a temporary need due to injury, illness, or scheduling conflicts. However, if RV VBC feels a player will be better served and can benefit another team by filling a needed position, RV VBC reserves the right to place that player on another team at their discretion. In addition, if it becomes apparent that a player is not providing the needed skill level for that team, she may be placed on another team at or below the level of her original team.

## **Team Practices**

A practice schedule will be released in December. You will be provided a schedule each month. We are at the mercy of the Mount Si High School basketball, gymnastics and wrestling schedule so there will be some changes and we will need to be flexible and patient during this time. We will work hard to get you 2 practices a week. Sometimes you will have 3. If we miss a practice due to weather we will do our best to make that session up.

## **Scheduling Changes**

In the event of bad weather, a decision whether to cancel a practice will be made by RV VBC or SVSD. Coaches will not cancel a weather related practice without prior permission from the club's administration.

Tournament cancellations or postponements will be announced as early as possible, but this depends on the conditions and the tournament directors. Cancellations by RV VBC will be posted on the website and coaches will be notified and they will notify you. If roads are hazardous in your area, please consider whether to attend practice. If you decide to go to practice, allow extra time and drive carefully on the way. Call your coach if you are uncertain as to whether there is a change.

In the event that a coach cannot attend a scheduled practice, the coach will not be allowed to cancel practice without permission from the clubs' administration. Every attempt will be made to locate a substitute coach as not to disrupt the regular training schedule of the team.

Absences from practice will be determined as excused and unexcused. Excused absences will be defined as illness, injury (although you will be required to still come if injured), official school events (approved by your coach) and certain family commitments. Unexcused absences will include forgetting about a scheduled practice, homework or school projects, test preparation and or conflicts with a second sport (unless you approved it with your coach). Coaches will be required to take attendance for every practice.

RV VBC understands the importance of academics and will not attempt to put athletics ahead of education, but it is necessary that the student-athlete understand the commitment she has made to the club and her teammates, making sure to allow appropriate time for academics and athletics.

If a player foresees an absence from a scheduled practice, she must phone or email her coach 24 hours prior to the event. If there is a possible conflict with a scheduled tournament, the player must notify her coach at least 30 days in advance.

## **Outside Conflicts**

As previously mentioned, we expect RV VBC practices and tournaments for the most part to take priority over all other outside activities including travel sports, band, drama, school trips, vacations, etc. Being in a community where many of our athletes are multiple sport athletes, we will attempt to be as flexible as possible provided the appropriate notice is given. Good communication between coaches and players or parents is vital. If you cannot attend a practice or tournament, you need to inform your coach as early as possible. Please make certain that coaches know ahead of time.

## **Dual Sport Athletes**

RV VBC is supportive of players who participate in other sports (high school or otherwise). It will be at the coach's discretion, however, to consider such conflicts and the potential effect on the team at the time team selections are made. Players are requested to communicate with coaches prior to team selections regarding other sports and other activities that may cause potential conflicts. Coaches may choose not to select players because of commitments to winter or spring sports and are encouraged to ask all players about potential schedule conflicts. Once teams are selected, pressure from coaches for athletes to quit other activities will not be tolerated.

As much as RV VBC tries to support dual sport athletes, it must be stressed to the players and parents that participating in competitive sports normally demands 100% commitment from your daughter. For a club to field successful, competitive teams, that team demands 100% commitment to attending ALL practices and tournaments. It is assumed that your daughter's second sport coach will also demand 100% commitment to attending ALL practices and games.

In fairness to the team for which your daughter has been selected, it is important that it is understood that volleyball is a team sport where the dynamics of the team are extremely important. Volleyball requires an established rotation of position players, each providing an element to the teams design. If a player is absent from practice and tournaments, then it upsets the overall design of the team, and leaves the coaches and remaining players trying to re-design something that works during the most crucial time of the season.

### **Playing Time Philosophy**

RV VBC has the philosophy that PLAYING TIME for all athletes is determined by the performance of the athlete, and IS **LEFT TO THE DISCRETION OF HER COACHES**. In other words, **PLAYING TIME ISSUES WILL NOT BE ISSUES. WE DO NOT GUARANTEE EQUAL PLAYING TIME ON ANY TEAM OR AT ANY LEVEL OR ANY EVENT. RV VBC WILL GUARANTEE THAT EVERY PLAYER WILL RECEIVE AN EQUAL OPPORTUNITY TO EARN PLAYING TIME AND THAT EVERY PLAYER WILL GET COACHED IN PRACTICE AND MATCHES WHEN THEY ARE ON THE COURT.** During the season, if you are concerned with playing time, the athlete should first talk to with the coaches after practice or a scheduled meeting. The appropriate attitude is for the athletes to ask the coaches what she needs to do to get more **opportunities** to play in matches. Parents can best help their athlete by assisting their athlete with setting goals to achieve more opportunities to play. The amount of time any given athlete is on the court is a result of a complex determination in that coach's opinion, of the athletes ability, the athletes potential, the teams need at the moment and the teams needs in the future. However, a coach will never speak to a parent regarding this issue without the athlete being present, and we prefer that all discussion take place in person rather than electronic means where many times tone is assumed and feelings cannot be conveyed.

### **Traveling to and from Tournaments**

Each team for each tournament will get themselves to and from tournaments. Each player and team member is to be at the tournament 1 hour before match starts. If your team is refereeing the first round of play you are still to be there 1 hour prior to the match start time to get yourselves mentally prepared for the tournament and to provide for an ample amount of warm up time.

It is critical to remember all parts of your uniform. You will have a team food table and your team parent/chaperone will help organize that team table. You are to eat healthy during the tournaments, not pop, junk food, cookies, candy etc. Coaches will be monitoring this. Bring a water bottle during the matches and make sure it is labeled. During matches you are to be up and not sleeping. You are too look the same, not sloppy throughout the day. If you are wearing sweats, all wear sweats. If you are wearing sweatshirts, all wear sweatshirts. A team that looks good plays good. If you, as a team, are wearing white socks, everyone is wearing white socks! RV VBC requires you wear RV VBC attire at all tournaments, no school specific clothing will be worn at any time.

If a team loses the last match of their day they are required to stay and referee the next match. NO ONE is allowed to leave early until the match has completed. Do not ask your coach to bend on this rule. You must all stay and be present until the match is over.

## **WE TRAVEL TO TOURNAMENTS TO COMPETE; *everything else is secondary.***

Athletes may not leave the tournament area at any time without permission from their coach or a team chaperone. Athletes must report any illness or injury to the coach or chaperone immediately. NO cell phones, iPods or other entertainment devices will be allowed on the bench, at the scores table or while calling lines.

### **Club Dues**

RV VBC dues is due by the 1<sup>st</sup> of every month. Any payment not received by the 5<sup>th</sup> of the month is considered late. There will be a late fee for dues not received by the due date. Please mail your payment to P.O. Box 1571 Snoqualmie, WA 98065. Do not give payments to the coaches. They will not be able to take them.

You must be in good financial standing in order to participate in a tournament or practice. You will be asked not to participate until the issue is rectified. We are a non-profit organization and our budget is based on 12 players per team. We have responsibilities to pay ourselves so please be on time.

Your dues pay for the following:

- a. USA Membership/Secondary Insurance
- b. Volleyball uniforms (2 jerseys, 2 spandex, sweats, sweatshirts, practice tee-shirt)
- c. Volleyball Equipment (volleyballs, ball carts, ball bags, upgrade equipment at practice facilities)
- d. Facilities rental
- e. Administrative expenses (eg. Postage, office supplies, etc.)
- f. Tournament Entry Fee
- g. Coaches/Web/bookkeeper
- h. 10+ Tournament fees

### **Player/Parent Behavioral Standards**

RidgeValley VBC will not tolerate hostile, aggressive, confrontations between a parent and any official, a parent and any coach, a parent and any athlete, or a parent and any other parent, regardless of whether the coach, athlete or other parent is a member of RV VBC or not. Violation of this policy may result in the athlete being dismissed from RV VBC.

It is not appropriate for an athlete or a parent to complain to another RV VBC player or parents about a problem that athlete or parent is having with RV VBC, a coach, a teammate or about a disagreement with an administrative decision. The players will be the ones to suffer the consequences if there is any inappropriate behavior whether it is the behavior of the player or the behavior of the parents.

### **Player Dismissal**

Any athlete found in possession of alcohol, tobacco, illegal drugs or engaged in inappropriate or unlawful behavior at any point in time during the RidgeValley VBC season will be immediately suspended/removed from the program. This policy also includes any proof of inappropriate behavior that occurs at any point during the RidgeValley VBC season.

### **Coach/Player/Parent Concerns**

Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. For the psychological health of the athletes and the Club as a whole, if you have a valid concern that is unrelated to playing time, you should talk to your head coach. If you feel you cannot approach them with the matter, please feel free to speak to the club administration. Please be proactive in your address of the situation because any comments that undermine the staff, other players on a team, or the RV VBC program may result in the dismissal of your daughter from the program. If you as a parent have legitimate concerns about a coach you need to talk to the administration. Directors will not discuss any issue involving a player with anyone OTHER than the player, her parents or her coach. Please note again that "coaching decisions" are not, in RV VBC's opinion, subject to discussion. The practice of a parent talking about any player, other than their own, is highly frowned upon and will be considered detrimental to the team and the club.

### **Parent/Player/Coach Protocol**

In adherence to the philosophy of the RidgeValley Volleyball Club, we have outlined a schedule of protocol for the communication relationship between players, coaches and parents.

#### **Coaches**

1. Coaches will be responsible for informing ALL players of practice times, practice lengths, tournament times, arrival times, tournament duties and match specific issues.
2. Coaches will maintain a level of communication between themselves, the players and their parents relevant to the aforementioned items.
3. Coaches will provide parents with information directly related to player development and/or player expectations on an as needed, one-on-one basis.
4. Coaches *will not* discuss any player issues with any parent other than the player's own.

#### **Club Director/Administration**

##### **Any of the following should be addressed with the Club Director/Administration**

1. Issues concerning club policy.
2. Issues related to coaching assignments, coaching decisions and/or questions concerning coaching issues.
3. Issues relevant to team assignments or player positioning.
4. Any disciplinary issue between players, coaches and/or parents.
5. Player/player, player/coach or coach/parent conflicts.
6. Any questions regarding club finances.

## **2009-2010 Athlete Contract**

**My primary goal is to become the very best player I can be. Only I am responsible for my own actions. I am fully committed to the RidgeValley VBC and therefore will:**

- ❖ **CONDUCT MYSELF IN A MANNER THAT IS RESPECTFUL TO MYSELF, TO MY TEAM, AND TO MY CLUB.**
- ❖ **BUDGET MY TIME TO MEET ALL THE RESPONSIBILITIES OF WORK, SCHOOL, AND OTHER PERSONAL AREAS.**
- ❖ **ATTEND EVERY POSSIBLE PRACTICE, TOURNAMENT, AND TEAM FUNCTION. IF I AM UNABLE TO ATTEND; I WILL PERSONALLY NOTIFY MY COACH AHEAD OF TIME.**
- ❖ **BE READY FOR PRACTICE ON TIME (15 MINUTES EARLY), NOT ARRIVE ON TIME, BE READY ON TIME.**
- ❖ **PURSUE MENTAL AND PHYSICAL CONDITIONING OUTSIDE OF PRACTICE.**
- ❖ **COMMUNICATE WITH MY TEAMMATES AND BE A PART OF THE TEAM.**
- ❖ **DISCIPLINE MY BODY, INCLUDING GETTING ADEQUATE SLEEP, MAINTAINING A HEALTHY DIET, AND ABSTAINING FROM ALCOHOL, TOBACCO, AND ILLEGAL DRUGS.**
- ❖ **LEARN FROM MY MISTAKES AND NEVER MAKE EXCUSES OR LAY BLAME.**
- ❖ **ACCEPT ALL COACHING COMMENTS AND ASSIGNMENTS AS A WAY IN WHICH THE TEAM AND MYSELF MIGHT IMPROVE.**
- ❖ **IGNORE THE ERRORS OF MY TEAMMATES, AS I BELIEVE NO ONE IS TRYING TO MAKE A MISTAKE.**
- ❖ **SUPPORT THE FULL EFFORT AND GOOD SKILLS THAT MY TEAMMATES EXHIBIT.**
- ❖ **PERFORM WITH FULL EFFORT AND INTENSITY TO THE BEST OF MY ABILITY IN ALL PRACTICES AND TOURNAMENTS.**
- ❖ **CONCENTRATE, FOCUS AND AVOID CAUSING DISTRACTIONS, WHICH INTERFERE WITH MY TEAM'S PERFORMANCE.**
- ❖ **CLEAN OUR TOURNAMENT AREAS AND PRACTICE FACILITIES OF ALL TRASH. LEAVE THE AREA AS I FOUND IT, IF NOT BETTER.**
- ❖ **REALIZE THAT A TEAM IS MADE UP OF INDIVIDUALS AND EVERYONE CANNOT START. ACCEPT MY ROLE ON THE TEAM AND WHAT IT TAKES TO BE THE BEST.**

Player Signature \_\_\_\_\_

## 2009-2010 Parent Contract

One of my goals with RV VBC is to help my child become the best volleyball player and person they can be. I understand that participation in the Club requires I conduct myself with these RV VBC Parent Commandments at the forefront of my actions and behaviors. I understand that a failure to meet these expectations will mean that I will not be permitted to attend practices or tournaments.

**ATTENDANCE:** I will help my child attend all practice sessions, matches and tournaments. If my child is unable to attend, I will notify the coach or assistant coach at least 1 day prior to the session to be missed. I will provide a calendar of known dates that conflict with my commitment to practices and tournaments in advance to my child's coach. I will never take my child from a practice or tournament without first notifying my child's coach.

**SPORTSMANSHIP:** I will always be an example to my child in the area of good sportsmanship during practices and tournaments. I will refrain from criticizing officials, opposing players, other parents, coaches, my child's teammates, and my child. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or

**HELPFULNESS:** As a parent, I will assist with gym or team cleanup, and encourage my child to share all referee, line judge and work responsibilities.

**COOPERATION:** I will cooperate, with my child's coaches and parent teammates, and with the club's director regarding team issues and financial commitments or concerns regarding the club.

**APPEARANCE:** I assist my child with appropriate dress, in the team uniform, for all tournaments.

**COMMITMENT:** I will regularly check my email, recognizing this electronic method is the primary means of communication for practice changes, team assignments, etc. I will make sure my child has adequate, safe, and on-time transportation to and from all practices and tournaments.

**COMMUNICATION:** I will allow my child to work to resolve problems or issues on the team with the coaching staff. I will NEVER confront any of my child's coaches at a tournament or practice about playing time or coaching techniques. If I absolutely feel the need to discuss this type of problem with my child's coach, I will ask to schedule a meeting with the club director/directors and child's coach.

**ATTITUDE:** I will encourage my child to work hard at practices and tournaments and to take the time with the team seriously. I will assure my child is attentive and focused on the coach's instruction.

**PAYMENT:** I will make timely payment of dues to the club for my child's participation in the RidgeValley VBC. I understand and agree to the financial commitments of the Club.

*Parent Signature* \_\_\_\_\_