



2019-2020

Twin Rivers Volleyball Club Player and Parent Handbook

www.twinriversvbc.com

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Twin Rivers Volleyball Club Player and Parent Handbook 2019-2020 Club Season

Welcome to the Twin Rivers Volleyball Club
A member of the Junior Division of OVR Volleyball

This handbook is for our players and parents to have access to information about the Club and to help answer questions that may arise throughout the season. If at any time you need more information or have questions, please contact us at 304-812-1063.

You can always find up to date and valuable information at our website: www.twinriversvbc.com

Twin Rivers Volleyball Club Mission Statement

Our mission is to provide athletes with comprehensive mental and physical training and enable our athletes to exceed their potential in both volleyball and life.

Our Coaching staff strives to provide a safe, positive, encouraging and rewarding environment while maintaining an emphasis on areas of hard work, dedication, mental and physical strength, commitment, sportsmanship, teamwork, and character development.

Coaching Staff

We Strive to match Coaching staff with teams based on experience, knowledge, abilities and personality.

All coaches will be IMPACT certified, registered with OVR as a coach and have a complete background check.

Registration and Eligibility

Players and Parents must complete the following before being allowed to participate in any Twin Rivers Volleyball Club event(s) (excluding tryouts):

- 1) Signed 2019-2020 Twin Rivers Volleyball Club Contract
- 2) 2019-2020 OVR Membership
- 3) Player/ Parent Code of Conduct (Signed)
- 4) USA Volleyball Medical History and Release form

The OVR organization defines age groups for training and competition. The age group breakdowns are as follows per USAV guidelines:
https://www.ovr.org/juniors/registration_packet/index.php, Click on #5 USAV and #6 OVR

Financial Commitment

Depending on your team level fees go towards: coaching, stipends, uniform and equipment cost and tournament registration fees.

In order for Twin Rivers Volleyball Club to execute its annual plan, we must adhere to our budget. IF a family decides to voluntarily withdrawal from the club for personal reasons or is removed for violation of OVR and/or Twin Rivers Volleyball Club rules; they will be responsible for the balance of their dues. Once you sign your player contract and pay your down payment, you are committed to the season with Twin River Volleyball Club. Should you withdraw before the season is over; you will not be entitled to any refunds of money already paid.

Failure to complete the payment schedule as agreed upon by the player contract can render the athlete ineligible to compete with Twin Rivers Volleyball Club until the balance is paid in full.

Team Dues/Payments

Once the player has been selected to play for Twin Rivers Volleyball Team. The player will have one week to turn in the Club Contract. Once all Contracts are in hand. The price will be determined by number of players in each age group team.

First Payment (half of the Fee) will be required by no later than November 22nd.

Final Payment (last half of the Fee) will be required by no later than December 20th.

Twin River Volleyball Club will accept Cash or Checks (made out to: Twin Rivers Volleyball Club)

IF a need arises, and special payment arrangements become necessary, Twin Rivers Volleyball Club will do everything possible to assist in such arrangements. If a special payment arrangement is needed, please call the Club Director explaining the specific installment amounts and dates of payments.

Families with more than one child playing for Twin Rivers Volleyball Club will receive a discount for the second child dues for the year.

Time Commitment

The 2019-2020 season runs from November 2019 to May 2020. Practices will begin in late November and our First tournament will be held in late January or beginning of Feb. Players are expected to be committed to attending practices and tournaments scheduled by Twin Rivers Volleyball Club. Schedules will be handed out to each participant and also available online at www.twinriversvbc.com. Please note schedules are subject to change.

Practices

You are required to be on time to practices. Twin River Volleyball Club requires you to call your coach if you will be late or will miss practice 24 hrs in advance if possible. If you do not call or email your coach to explain reason you are late or absent prior to incident, you will be considered unexcused.

A players absence has a negative effect not just on the athlete individually, but the entire team. Unexcused absences may result in loss of playing time in an upcoming tournament. Please arrive at practice 15 minutes early to ensure that you have adequate time to prepare and be ready to step on the court at the scheduled practice time.

The coach has the right, at any time, to discuss with the player/parent/director any problems that continually occur with attendance times and missed practices. Coaches may enforce other team rules for practice and tournaments that players are expected to follow.

Lack of practice and attendance may affect playing time at tournaments and missed training time may affect the well-being of the team and the individual's own skill advancement.

In the case of inclement weather, Twing River Volleyball Club administration and/or coaches will notify parents and/or players of practice changes and/or Cancellations.

Tournaments

Time played at tournaments is earned and not always given out equally. Practice is where the athletes learn and grow in skill development. Participation at practice helps determine tournament play time.

Tournaments are on Saturday or Sundays and last the entire day. WE try our best to book tournaments as close to home as possible. All players are expected to be in the gym, ready to warm up, at the arrival time determined by the coach. Twin Rivers Volleyball Club standard is 30 mins. Prior to the first game regardless if we referee or play. Please plan travel time accordingly. Specific information on each tournament is not typically available until the week of the tournament.

For liability and insurance reasons, Twin Rivers Volleyball Club coaches or directors cannot be responsible for any transportation to or from any tournaments or practices.

Officiating and scorekeeping are integral parts of participating in volleyball tournaments. Officiating at tournaments is a shared responsibility for the entire team. If your team is officiating other players may not leave the tournament site unless excused by the coach.

Social Media and Electronic Communications

Communications involving minor participants should be appropriate, productive and transparent, as part of the USA Volleyball's emphasis on participant safety.

Communications concerning travel, practice or competition schedules and administration issues among coaches, administrators and players and their families is critical. However, the use of mobile devices, web-based applications, social media and other forms of electronic communication increases the possibility for improprieties and misunderstandings, and also provides potential offenders with unsupervised and potentially inappropriate access to participants.

The improper use of mobile devices and electronic communications can result in misconduct. Below are USA Volleyball Social Media and Electronic Communications Policy requirements.

USA Volleyball junior clubs are required to implement a Social Media and Electronic Communications Policy. Twin Rivers Volleyball Club policy is included in the Appendix to this handbook.

1. All electronic communication between adult and player must be for the purpose of communicating information about team activities.
2. Adults, players and all team personnel must follow appropriate guidelines regarding the volume and time of day of any allowed electronic communication.
3. All content between adult and player should be readily available to share with the public or families of the adult or player.
4. If the player is under the age of 18, any email, text, social media or similar communication must also copy or include the player's parents.

Request to Discontinue All Electronic Communications without repercussion must be granted following receipt of a written request by the player's parents that their child not be contacted by any form of electronic communication by coaches or other adults, their club, team and administrators.

We will use InstaTeam for team communication. Twin Rivers Volleyball Club asks you to please download app. We will provide you with a code to join our team.

Player Expectations

Players are expected to adhere to all City, County, State and Federal Laws as well as all Twin Rivers Volleyball Club and OVR rules and regulations. Violations of the laws or rules may result in expulsion from the club.

Additionally, players are expected to:

1. Be a team player, the team comes first, always and no matter what.
2. Have a positive attitude at all times; encourage and support your teammates to the best of your ability, whether you are on the court or on the sidelines.
3. Demonstrate strong Team/Club spirit and pride
4. Be a leader on the court.
5. Stay focused, mindful, and display a strong work ethic at every practice and tournament.
6. Always show respect to all teammates, parents, coaches and officials.'
7. Clean up after yourself (gym, cars, hotels, restaurants, schools, etc..).
8. Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team successes.

Twin Rivers Volleyball Club Director reserves the right to place a player on probation or suspension for violation of any rules or regulations. Probation results in the ability of the player to practice with the team, but not participate in tournaments. A suspension may result in the player not participating in practice or tournaments for an agreed upon amount of time.

Multiple Sport Athletes

Twin Rivers Volleyball Club expects our players to make a commitment to their team for the season. We are aware that our athletes may also play other competitive sports during the club volleyball season. We believe that a well-rounded athlete is vital to your development. However, any athlete that chooses to play in a school or other club sports during our club season must sit down with their parents and coaches to determine the following factors:

1. Identify which sport has priority when there is a conflict.
2. Consider the time commitment required to be successful in each activity.
3. Compare schedules and determine the number of practices and tournaments they will miss, need to leave early for or be late to.
4. Consider the physical and mental strain they might endure.
5. Assess how their other extracurricular activities will affect their contribution to the team as a whole and how it may affect their playing time.

All athletes must disclose intended extracurricular activities to the coaches during the selection process and prove that their club volleyball team will be a high priority. The coach will then have discretion as to whether or not to accept a multi-sport athlete onto their roster.

Parent Code of Conduct for Tournaments and Practices

Parent participation is essential for the success of the teams and individual athletes. Active and responsible parents also contribute to the positive image of Twin Rivers Volleyball Club within the community.

Twin Rivers Volleyball Club is responsible for the actions of their players, coaches, parents, and spectators. Please adhere to the following guidelines for tournament etiquette:

1. RESPECT: Please be respectful to all players, coaches, officials, linesman, scorekeepers, other teams, parents, etc.. In the case of repeated negative behavior, Twin Rivers Volleyball Club reserves the right to restrict the attendance of spectators at tournaments. IF parents do not cooperate, the club may have no other choice but to dismiss the player from the team.
2. CHEER: Cheer for your team and its players!! Do not be negative about the players, coaches, or the other team at any time.
3. Don't Coach from the sidelines: there is a big difference between cheering for the team and attempting to coach from the bleachers. Leave coaching to the coach.
4. Don't approach the officials: Please do not ever approach or yell at an Official, line judges, or score keepers at a tournament. If a discrepancy occurs, let the coach deal with the problem.
5. Communicate with the coach at appropriate times: you should always feel free to talk to the coach. But please remember that there is an appropriate time and place to discuss an issue with the coach. Tournaments are not the time to do this. We require a 24 hour cooling off period before parents/players are allowed to speak with the coach regarding their concerns.

Grievance Procedures

Competitive team athletics, by its very nature creates an environment where athletes, parents and/or coaches may not be in agreement with all decisions made. Knowing when and how to communicate with the coach or Director is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

Athletes are encouraged to communicate with their coaches. Athletes are expected to discuss any issues concerning playing time or any other volleyball related subject with their coaches FIRST before escalation is needed.

Parents are encouraged to communicate with the Club Director only after exhausting all the resources to resolve the problem.

Coaches are not required to defend his/her thought process or conclusions at any time during the season. Coaches are instructed not to engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed to : politely decline to discuss any controversial matters or to refer the parent to the Club Director.

Parents and athletes are to adhere to the following grievance process:

1. The athlete meets with the coach to discuss the matter. If the matter is not resolved or the athlete has a reasonable concern about speaking to the coach, please proceed to step two.
2. The parents meets with the coach to discuss the matter. If the matter is not resolved or the parent has reasonable concern about speaking to the coach, please proceed to step three.
3. The parents meets with the Club Director. In certain situations, the Club Director may ask either the coach or athlete (or both) to attend the meeting.
4. All decisions and recommendations by Twin Rivers Volleyball Club and the Club director are final and not subject to appeal.

The recommended time for a parent and/or athlete to meet with a coach is immediately after a scheduled practice or by appointment.

It is inappropriate for an athlete or a parent to approach other Twin Rivers Volleyball Club members about a problem the athlete or a parent is having with a coach, about objections to coaching, or administrative decisions. For the sake of the teams and the Club as a whole, grievances must be handled via the grievance process outlined above.

Twin Rivers Volleyball Club strongly promotes fairness and believes in open communication. All issues and concerns are immediately addressed with the athlete's well-being in mind.

Twin Rivers Volleyball Club is dedicated to keeping an open line of communication between all involved. We want the players/parents to feel comfortable with our staff. We are here to make this season enjoyable as well as a great learning and growing experience for your athlete.

Insurance Coverage

It is the responsibility of the parents to ensure that their athlete is covered by medical insurance.

Volleyball is like any other sport- the risk of accidental injuries is inherent in the nature of these activities. These risks include, but not limited to, the potential for injury, accidents or illness while traveling to and from competition sites, while participating in the various program activities, and while playing volleyball.

We attempt to minimize the existing risks through use of proper sports equipment, proper facilities, and safe practices.

Coach/Player Fees

If a Coach has a girl who plays for the team, the players fee to play on the club team will be waived. The Coach is not being paid, but instead dedicating his/her time for the girls. Therefore, it is only right their child's fee be waived.

Appendix A:

Social Media and Electronic Communications Sample Policy for Twin Rivers Volleyball Club

OVR/USA Registered Junior Club Volleyball programs are now required to implement an electronic communication and social media in today's world. Many of our student-athletes use these means as their primary method of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

Electronic Communication Policy of Twin Rivers Volleyball Club

Purpose: Twin Rivers Volleyball Club recognizes the prevalence of electronic communication and social media in today's world. Many of our student-athletes use these means as their primary method of communication. While the Club acknowledges the value of these methods of communication, the club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

General Content: All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Volleyball Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

1. Drugs or alcohol use
2. Sexually-oriented conversation; sexually explicit language, sexual activity
3. The adult's personal life, social activities, relationship or family issues, or personal problems
4. Inappropriate or sexually explicit pictures.
5. Note: Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: 'Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?' or "is this

something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient’s parents, the coaching staff, the board or other athletes?”

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with athletes is Transparent, “Accessible and Professional.

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the Club’s records. Whenever possible, include another coach or parent in the communication so there is no question regarding accessibility.

Professional: All electronic communication between coach and an athlete should be conducted professionally as a representative of the Club. This includes word choice, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P., Criteria, then it is likely your method and manner of communication with athletes will be appropriate.

Facebook, Instagram, Blogs and Similar Sites: Coaches and athletes are not permitted to ‘private message’ each other through Facebook. Coaches and athletes are not permitted to ‘instant message’ each other through Facebook chat or other IM methods. Players and Coaches should not ‘friend’ each other on Facebook.

The club has an official Facebook page that athletes and their parents can ‘like’ the page for more information and updates on team-related matters.

Texting: Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 7am until 10pm. Texting only shall be used for the purpose of communicating information directly related to team activities.

Email: Athletes and coaches may use email to communicate. When communicating with an athlete through email, a parent, another coach, or a board member must be copied.

Request to discontinue all electronic communications: The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communications. Immediate compliance without repercussion must be granted.

Misconduct: Social Media and electronic communication cannot be used to commit misconduct (e.g. emotional, sexual, bullying, harassment and hazing). Such communications by coaches,

staff, volunteers, administration, officials, parents or athletes will not be tolerated and are considered violations of our SafeSport Handbook. This could lead to immediate club expulsion or termination.

Violations: Violation of the Club's Social Media and Electronic Communications Policy should be reported to your Coach and/or Club director or the Regional SafeSport Contact for evaluation. Complaints and allegations will be addressed following the appropriate procedure. A USA Volleyball participant or parent of a participant who violates this policy is subject to appropriate disciplinary action, including but not limited to: suspension, permanent suspension and/or referral to law enforcement authorities.

Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to: Dismissal from the tournament, disqualification from future tournaments, either local or traveling, Financial penalties, dismissal from team and/or penalties set forth in the USA Volleyball Participant Code of Conduct, which may include a lifetime ban.