

# St. Croix Valley Galaxy Volleyball



## Player/Parent Handbook

Updated December 2025

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## About SCV Galaxy Volleyball Club

St. Croix Valley (SCV) Galaxy Volleyball Club was founded in 2024 to provide student athletes in Western Wisconsin with the opportunity to improve physically, mentally and emotionally through the sport of volleyball. Located in Somerset, WI, athletes will have the opportunity to try out for a Junior Olympic team based on their age and skill levels. Each team will compete in high level volleyball tournaments throughout Wisconsin and Minnesota areas.

SCV Galaxy Volleyball Club is a member of the Badger Region of USA Volleyball. USA Volleyball is the national governing body along with the US Olympic committee and is responsible for local, regional, national and international competition. All players, coaches, parent organizers, and administrators involved in Galaxy are required to obtain USAV membership.

## Our Objectives

- Improve techniques and knowledge of the sport
- Teach athletes respect for themselves, teammates, opponents, and officials
- Develop the physical and mental strengths for all ages
- Expose athletes to a higher-level competition to better advance their skills

## Our Expectations

As a representative of Galaxy, all athletes and parents will be expected to adhere to a Code of Conduct both on and off the court. With Sportsmanship being a strong focus each season, athletes will be held responsible for their actions towards competitors, teammates, coaches, and officials. Any violations will incur repercussions from less playing time up to removal from the program.

## Season Overview

SCV Galaxy Volleyball Club is a Junior Olympic (J.O.) program for athletes ages 13-17 who wish to play at a higher competitive level. During the season, it is our hope that athletes will improve their physical, mental, and emotional skills.

A typical season with SCV Galaxy lasts approximately 4 months. Practices begin the first week of December and will be held twice per week within the Somerset School District.\* Tournament play will begin in January. Our 14s teams will participate in 6+ weekend tournaments with one 2-day tournament. For 15 and 16 teams will participate in 7+ weekend tournaments with two 2-day tournaments.

Due to many of our younger athletes participating in their school's Spring League programs, their season will end a few weeks earlier than the high school level athletes.

\*Practice dates, times, and frequency are scheduled to change based on gym availability and weather conditions.

## Season Fees

The cost to participate this season is \$800 for 13s/14s and \$850 for 15s/16s per athlete. This cost covers tournament entry fees, gym space rentals, coaches pay, etc. We currently offer three payment options: 1) Full payment upon position acceptance, 2) 50% paid upon position acceptance and remaining balance due by January 1, 2026, and 3) four monthly installments paid on the 1st of each month.

\*The program fee is separate from the \$25 try out fee and Badger Region's \$10 registration fee.

## Practice Overview

- Practices begin the first week of December and will be held twice per week within the Somerset School District.
  - \*Practice dates, times, and frequency are scheduled to change based on gym availability and weather conditions.
- Only coaches who have active Badger Region Memberships may be present on the practice or competition courts.
- We kindly ask that parents refrain from being “spectators” at practices.
- In the event of severe weather, we will follow the Somerset School District closings. **If schools are closed, our practice will be cancelled.** Coaches will communicate with the team as soon as they are informed about cancelled practice.
  - If practice is not cancelled, we encourage you to use your best judgment regarding attendance. Please communicate to your coach as soon as possible if your athlete will not be attending a practice.

## Practice Expectations

- Players are expected to attend ALL practices. Missed practices may result in adjusted playing time at the next tournament.
- If you are home sick from school you are not allowed to practice
- If you are going to be late or absent, you must communicate with your coach ASAP as practices are planned with the assumption of all players present.
- Coaches will be at practice. From time to time, things come up and we may have a sub coach. If this changes for any practice, we will communicate this in advance, when possible.
- We will follow a consistent practice format that consists of
  - Conditioning
  - Drill work to build individual skills (we will attempt to teach skills within the context of how those skills will be applied in a game)
  - Team development to work on team concepts (we will use internal competition and games as much as possible to exercise the team concepts in a competitive environment)

- Players should **arrive 15-20 minutes prior to the scheduled practice start** time, with the goal of being dressed and ready for conditioning/warmups when practice starts and assisting with setting up nets and equipment.
- Per our expectations, we will be pushing for great effort and attention. If we are all doing things correctly, practices should be harder than the games. It should be fun, too!
- **Please bring a water bottle to practice** to save time and allow us to be more efficient. Water bottles should NOT be shared across players to prevent illness.
- When practice is over, make sure you are wearing pants, boots, coats, hats, etc. per the weather conditions.

## Tournament Overview

- Tournaments will begin in January and will be held throughout the Twin Cities.
- Most tournaments start between 8:00am and 9:00am. Tournaments will usually consist of a 3 or 4 team pool. Pool play is followed by a single elimination playoff, called 'bracket play'. \*This will vary depending on the tournament format, but the final round of bracket play may last until 5 or 6 p.m.

## Tournament Expectations

- Teams will be required to supply referees, line judges and score keepers, and all players must participate in officiating duties.
  - No cell phones or electronic devices should be at the scorekeeping tables or used by any player with a ref assignment. If seen by the coach, they will be confiscated and turned over to the parent(s). If a parent is not present, the phone or device will be held by the coach until the end of the day.
- All players are expected to stay at the tournament until excused by the coaching staff. If a long break occurs in between matches, players must stay at the playing site.
- Before leaving a tournament site, it is necessary to clean up our "area". Tournament directors can fine teams for any mess left at the tournament site.
- Please bring/wear your warm-up and BOTH jerseys to every tournament.
  - Make sure the night before you have everything you need for the tournaments. We do not have extra knee pads, spandex, uniforms, etc.
- Playing time is determined by the coaches and not guaranteed or equal among players. Playing time will be fair, not equal.
  - We will utilize substitutions and the full complement of positions (i.e. libero, right-side hitters, etc.) to provide playing opportunities.
- In tournament play, we will attempt to maximize our team success. Coaches will use their discretion to balance playing time with the competitive situation. That being said, all girls in attendance will play.

There will never be a situation where a healthy player who is meeting expectations does not play at all.

- Only coaches who have active Badger Region Memberships may be present on the competition courts.
- PLEASE NOTE: It is crucial that you check winter driving conditions before traveling to allow for adequate time and safe passage. TOURNAMENTS ARE USUALLY NOT CANCELLED DUE TO WEATHER.

## Player Attire

Athletes will receive a warm up shirt and two jerseys at the start of the season. Each warm up shirt will have the athlete's registered last name on the back and will be kept by the end of the season. Both jerseys will be returned at the end of season banquet. It is expected that athletes bring their warm up shirts and both jerseys to every tournament.

Hair should be pulled back for all practices and tournaments. Jewelry may be worn but must be tasteful and small in size. Coaches will be permitted to ask a player to remove their jewelry if it interferes with their play or safety.

Athletes are asked to dress appropriately for practices (spandex long enough to cover their entire bottom, ensure sports bras are not overly visible - ie, cut off shirts)

Each athlete will need to provide the following:

- Black spandex shorts
- Kneepads (white or black)
- Arm sleeves (optional)
- Court Shoes
  - must be different than what you wear on your way to practice/tournaments to keep courts and floor clean/dry)



# SCV Member Expectations

## **For Players**

- ☒ To be a good teammate
- ☒ To be coachable
- ☒ To put 100% effort into practice and tournaments
- ☒ To communicate with teammates and coaches
- ☒ To be accountable and responsible
- ☒ To display good sportsmanship
- ☒ To be positive and respectful
- ☒ To be aggressive on the court
- ☒ To HAVE FUN!!!

## **For Coaches**

- ☒ To teach the game of volleyball in a positive manner
- ☒ To promote a trusting environment
- ☒ To help each player play to their best potential
- ☒ To communicate with players and parents
- ☒ To treat all players and parents with respect
- ☒ To represent the program and the community in a positive way

## **For Parents**

- ☒ To support your player in a positive manner on and off the court
- ☒ To promote positive communication with coaches and other parents
- ☒ To represent the program and community in a positive way
- ☒ To encourage and support all players and coaches
- ☒ To support the style of play the athlete is being taught
- ☒ To let the coaches do their job; coaching from the sidelines and bleachers only confuses and frustrates the players
- ☒ To trust the coaches are doing what is right for the players and the team.
- ☒ To REMEMBER this is a competitive league – doesn't mean equal playing time.
- ☒ To be respectful with officiating crew - do not approach the refs, score table or line judge.
- ☒ Do not approach the coach (see 24 hour rule).

# Conflict Resolution Procedure

## **24 Hour Rule**

If at any point, you disagree with something that happened at a tournament or with a coach's decision - please wait 24 hours before talking to any coaching staff or board member about the issue at hand. Your communication with the coach, the board, or anyone in the organization should be done with respect and appropriateness.

The following guidelines have been established to protect the players, coaches and parents from uncomfortable and inappropriate situations when it comes to the professional discussion and handling of grievances. The coaches within SCV Galaxy Volleyball Club have been instructed to adhere to these guidelines to better maintain the club/player/parent relationship.

The procedure to discuss concerns about policies and actions are as follows:

- 1) The athlete should speak with the coach regarding the matter first.
- 2) If the matter remains unresolved, and there is a legitimate concern, the parent AND athlete should request via email to meet with the coach. Coaches will ONLY meet with parents when the athlete is present, and not at a tournament.

a) Please do not confront a coach before, during or after an event. Arrange to meet with your coach at a convenient time for all parties, including before or after practice. *Galaxy requires 24 hours from the time of an incident before a meeting is able to be scheduled.*

b) If a parent approaches a coach during a tournament, we have instructed our coaches to refuse to discuss the situation, to refer the parent to a club director, and walk away.

- c) We also instruct our coaches not to get involved in a texting conversation.
- 3) If the matter still remains unresolved, the parent can request a meeting with the club director, along with the coach and the player. THE PLAYER MUST BE PRESENT AT THE MEETING. *No conversations will be held without*

*the athlete in attendance, to make sure that everyone is getting and giving the same message.*

It is important that players and parents alike understand that conversation with a coach is allowed and encouraged at any time throughout the season as long as it is civil and polite. However, when problems arise, we will all need to be rational and calm before discussion occurs.

## Contact Information

Any questions or concerns regarding SCV Galaxy or the 2025-26 season can be emailed to: [coach.bross9@gmail.com](mailto:coach.bross9@gmail.com)

### **Head Coach Contact Information**

Coach Britni Ross: 715-220-3587

Coach Katie Berghdal: 651-238-1958

Coach Britni Eberlin: 419-376-1734

Coach Allie Trautmiller: 715-243-4017

Club Advisor, Bob Eberlin: 419-349-7161, [bob.eberlin@outlook.com](mailto:bob.eberlin@outlook.com)