

SERVING TRI-COUNTY VOLLEYBALL CLUB

PARENT/PLAYER

HANDBOOK

2023-2024

Dear Parents and Players,

Welcome to Serving Tri-County Volleyball Club. I am excited to begin the next season at STC. The parent handbook contains important information that each parent must read and then sign the acknowledgment form. In addition, I also wanted to share with you some goals that we have for Serving Tri-County.

The first goal is to develop each individual player. This is accomplished in several ways. First, we strive to develop complete volleyball players that are taught all the skills of the sport. Second, we focus on the development of self-discipline, dedication, and confidence in each athlete, qualities that will assist them as they progress through life.

The second goal is to develop our teams. We believe that learning how to function in a positive team environment is one of the most useful life skills a player can develop. We want our teams to compete at a high level relative to their program. Teaching our players to compete within a team environment will help them in every phase of their life.

The third goal is to prepare our players for the next level. We excel in preparing those players that have the desire, athletic ability and academic standing to play at the middle school, high school and collegiate level. Whatever their goals may be, we know that we will strive every day to help them take it to the next level.

Sincerely,

Kelly

PRACTICE AND TOURNAMENT INFORMATION

Practice Arrival & Preparation

Players should plan on arriving at the court 15 minutes prior to a scheduled practice time, to ensure that they are dressed and prepared for practice to begin on time. Our gym does not open until 15 minutes before our scheduled practice time. Players **MUST** wear sport appropriate clothing, including undergarments. All players must have athletic shoes and knee pads. **No jewelry is to be worn at practice.**

We will hold open practices during the season to allow parents full access to the training environment. Please do not abuse this access. **Refrain from coaching your daughter or any other player during practice time. Parents are not allowed on the courts at any time during practice sessions.**

Practice Attendance

Practices are mandatory and a player's attendance is expected. Practice attendance will factor in determining a players' role on the team. Attendance will be kept by the coaches throughout the season.

Should a player have 3 or more absences the following consequences are in place:

3 absences will result in a player being held out of one set in a tournament.

5 absences will result in a player being held out of an entire match at a tournament.

If the player has 6 or more unexcused absences, a meeting will be held with the player and her family to determine how to proceed.

If a player misses a practice **before** a tournament, without notification, the player will sit out the first set of that tournament.

We want players and parents to understand that the player's role may be affected if they miss significant time training with their team. Missing opportunities to work within the team's system and develop the timing and chemistry necessary to compete may or may not affect how the player is used in tournaments. We anticipate that our coaching staff will work closely with those players to communicate where the coach stands on the situation and ensure that the player is fully aware of the circumstances dictating any such decision.

Please contact your coach in 24 hours in advance when you will be missing practice.

Tournaments

Please plan your schedules around these dates and when potential conflicts arise, contact the coach and the Director. In general, all tournaments should hold priority over other sports, activities, & vacations. Player's attendance is mandatory, and they are responsible financially for these events, whether they attend or not. Missing a tournament may affect playing time in other tournaments.

Tournament Preparation & Arrival

During tournaments we ask that players and parents read and implement the following protocols:

1. Players prepare properly for their tournaments. This includes getting the proper nutrition and rest prior to a tournament day. Please allow for a full 8 hours of sleep prior to a tournament and be sure to eat healthy meals/snacks both the day before and the day of the tournament.
2. Players will wear the official Serving Tri-County gear to all events. **Please wear the team warm-up jacket when entering and leaving the gym.** We also ask that players bring all jerseys and additional uniform items in case of emergency.
3. Players arrive at the time designated by the coach at the facility. Allow plenty of time to travel. If a player arrives late, the player's coach has the right to ask that player to sit out any portion of the tournament day. The consequences are left to the discretion of the coach and may change on a case by case basis. Generally, we ask that players arrive one hour prior to their first match if they are playing and 30 minutes prior to their first match if they are the reffing team.

In Tournament Guidelines

1. We ask that our teams stay together for the duration of the event and that includes time between matches and during reffing responsibilities. Players are encouraged to support other Serving Tri-County teams, scout their next opponent, and get food and drink in their time between matches.
2. **Use of cell phones/tablets for any other purpose besides making emergency calls will not be allowed during tournaments.**
3. Players need to eat and hydrate properly before, during and after a tournament day. Fast food, junk food and soda should be avoided so that the athlete can sustain a high level throughout the tournament.

4. Players are not allowed to leave the playing facility until released by their coach for the day. This includes staying through team reffing responsibilities until the match is over or any post match meeting that the coach may hold.

5. Players are not allowed to leave the playing facility at any time during the tournament.

6. Parents do not approach the coach for any reason during the tournament day. For acceptable communication practice with our coaching staff, please read the grievance procedure.

7. We ask that parents are both supportive and positive in regard to the team and the athletes at all times. Please refrain from directing negative comments at the reffing crew, coaches and/or players. Please represent our club and your daughters in a manner that we can all be proud of. For more information, please review the Parent Code of Conduct.

8. Players need to carry a copy of their AAU card as well as their medical release form in their backpack. These forms will be handed out prior to the first tournament.

Playing Time Policy

Tri-County does not guarantee playing time to any player. However, we do believe players are entitled to know what is affecting their playing time as well as be given instruction on how to increase their playing time. We ask that players approach their coach with these questions whenever there might be an issue or concern.

We know that all players want to play and the vast majority of concerns by players and parents involve the amount of playing time that is allocated to the player. The following outlines our general philosophy on playing time.

Playing time is not guaranteed, is not equal and must be earned. Playing time is based on the player's performance at practice and in matches. Your coach will determine who plays and how much. They will take into account many factors in coming to that decision, but the decision is theirs.

Eligibility

Eligibility to Start the Season

Players must meet the following requirements in order to be eligible to start the season with Serving Tri-County Volleyball:

1. Fees Paid in full
2. Be a member of AAU and declare Serving Tri-County Volleyball as the club
3. Complete and submit all forms including:
 - Uniform order form Due November 16th
 - Player Code of Conduct
 - Parent Code of Ethics
 - Photo Release Form
 - Consent to treat form for Minors
 - A signed acknowledgment page that you have read the Player/Parent Handbook
 - Payment Option Form (if applicable)

In-Season Eligibility

In order for a player to remain eligible to participate throughout the season, the following conditions must be met. If, for any reason, players are not in compliance with these conditions they will be deemed ineligible and held out of further participation in any Serving Tri-County related event until compliance is met or eligibility is reinstated by the Director.

1. Players must comply with Player Code of Conduct at all times.
2. Parents must comply with the Parent Code of Conduct at all times.

POLICIES

Refund Policy

Serving Tri-County Volleyball does not offer any refunds for club volleyball athletes since the loss of an athlete cannot be easily replaced once all club athletes have committed to their teams. This means if you quit for any reason you are still responsible for your financial commitment.

Dispute/Grievance Procedure

Serving Tri-County Volleyball Club fully comprehends the value of parent involvement and encourages our parents to offer feedback whether positive or negative, but to do so in a respectful way. The below procedure is designed to help athletes and parents with questions, concerns, or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

1. 24-hour rule: If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24 hours after the conclusion of the event to discuss the issue with the head coach. We trust that parents will be timely in communicating with coaches regarding potential issues that would distract that coach from their primary objective of coaching the team.
2. Don't approach the coach immediately prior to the start of practice, the coach must focus on the athletes' and the training required during practice.
3. The athlete must first ask for a meeting with the coach to discuss the issue at hand. I
4. If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon by both the parent and coach – NOT at a tournament and/or practice.
5. If the issue is unresolved, the parent may ask for a meeting with the club director, the head coach, and the athlete. The meeting should take place at a location considered adequate for private discussion, agreed upon by the parent, coach, and director and during a scheduled time away from practice or a tournament is appropriate. The decision of the club director at this point is FINAL. It is essential that our parents serve as a support system for our club, players and coaches. To ask this, we, as the club director, staff, and coaches need to be available to empower parents and athletes with

information and ensure understanding. When all parties share time together, the potential conflict creates a greater opportunity to learn from each other different strategies in how all parties can communicate effectively and be more congruent in cultivating a positive experience for our athletes.

Serving Tri-County Volleyball Player Code
of Conduct 2023-2024

1. I will refrain from using tobacco products, alcohol or illegal drugs at any time. Serving Tri-County has a no tolerance policy for alcohol consumption, tobacco use, or drugs.
2. I will appreciate the hard work of the coaches and my parents in providing me the opportunity to be the best person and player I can be.
3. I will dedicate myself to this club and give my best efforts towards reaching my personal and team goals.
4. I will respect my teammates and will refrain from criticizing them on and off the court. I will remain positive and I will not speak of my teammates, coaches, or organization in a derogatory manner.
5. I understand playing time is earned, not guaranteed. All players will be given equal opportunity to earn playing time, but it is up to me to put forth the effort.
6. I will do my best to be present at all team functions unless I receive prior permission from my head coach. I realize that failure to meet my obligations to the team could result in reduction of playing time.
7. I will be responsible for leaving all playing and practice facilities clean.
8. I will only post positive things on social media about my teammates, coaches, and club.
9. I realize if it is determined that I was being a part of any type of bullying I will be immediately expelled from the program.
10. When traveling I will respect and follow all the rules, regulations, and curfews established by the coaches and/or chaperones at all times.

Parents Code of Ethics

As a parent(s)/guardian(s) of a member of Serving Tri-County Volleyball Club, we will conduct ourselves in a manner that will support the players and the club.

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice.
2. No player, parent, or coach shall make any disparaging remarks about, or gesture toward another player, coach, or official. This includes all social media.
3. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
4. I will insist that my child play in a safe and healthy environment. I will supervise and assume full responsibility for player's siblings and/or guests at all times while on facility property.
5. I will remember at all times that this game is for our youth-not for adults.
6. I will require my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
7. I will promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan or providing transportation.
8. Cheer good play and avoid criticizing mistakes.
9. I/we will be responsible for providing transportation to and from any club functions.
10. All parents are expected to adhere to all rules and regulations set forth by Serving Tri-County and AAU.

SERVING TRI-COUNTY VOLLEYBALL
2023-2024
PLAYER/PARENT HANDBOOK

We have read the 2023-2024 Serving Tri-County Volleyball player/parent handbook and agree to the terms and conditions listed within. Please sign below.

Player: _____ Date: _____

Parent: _____ Date: _____

Parent: _____ Date: _____