



# Parent-Player Handbook 2019-2020



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## **SPECTATOR CODE OF CONDUCT**

### **I WILL**

1. I WILL abide by the official rules of USA Volleyball.
2. I WILL display good sportsmanship at all times.
3. I WILL educate myself on the unique rules of this facility and abide by them.
4. I WILL generate goodwill by being polite and respectful to those around me at this event.
5. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
6. I WILL acknowledge that the spectator seating around the courts are for the primary use of those watching the match in progress.
7. I WILL acknowledge that spectators may rightfully choose to remain in a seat for an entire match without switching sides of the court when the teams switch.

### **I WILL NOT**

1. I WILL NOT harass or intimidate the officials including line judges and scorekeepers.
2. I WILL NOT participate in any game or game-like activities unless I have a current membership card with USA Volleyball.
3. I WILL NOT bring and/or carry any firearms at any USA Volleyball event.
4. I WILL NOT bring, purchase, or consume alcohol at any Youth/Junior volleyball event.

### **WARNING!**

Risk of injury from flying objects incidental to the sport of Volleyball may occur at this event. Attend at your own risk. Please pay close attention to your surroundings and be on alert at all times, especially during active play.

## JUNIOR CLUB PERSONNEL CODE OF ETHICS

It is the duty and obligation of USA Volleyball affiliated Junior Club Program administrators, directors, coaches and other club personnel to assure the following Code of Ethics is followed and adhered to by all individuals who have an active role in a USA Volleyball Junior Club Program in any Region of USA Volleyball.

In a continuing effort to promote safe, healthy and ethical communication, relationships and treatment of all USA Volleyball players and personnel, all adults associated with a junior club program must read, accept and submit this Code of Ethics before they are eligible to actively participate in a junior club program associated, affiliated, or participating in USA Volleyball.

1. All adult club personnel affiliated with a junior program must be a registered member with a Region of USA Volleyball and USA Volleyball.
2. All adult club personnel including coaches, chaperones, assistant coaches, trainers, etc. affiliated with a junior program intending to participate in USA Volleyball must have an approved and current background screen on file as per USA Volleyball policy. It is intended that the term "all adult club personnel" be all inclusive and not limited to only those categories identified herein.
3. A head coach or assistant coach affiliated with a junior program must also: be an adult (see Region definition of an adult) and be IMPACT certified according to USA Volleyball and Region policies.
4. If allowed by Region rules, an assistant coach who has not yet met the age of majority in the state of residence must be supervised by a head coach recognized by the Region and must meet all applicable Region and USA Volleyball requirements. Individuals who are registered as junior players and also have an interest in coaching should contact their region regarding coaching eligibility.
5. Responsibilities:
  - A. A head coach or other equally qualified club personnel must be present at all practices and competitions. A head coach, adult club representative personnel or registered chaperone must be present during team-supervised travel. This individual shall be responsible for the moral, legal and ethical well-being for each participant during team/club activities.
  - B. Coaches shall understand the unique power of a coach-athlete relationship. Coaches and all other club personnel shall not exploit athletes and shall avoid any relationships which could compromise the integrity of the learning and participation process, impair their professional judgment and/or take advantage of a situation for their own personal gain or gratification.
  - C. All club personnel must understand that all forms of sexual abuse, assault or harassment of a current or former athlete are unethical and illegal even when an athlete invites or consents to such behavior or involvement. Club personnel shall not engage in sexual/romantic relationships with current athletes or other participants over whom there is/was authority. See B above.
  - D. All club personnel shall insure that all individuals have met all Regional Volleyball Association and USA Volleyball membership requirements prior to participation in any club, team and/or Region/National USA Volleyball activity.
  - E. All club personnel must inform the players and their parent(s)/guardian(s) about any Region and/or USA Volleyball transfer policy. This policy may restrict or prohibit a participant from transferring to another club or team if specified criteria have been met. Likewise, all club personnel must inform the players and their parent(s)/guardian(s) of any rules or policies regarding coaching transfers during a particular season.

- F. All club personnel shall abide by and inform the players and their parent(s)/guardian(s) of applicable regional recruiting policies.
- G. All club personnel may not participate in, require another individual to participate in, or condone any act considered to be illegal under federal, state or local laws and/or ordinances.
- H. All club personnel shall strive to educate their athletes and personnel to respect, honor and adhere to the rules of the facility being used during practices, tournaments or events. In this regard, the rules of the facility shall have priority over the rules of the Regional Volleyball Association.
- I. All club personnel shall ensure that all activities are suitable for the age, experience and ability of their athletes.
- J. All club personnel shall seek professional medical advice when making decisions regarding an injured athlete's ability to continue training or playing.
- K. All club personnel shall, while serving in a professional capacity, avoid any drug, tobacco or alcohol use while in the presence of athletes.
- L. All club personnel shall not supply or condone the use of drugs, alcohol, tobacco, fireworks, ammunition, firearms, knives or any item or material that can be used as a weapon, to any of the participants or athletes and shall report any athlete using or in the possession of the same.
- M. All club personnel shall not allow, encourage, condone or require any behavior that threatens an athlete's amateur status or Regional, USA Volleyball, school and/or collegiate eligibility.
- N. All club personnel shall maintain all relationships with other club personnel on a professional and confidential basis.
- O. All club personnel must be positive role models. This includes being courteous, respectful and polite to players, parents, other coaches, club directors, event personnel, and officials.
- P. All club personnel will not engage in any physical, verbal or emotional harassment, abusive words or actions, or coercion of current and/or former athletes.
- Q. All club personnel will immediately report any suspected case of illegal activity, abuse, assault, harassment, or ethical violations of this club personnel code of ethics to the appropriate authorities, including Regional Volleyball Administrators.

Any violation of this Code may result in sanction being issued against the club representative, the individual(s) and the club/team involved. These sanctions may extend to the loss of eligibility of the club representative, the individual(s), the entire club and the team involved. I acknowledge that I have read, understand and agree to abide by the statements in this Code of Ethics.

Applicant Signature \_\_\_\_\_

Date \_\_\_\_\_

Print Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

(On Behalf of Minor Applicant) Print Name \_\_\_\_\_

## Mission Statement

Alpha VBC is dedicated to providing its athletes with the technical, tactical and physical training to reach their highest possible potential. The club is dedicated to the highest standards of personal integrity, mutual respect and responsible conduct. We strive to help each and every player, regardless of age or ability, to achieve changing growth in physical skills and personal character as they play the game of volleyball.

## Club Goals and Expectations

- Teach sportsmanship and life skills.
- Improve our athletes' confidence and sense of self-worth.
- Train the next generation of coaches.
- Travel within the Willamette Valley to attend tournaments (keeps costs down and provides families time to spend with each other and/or pursue other interests).
- Provide volleyball opportunities for athletes who wish to specialize in the sport and also support athletes who wish to participate in many different sports and/or activities.
- Create volleyball teams for as many athletes as possible.
- Create competition events for athletes in our club and around the region.
- Complement middle school and high school volleyball programs.
- Low coach to player ratios to promote skill development.

## Diversity and Inclusion Statement

Alpha Volleyball Club values the principles of diversity and inclusion and encourages all of our member clubs and participants to do the same. We will promote these values in our organizational culture and programming.

Alpha VBC believes our membership should focus on athletes, coaches, officials and parents' skill sets, work ethic and competitive spirit, not their race, sexual orientation and/or gender identity.

Alpha VBC strives to create an environment that is free from discrimination or exclusion based on race, sexual orientation, gender identity, religious affiliations, or other personal attributes. We also seek to end bullying, cyber-bullying, hazing, harassment, and offensive conduct in all forms. These are actions that are not consummate with our organizational philosophy, nor with the culture we will create in our region.

Alpha VBC will seek to implement policies and programming to help educate our membership about these values, and we will encourage all participants in our programs to display these values both on and off the court.

## Coaching Expectations

It is no longer acceptable to have an inexperienced coach. Parents and athletes expect professional training from qualified and experienced coaches. Alpha VBC strives to staff two coaches for each team.

Alpha VBC fulfills this need by assembling one of the best coaching staffs in the area. Accordingly, Alpha VBC expects and demands the most out of its coaches. This includes:

- **100% Commitment**--Coaches are expected to attend every practice, tournament, and the tryout for

their specific age division.

- **Knowledge**--Coaches are expected to be knowledgeable about the skills and tactics of the game. Coaches have access to a variety of drills, clinics, and advice from other coaches.
- **Dedication**--Coaches will be dedicated to making their teams and individuals better each day.
- **Professionalism**--Coaches are required to act with complete professionalism and exhibit ethical behavior when dealing with players, parents, staff, and officials. Coaches will also dress professionally at all times and in the official club gear that has been distributed.
- **Passion**--Coaches will bring energy and passion not only for the game of volleyball but also for the art of coaching.
- **Technical**--Coaches are expected to be able to run drills utilizing the necessary coaching skills. In other words, all staff must practice chipping balls, serving, hitting down balls, and any other skill required to run an efficient practice or drill.

## Tournaments

- 12's and 14's will play friendship tournaments only (typically 5) and be finished by spring vacation.
- 16's and 18's will play one Power League tournament per month and one friendship tournament per month and be finished by mid-April, unless there is a unanimous agreement and commitment from all players and coaches to attend the regional tournament in Portland in May.

Parents understand and agree that when the team is traveling to tournaments, club coaches:

- Are not responsible to monitor your child's whereabouts when not playing in a match.
- Are not responsible for loss or damage to belongings or other property.
- Are not responsible for your child's transportation.

## Uniforms

To keep costs down, Alpha VBC purchases quality t-shirts to provide to members. This cost is included in the club fee. It is our belief that athletes will get more wear out of t-shirts when the season concludes than "uniforms" and it aides in minimizing costs.

## Fees

12's & 14's teams are \$650, 16's and 18's teams are \$1200. 50% nonrefundable deposit is due when the commitment letter is signed, 25% due on January 2nd, final payment is due February 1<sup>st</sup>. We accept cash, personal checks and credit cards. A late fee of \$50 will be charged if payment has not been received by January 9<sup>th</sup> and February 8<sup>th</sup>.

## Fee Refund Policy

Once you have signed a CEVA Letter of Commitment, there is a non-refundable 50% deposit due to secure the spot. After this time, refunds are given for professionally documented medical reasons ONLY. No refunds will occur after February 28<sup>th</sup> for any reason.

## Fundraising

Alpha VBC does not participate in fundraising activities at this time. A team can request permission from the

Club Director to conduct a fundraising activity to raise funds for a specific club approved activity.

## 1st Team Meeting

A team meeting will be held before the first practice if deemed necessary. This is a separate meeting from the Tryout First Meeting. This first meeting will be conducted at a centrally located facility. Here is a list of some of the administrative tasks to be taken care of:

- Check uniform sizes and make sure they are correct.
- Get additional phone numbers, mobile numbers and correct email addresses for athletes.
- Get parent names, phone numbers and email addresses.
- Confirm practice schedule for entire season.
- Discuss the need for team parent(s).
- Review scorekeeping requirements. Register to take USA Volleyball Academy Junior Scorekeeper course.
- Team goals.
- Team rules.
- Acceptable/unacceptable behaviors.
- Practices and playing time philosophy.

## Rules of Practice for Teams

- **If an athlete is going to miss a practice, they must call/text the coach at least 24 hours in advance**, (not just tell someone who will be at the practice). If they do not, that athlete sits out the next match entirely.
- **The team must be prepared to practice at the start time.** This includes being dressed and having the nets up. Athletes should arrive 15 minutes prior to the scheduled practice time to assist in setting up nets, etc.
- Coaches put a lot of time and energy into planning practices. The number of players at a practice directly affects the type of drills that can be run at practices.
- **Practices for all teams begin on December 1 or shortly thereafter.**
- **No practices December 24 – January 1.**

## Team Rules

- Be at every practice & game on time...mentally and physically prepared.
- Show respect for coaches, teammates, opponents, officials and fans.
- If you have a problem, see the coach ASAP.
- Keep up with your school work, which means you will need to manage your time wisely.
- If you are sick or injured, tell the coach ASAP.
- Be considerate of what you post on social media. If it is not something you would not want your grandmother or future boss of your dream job seeing, do not post!

## Nutrition

Healthy eating habits of our athletes is very important. Encourage athletes to follow these guidelines during tournaments (recommended for the entire season too):

- No carbonated, caffeinated, or energy drinks
- No fried foods



- No candy, ice cream, cake or cookies
- Drink at least a half-gallon of water per day
- Eat healthy fruits, veggies and whole grains

Be sure athletes get up early enough to eat breakfast on tournament days. Have them eat 2 hours prior to competition and eat as soon as possible after playing. The body recovers faster if it has food to replace depleted nutrients.

## Dispute Resolution

- If a player or parent has a dispute about a practice/match/tournament, a 24 hour rule is in place as a cool down period before the dispute is made. There are too many emotions involved right after practice/matches/tournaments for clear thinking and communication to occur. The 24 hour rule is in place so the parent, player and coaches can take time to think through the issue before approaching the situation.
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- After the 24 hours has transpired, then an appointment can be made for the player and their parent to discuss the issue with the coaches.
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- If no resolution transpires at this meeting, then the Club Director will mediate a 2<sup>nd</sup> meeting between the athlete, parent(s) and coaches.

## Parent Responsibilities

The parental responsibilities are few but are very important:

1. Coordinate the transportation for their child to and from practices and tournaments.
2. Payments are due when commitment letter is signed (50%), January 2 (25%) and February 1 (25%).
  - a. Players whose payments are late are subject to a \$50 late fee after 7 days.
  - b. Players whose accounts are in arrears over 14 days will not be allowed to participate in any Club sponsored activity.
3. Provide an atmosphere conducive to learning the sport of volleyball.
4. Support all players on the team.
5. Encourage the athlete to discuss any issues with the coach.

## Parent Behavior

It is very important that the staff of Alpha VBC and the parents create a positive atmosphere for the athletes to learn and grow. The staff's behavior is a very important part in teaching the sport of volleyball. Athletes must be allowed to succeed and fail. Athletes put a lot of pressure on themselves and their teammates. The relationships between teammates are incredibly dynamic and often volatile and fragile. Coaches must monitor and manage these relationships and attempt to create a winning and positive situation for everyone. This is not a simple job. Coaches must not allow parents to be anything but a positive outside influence. A single athlete or parent can negatively or positively affect the mentality and morale of a team.

A few principles regarding parent behavior:

- During matches, parents should behave with the same sportsmanship that is expected from club athletes. Yelling at officials is not acceptable. Parents should never approach officials.

- It is unacceptable to direct negative comments towards the opponent's team, coaches or parents.
- Do not coach your athlete from the stands. This sends conflicting messages and can overwhelm the athlete.
- If parents have concerns and wish to talk with the coach, the parents should set up a time during the week following the tournament. Constructive discussion can only take place when all parties are comfortable and levelheaded.
- If parties have not agreed upon a solution - coach, player and parents will attend a meeting with the Club Director for discussion and resolution.

## Club Zero Tolerance Policy

Speaking inappropriately, disrespectfully and/or disclosing confidential individual personal club business with other players, parents, coaches, and volleyball officials, may result in disciplinary actions, up to and including termination of player(s) from club team and/or events conducted by Alpha Volleyball Club without a refund of club fees.

Parents who cannot abide by these principles unavoidably compromise their child's future in our program. Alpha VBC recognizes that it is a sacrifice to participate in our program. We want our athlete's parents to be involved! The involvement, participation, and interest in the players' lives are very beneficial. However, destructive parent behavior will not be tolerated.

## The Team Parent

It is recommended that every team in Alpha VBC have a team parent for each event date. This is a volunteer position that organizes food for the tournaments and may assist the coach in planning team bonding activities during tournaments.

The team parent must be able to work with the coach with the understanding that, although they are contributing more to the organization and success of the team, their involvement does not create advantages for their child over the others on the team.

**Avoid being alone with an athlete.** Coaches are told this as well. The team parent should never be in a situation in which something could be misinterpreted or misunderstood. If the team parent must be with an athlete, take a coach, another team parent, or another athlete.

**Team parents are not the disciplinarians.** The coach will take that role. Hold the team to the rules and expect appropriate behavior but do not become the "enforcer."

**The team parent is not a coach.** The team parent's ONLY role is to help players have fun during tournaments, to make sure healthy food is available at tournaments and to create a positive environment.

**Athletes must treat the team parent with respect.** If they do not, this should be discussed with the coach so they can take appropriate action.

## Contact Information

All practices and tournaments are uploaded to the calendar on the website as soon as they are scheduled. They are also posted to our Facebook page. Coaches bio's, ordering club gear and other information can be found on the website.

[www.AlphaVolleyball.com](http://www.AlphaVolleyball.com) (website)

[AlphaVBC@gmail.com](mailto:AlphaVBC@gmail.com) (email)

Alpha Volleyball LLC  (like our page and follow us)

Club Director, Joyce Stringer 541-990-7978

**WE ARE LOOKING FORWARD TO A FUN SEASON WITH YOU AND YOUR ATHLETE!!**