



Player/Parent Handbook
2015-2016 Season

MISSION STATEMENT

RidgeValley Volleyball Club is an organization under the USA Volleyball, Puget Sound region. We strive to provide an opportunity for student athletes to develop their fundamental volleyball skills in a supportive environment from a knowledgeable and experienced coaching staff. We are committed to teaching values of personal responsibility, discipline, teamwork, while developing leadership and communication skills.

PHILOSOPHY

RidgeValley Volleyball Club supports the idea that participation in any sport is good for the physical, mental and social development of young people. Thus, we will not encourage our players to give up another sport in order to play volleyball. We feel very strongly that it should be up to players and their parents to choose the sports and activities in which an individual should be involved and we will not interfere with those choices. It is a matter of keeping track of all the schedules, planning out the transportation and spending the necessary time on the road. It's all about time management, and will prepare our players for their futures. Conflicts will, no doubt, occur for multi-sport/activity athletes, but we will stay flexible and help out as much as possible to make your daughter's overall experience successful.

It is very important that players remember that volleyball and other sports are extracurricular activities. *School studies and good grades must come before anything else.* RidgeValley Volleyball Club requires its team members to maintain passing grades and appreciates the support of the parents in enforcing this rule. We encourage you to use time management skills in order to schedule your school, volleyball, and other activities. Also, while we think school is important, we don't believe it should be used as an excuse to miss practice if you are using proper time management skills. Please plan accordingly when finals arrive so that you can be prepared for finals and still make volleyball practice or tournaments.

PLAYING TIME

There is no guaranteed playing time. Playing time is solely determined by the coaches based on a multitude of factors (including, but not limited to, performance in practice, attitude, effort, attendance, willingness to listen & make changes as requested, type of tournament being played, the teams' position within the tournament, and specific match & set situations). Playing time is not a subject open for discussion.

Your club membership fees go toward practice facilities, practice time, instruction by our coaches, equipment, uniforms, and tournament entry fees; NOT for guaranteed playing time in tournaments. We will make our best effort to be sure that all players on a team each get an opportunity to play in each tournament, but it is not guaranteed. More playing time is earned by being at practice and working hard to improve, and making changes as requested by your coaches, as well as executing the desired skills when given the opportunity to play.

PRACTICE RULES

- ***Players are required to be ready to begin practice at the designated start time.*** Please allow yourselves enough time to put on kneepads, change shoes, be taped if needed, and do routines. Players are expected to assist in practice set up such as setting up and taking down nets and standards, and putting away volleyballs and other equipment that may be used that day.
- ***If a player must miss a practice, a telephone call to their respective coach is mandatory.*** Only after attempting and failing to reach the coach, can a player contact a teammate to pass the word along to the coach.
- ***Advance notice is mandatory if a player cannot make a practice or tournament due to vacation, family commitment, another activity etc.*** A written note is required for these absences. Players need to produce an individual note for their anticipated absence signed by a parent and given to the coach.
- ***Each practice session is very important to the development of our athletes.*** Players need to make every effort to be at every practice so they don't miss instruction that could affect their performance at tournaments. Also, coaches prepare practice plans according to who and how many are attending. They need to know in advance if someone will have to miss a practice.
- ***Please bring your own plastic water bottle to practice and tournaments.***
- ***Only players who are current in their dues*** will be allowed to take part in practices or tournament play.
- ***Miscellaneous items.*** We will jog at all times during practice, especially when shagging balls, we will always call the ball, when your teammates are getting tired, encourage them, and respect the decisions made by the coaching staff. If you have any questions, see your respective coach.

GENERAL INFORMATION

Insurance Coverage

As part of their individual membership fees, all players are covered by a supplemental insurance policy that is carried by USA Volleyball. This is a two (2) million dollar liability policy that covers all club activities and injuries that may occur during an event. An event can be either practice or a tournament. The policy also insures players against any loss that may be incurred while traveling to or from an event. Please note that this is a *supplemental* policy and all RidgeValley Volleyball participants are required by USA Volleyball to carry individual health insurance to participate. Should they be in need of a primary carrier, they can contact the USAV insurance company for additional coverage. It is American Specialty Company:

<http://www.amerspec.com/default.asp>

Fees & USAV Registration

Option 1: **ALL PAYMENTS DUE BY THE 1st OF EVERY MONTH.**

December 1	\$1375
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Option 2:

December 1st	\$375
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January 1st	\$250
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February 1st	\$250
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March 1st	\$250
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April 1st	\$250
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These fees include :)

Volleyball Equipment (volleyballs, bags carts, medkits)

Coaches Equipment

Facilities Rental

Administrative Expenses (e.g. postage, accounting, etc.)

Tournament Registration

Please mail all payments for Dues to:

RidgeValley VBC
C/O Stephanie Doyle
908 Trail Dr S
Altus, OK 73521

*****There will be a \$15.00 late fee assessed for all payments not postdated by the 5th of every month**

PARENT/COACH/PLAYER RELATIONSHIP

In spectator enthusiasm we are often prone to issue several instructions to the players that may be contrary to those of the coach, leaving the players confused and upset. Please let these athletes follow their coach's instruction and leave the coaching to the coach.

The coaches are giving their time, energy, and best efforts to teach your child the sport of volleyball and we will not tolerate condemnation of the coaches. Understand that you will not agree or like every coaching tactic, comment, or suggestion that is made by the coaches, but this does not warrant criticism or rudeness.

This is certainly not intended to reduce spectator enthusiasm. Please continue to cheer and encourage the actions you like and ignore those you don't. Please do not interfere with your child's coach, especially during play, or do anything else that will detract from the enjoyment your child and her teammates deserve to get from volleyball.

Parents must ally themselves with the coach in teaching their children how to cope with the frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of highly competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive feedback and constructive criticism, how to cope with adversity, how to achieve 'mental toughness', and how to be a gracious winner.

The most effective way to establish a rapport with a coach is to display a high level of commitment to the activity. Players need to learn to display their commitment by coming early and staying late, doing extra preparation, being enthusiastic about the activity, and actively and publicly supporting their teammates. A parent who is successful in teaching these skills will never have to worry whether the coach is giving their child a fair break.

If a player has a concern with a coach, parents have the responsibility for teaching their child steps to remedy the concern. The following steps must be taken if any player has a concern with a coach.

1. Player should discuss the concern with their respective coach and try to arrive at a solution. None of the coaches should be considered unapproachable. They are all very willing to listen to a player's concern and try to arrive at a mutual solution. Until the coach is made aware of the concern nothing at all can be done to alleviate it. Do not wait until the end of the season to voice your concern. *It is not a bad idea to at least inform the club director via e-mail that there is a concern at this stage. Note: For 14 and under players, it is permissible for the parents to make this initial contact.*
2. If, after time, the concern is not resolved the player and parents may *make an appointment* to speak with the coach. Please do not approach a coach to discuss a concern at practice or a tournament. *Again, it is not a bad idea to at least inform the club director via e-mail of what is being done.*
3. If, after time, a solution is still not reached contact the club office to set up a meeting with the player, parents, coach, and club director. *It is our hope that if a problem reaches this point, it is not the first time the club director has been made aware of it.*

Standards of Conduct

There is a lot more expected of our players other than their volleyball skills. Players are expected to participate in all scrimmages/practices as scheduled. It is the player's responsibility to notify the coach of their team if they cannot attend. If a player needs to miss several practices because of extra-curricular commitments, they are required to provide their coach with a schedule to allow for proper practice planning. Players are expected to sign up for the full season and to make all tournaments. All players will be given maximum playing time in tournaments – especially during pool play, however, during a tournament play where the objective is to advance as far into the playoffs as possible (and for improved region seeding) players will be played at the discretion of the coach based on skill level and team needs.

Players are expected to consistently work on their own to raise the levels of their physical condition and skill. All players will sign a code of conduct form as part of their membership with USA Volleyball. The following standards must be observed for one to continue as an active member of RidgeValley Volleyball Club; violation of standards marked with (*) mean suspension or dismissal from RidgeValley:

1. *Alcohol and drugs including marijuana are prohibited at all times.
2. *Smoking is prohibited.
3. *Excellence in academic performance is required. All players must meet the requirements of the public school system No Pass/No Play policy.
4. Players must be on time for all team commitments. Early is best.
5. Players must call their team coach when they are going to be late or absent from a practice or tournament.
6. All players are required to pursue all physical conditioning activities and drills unless excused by a doctor or the coach.
7. Players must report all physical injuries or illness to their head coach immediately.
8. Equipment and uniforms issued to each player must be cared for properly.
9. All other equipment must be properly cared for. Players are expected to help set up and take down equipment at each practice. Players are to also assist in accounting for volleyballs.
10. Players are required to take proper care of practice equipment, keeping in mind that the equipment is the property of the host school.
11. All players must abide by the rules established for scrimmage and tournament facilities, both locally and in other cities.
12. Each player will keep their coach informed of their presence at tournaments.
13. Each player is expected to treat all other players, teammates, coaches, referees, and fans with courtesy and respect.
14. If players are involved in a dispute, they must immediately work out problems between them. If they are unable to resolve their problem immediately, they must meet with the coaches until their problems are resolved. Problems between players must never be left unresolved.

Agreed:

Player (print name and initial)

Parent (print name and initial)

Please Sign and return this portion to the RidgeValley Volleyball Club

Participant Agreement & Consent

I _____, have read, understand, and agree to the policies, procedures and obligations set forth in the Ridge Valley Volleyball Club **Player's/Parents Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Participant's Signature

Date

Parent's Agreement & Consent

I _____, have read, understand, and agree to the policies, procedures and obligations set forth in the RidgeValley Volleyball Club **Player's/Parent's Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein. In addition, I certify that as Parent or/Guardian of this participant, have explained to my son/daughter the aforementioned stipulated conditions and their ramifications, and I consent to her participation in the programs conducted under USAV, Regional Volleyball Association and RidgeValley Volleyball Club in which she is a member. I agree to pay the fees set forth by the RidgeValley VBC's volleyball club, allowing my child to participate in the program.

(1) Parent/Guardian Name (please print)

Relationship

Parent/Guardian Signature

Date

(2) Parent/Guardian Name (please print)

Relationship

Parent/Guardian Signature

Date