

Northern British Columbia Volleyball Club (NBCVC)

2023 Season Guide



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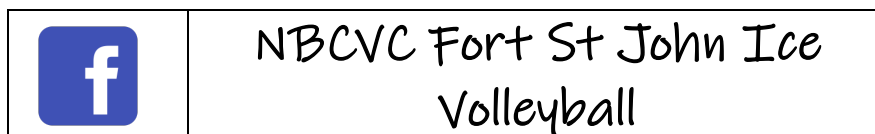


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Introduction

NBCVC is committed to providing a sport environment that is athlete-centered which is characterized by open and clear communication through honesty, fairness and mutual respect. Being a member of NBCVC has many benefits and privileges. At the same time, athletes, coaches and parents are expected to fulfill certain responsibilities and obligations including complying with NBCVC and Volleyball Alberta's policies, rules and regulations. These rules and regulations were developed to provide a safe and enjoyable experience for everyone involved.

The functions of NBCVC include:

1. Providing an opportunity for athletes and coaches who enjoy volleyball to participate in a quality male or female program beyond the traditional school season.
2. Assisting players to reach their goals and to bring players who are pursuing an elite level an opportunity to achieve their goals.

Mission Statement

Our mission is to support athletes and coaches in their pursuit of excellence in volleyball.

Vision

It is our intent to promote excellence in all skill levels by developing standards of good sportsmanship, healthy mindset, respectfulness of one's self and others, as well as, developing leadership qualities and citizenship.

Policies, Procedures & Guidelines

Athlete Responsibilities

NBCVC members are athletes who have a responsibility to demonstrate a high class of behaviour towards teammates, coaches and officials both on and off the court during practices or tournaments. Athletes are expected to listen and respect the coach's rules and expectations; a coach or supervisor cannot be with the athletes at all times therefore, common sense and good judgement should be followed. If a team rule is broken, the athlete's coach and the executive will decide whether the consequence warrants removal from the program. **Registration fees are non-refundable if an athlete is removed from the program due to behaviour.** Take advantage of performance reviews with your coach – discuss your goals and how to attain them.

Athlete's transportation to out of town tournaments will be with an adult, not in a vehicle driven by another athlete.

Players who attend Volleyball Alberta tournaments, must follow the Volleyball Alberta's approved hitting warm up protocol. Please visit www.nbcvc.com and select the "general" tab to access a video to watch approved warm up procedures.

Athlete Playing Time

Club volleyball is a competitive level of volleyball. Once tryouts are complete, selected athletes are placed on teams that **reflect their skill levels** and where they can make a major contribution. At practices, emphasis must be on skill development and team play with equal practice time for all selected athletes. For the U14-18 age classes, there is no guarantee of equal court time at tournaments. Any concerns about court time should be directed, by the athlete, to the head coach after practice, or away from the court during tournaments.

Parent Responsibilities

Parents and guardians of NBCVC athletes play important volunteer roles to ensure the success of the teams and the club. Adults are expected to assist with the administration of the team and club, while allowing our coaches to focus on coaching. Each team will have a manager, and questions can be directed towards them. Please communicate respectfully both in tone and time frame; minimize last minute questions/conversations. If you have a question, direct it to the team snap account as other parents may have the same question.

Understand the goal setting between your athlete and coach. **Follow Respect in Sport** guidelines.

Parents will be asked to assist in supervising their team as chaperones. This is particularly important where male coaches have a responsibility for female teams.

At tournaments outside of Fort St. John, if your child is involved in an illegal activity, for example: shop lifting, vandalism or the use of drugs or alcohol, they will be sent home immediately at your expense. A decision will be made by the coaches and executive regarding the permanent removal of the athlete from the NBCVC program (see Athletes Code of Conduct.)

Each parent is responsible for getting their child to events. The child may travel with other parents and the appropriate fuel fee to be paid to that parent.

Fuel guidelines (subject to change):

Dawson Creek	\$50	This amount is per player. For example: if a parent is transporting two additional players to a tournament, each player pays the outlined fuel portion to the driver. There is additional responsibility to the driver with each additional child they transport. Due to weather/road conditions, an extra night of hotel may be charged to parents if travel is postponed.
Grande Prairie	\$70	
Peace River	\$70	
Edmonton	\$120	
Red Deer	\$145	
Calgary	\$170	

While at tournaments, parents will be expected to participate by acting as a scorekeeper, or possibly a linesperson. Please visit our website and select the general tab for access to a scorekeeping tutorial. Please also make sure you do your part and equally volunteer/rotate with all parents on your team; your participation should not have to be asked for. Thank you!

24-hour Rule

NBCVC utilizes the [24-hour rule](#); if an athlete or parent has a concern with a coach, teammate, another parent, etc., you must wait 24 hours after the event has occurred prior to making contact with the party. If after 24 hours, you would like to discuss the issue, you can express the issue in writing and submit it to the appropriate party. More information on the 24-hour rule is found on our website under the “general” tab.

Chaperone Responsibilities

All parents are welcome to travel with their player. However, if a parent is not travelling, they will need to find another parent or adult to be appointed as chaperone to provide the necessary supervision of players during the evening. Adult chaperones will allow the coaches some 'down time' in the evening to network with other coaches or prepare for the remainder of the tournament.

It is important that the chaperones and coach(es) discuss expectations, curfews and team activities for the evening.

Respect in Sport or Safe Sport Training

Parents and guardians of NBCVC athletes are required to complete the Respect in Sport or Safe Sport Training. These two training option details are:

RESPECT IN SPORT

<https://nbcvc.com/respect-in-sport>

Cost: \$12 for a family with a shared login.

Valid for 5-years

Forward proof of completion to REGISTRAR.

SAFE SPORT TRAINING

<https://www.volleyballalberta.ca/node/905>

Cost: FREE

Valid for 3-years

Will have to create an account with NCCP's “The Locker”

Scroll to middle of page for three shield icons and select “Take the safe sport training”

It is mandatory to complete either of these courses prior to your athlete attending the first tournament.

Please email your course certificate to: nbcvcregistrar@gmail.com

- Note: past members who have previously emailed their course completion do not need to email our Registrar each year – Respect in Sport certificates are valid for 5 years; the Safe Sport Training course is valid for 3 years.

Coach Responsibilities

The safety and behaviour of the team members is the ultimate responsibility of our coaches. Coaches will set team and individual athlete goals, identify each athlete's role on the team and treat each athlete with respect. It is very important to establish rules for tournament behaviour, on and off the court. A positive self and team image must be displayed at all times. Coaches should create a safe and approachable environment for athletes to discuss goals and growth opportunities.

NBCVC coaches need to meet Volleyball Alberta's minimum requirements outlined below:

<https://www.volleyballalberta.ca/coaches-general-info>

In 2023 Head Coaches for all age categories must have completed the following:

- PIA's: Police Information check, Safe Sport Training eLearning, Screening Disclosure Form
- Making Head Way in Sport (Generic) eLearning
- Make Ethical Decisions (MED) Online Evaluation
- Foundations of Volleyball eLearning

Additionally, 14U to 18U Head Coaches have further mandatory coaching workshops to be completed:

14U-16U HEAD COACHES on the roster require NCCP **Development Coach workshop**

17U-18U HEAD COACHES on the roster require NCCP **Advanced Development Coach workshop**

*To ensure ongoing training, the NCCP program has mandated that coaches **MAINTAIN** their certification through Professional Development activities which are tracked through the Coaching Association of Canada (CAC).*

Rules and Regulations

General Etiquette

All athletes are expected to be punctual, co-operative and considerate. They must remember that they are representatives of their team, the NBCVC and the city of Fort St. John.

The athletes must follow the instructions of coaches concerning practice procedures and event behaviour. Failure to follow such instructions may result in expulsion from the club. These procedures will be uniform throughout all NBCVC teams.

Illegal Substances

NBCVC is an athletic club that encourages healthy habits. At NO time will the possession of tobacco, alcohol or illicit drugs be tolerated. This is a zero-tolerance policy. Any athlete found in possession of any such products during NBCVC events will be expelled from the club.

Injury

Athletes who suffer any kind of injury, no matter how minor, must inform the coach immediately.

If an athlete is injured, and can no longer play, the athlete's parent can request a refund. This will be evaluated by the executive on a case-by-case basis. The request can be sent to nbcvcpresident@gmail.com and should include a doctor's note outlining the injury with an estimated date of return to sport.

Infectious Disease Protocol

Should Provincial and/or Federal governments put in place infectious disease protocols, NBCVC will adhere to provided guidelines and regulations. The 2023 season format will be adjusted should such regulations come into force. The executive will update members as required.

Team Organization

Parents will take on the responsibility for administration of the team and being a liaison with the coach and the NBCVC Executive. Each team is required to have a Team Manager and if needed the team may appoint a Sponsorship Lead. Team's may appoint one to two parents.

Team Manager

Duties of the Manager(s) include:

- Act as liaison between parents, coach and executive
 - Receive approval from the executive if the team wants to run a fundraising event
- Ensure the team is registered for regional tournaments (the Registrar registers for Volleyball Alberta Premiers and Provincial's; the Manager registers for regional tournaments.)
- Block book hotel rooms for your team's out-of-town tournaments – provide parents with the deadline information to book their rooms
- Provide team contact info (email & phone #) to coaches, athletes and parents of your team
- Try to communicate in a group setting through TeamSnap, rather than one-on-one messaging with parents
- Collect NBCVC registration forms at first practice from athletes
- Possibly collect registration fees if parents are not paying through e-transfer
- Collect from Fundraising coordinator, and distribute raffle tickets to team members
- Run Team Snap
 - Download the TeamSnap app
 - Sign up your practice group and send invites to members – can do through app or on the website
 - Add your practice times
 - Check your health check list prior to practice
 - If the health check is not completed or if an athlete has failed the questions, that athlete may not attend practice

Tryout Process

1. ONLINE Tryout Registration located at <https://nbcvc.com/tryouts>
2. 2023 YOUTH DEVELOPMENT - TRYOUT (Approx. \$22) Insurance purchased from Volleyball Canada through the SPORTLOMO portal at <https://volleyball.canada.sportsmanager.ie/sportlomo/users/login>
3. Submit proof of insurance to REGISTRAR by tryout.
4. Pay \$80 tryout fee on or by tryout date (CASH or e-transfer to REGISTRAR)

SPORTLOMO portal is open for 2023 registration.

TRYOUT REGISTRATION - November 15 to 24, 2022.

TRYOUTS – Week of November 28 to December 4, 2022. Details to be posted at <https://nbcvc.com/tryouts>

Note: For players unable to make tryouts (injury, etc.), arrangements can be made with our Technical Director to discuss ways to submit request for consideration for competitive teams (ex: video submission). Please contact: nbcvctechnicaldirector@gmail.com prior to tryouts.

Team Assignment Process

Competitive teams are created in accordance to Volleyball Canada's (VC) age categories, and skillset. If an athlete falls between two age groups, both skill set and age of the player (emotional mindset and peer grouping) will be assessed as per Volleyball Canada guidelines:

https://volleyball.ca/uploads/Policies/2023/2023_Nationals_Age_Categories_EN.pdf

Note: Please note there may be times an athlete is assigned to a higher age category if there is a team need. Emotional mindset and peer grouping are considered prior to assignment.

Recreational Development teams may be formed if demand for the season is sufficient.

Volleyball Canada 2022-2023 Age Categories:

Volleyball Canada recognizes the following age categories for competitions in the 2022-2023 season:

	18U*	17U	16U	15U	14U
Sept	2004	2005	2006	2007	2008
Oct	2004	2005	2006	2007	2008
Nov	2004	2005	2006	2007	2008
Dec	2004	2005	2006	2007	2008
Jan	2005	2006	2007	2008	2009
Feb	2005	2006	2007	2008	2009
Mar	2005	2006	2007	2008	2009
Apr	2005	2006	2007	2008	2009
May	2005	2006	2007	2008	2009
June	2005	2006	2007	2008	2009
July	2005	2006	2007	2008	2009
Aug	2005	2006	2007	2008	2009
Sept	2005	2006	2007	2008	2009
Oct	2005	2006	2007	2008	2009
Nov	2005	2006	2007	2008	2009
Dec	2005	2006	2007	2008	2009

Recreational/Development League

Pending interest, a development/recreational league for those players not playing in the competitive stream, will tentatively run mid-January to mid-April.

1. Pay VC Insurance through SPORTLOMO (2023 recreational, Zone 8 Peace Country)
2. REGISTER ONLINE at <https://nbcvc.com/tryouts>
3. Pay \$200.00 registration fee via e-transfer to REGISTRAR.
4. Submit registration forms to REGISTRAR.

Registration Payment Methods

NBCVC is a youth sports program funded by its members and community fundraising. Your athlete's registration fee is composed of three parts: the annual costs required to run the club (registration fee), Volleyball Canada Insurance and an estimated cost for team expenses to attend tournaments and to facilitate coach training. Athlete's personal expenses to attend tournaments are not included in registration fees.

1. NBCVC Tryout fee: \$80.00 (non-refundable)
2. VC Recreational/Tryout insurance \$21.00 (non-refundable – paid by athlete)
3. NBCVC Registration fee: \$200.00 (non-refundable)
4. VC Competitive insurance: \$115.00 (competitive – paid by NBCVC)
5. Competitive Tournament fees: See Appendix
 - a. 12U to 13U – 4 regional tournaments
 - b. 14U to 18U – 2 regional, 3 VA Premier, and 1 VA Provincial tournaments

Payment Options:

EMAIL MONEY TRANSFER (preferred):

nbcvcregistrar@gmail.com

Password: **Volleyball2023**

Comment: **athlete's full name(s) and what team they are on.**

CASH: Pay your registration fees to your athlete's Team Manager.

CHEQUE: Make cheques payable to: NBCVC and submit to your athlete's Team Manager.

Payment DUE DATES:

IN FULL: On or before the first practice in January

IN TWO (2) EQUAL PAYMENTS:

1. First payment due first practice.
2. Second payment due February 1st, 2023.

Refunds

Refunds will occur in the event of a canceled tournament or required adjustments due to legislated infectious disease mandates. Refunds will not be given for those practices missed due to illness.

Fundraising & Volunteering

Outside sources of income (Fundraising and Sponsorship) are crucial to keeping membership fees at a moderate level. In order for the club to be successful and to eliminate overlapping fundraising efforts, fundraising is either done at the club level or individual team fundraising (team fundraising must be approved by the executive). The Club has a Fundraising Coordinator, who will organize a club-level raffle; this raffle is typically held in May.

Volunteer Requirements

There will not be a volunteer requirement this year, but we encourage you to help your team as needed throughout the season.

Sponsorship

Teams are welcome to source sponsorship for the season. Sponsorship funds are encouraged to be utilized in full within the season received. Sponsorship will not go toward club registration. The team is to designate a guardian (parent or Team Manager) to manage these funds. Suggested sponsorship utilization include:

- Travel costs, i.e., accommodation, transportation, meals
- Team building, i.e., dinners,
- Gear, i.e., coats, shoes, shorts, kneepads