

2012 PLAYER/PARENT HANDBOOK

Welcome to the Blues Volleyball Club:

The Blues VBC begins its 31st season as one of the Northwest's premier volleyball clubs dedicated to technical development and training of our junior girls. With our well-respected and established reputation, Blues VBC is competitive within the various age divisions in our region. Our coaching staff is talented, inspirational and dedicated to maintaining the highest standards while providing core technical training and conditioning.



The club is guided and administered by a working Board of Directors that meet monthly throughout the season.

Club Goals

- To provide technical training and overall conditioning in a positive, motivating environment
- To provide a volleyball program that strives to teach, develop, and enhance skills on and off the volleyball court
- To train and prepare girls interested in playing at a collegiate level
- To use volleyball as a venue to teach traits such as teamwork, responsibility, and integrity
- To understand the balance between training competitive athletes, respecting them as young ladies and encouraging their commitment to academic excellence
- To provide quality, competitive volleyball at an affordable price
- To provide a well respected, knowledgeable coaching staff that provides outstanding leadership and inspiration
- To earn the attitude of "Club Team First" for junior high school players in their sports priorities

Club Expectations

- Players make every effort to attend all scheduled practices and games. Coaches will provide a "schedule conflict form" at the beginning of the season along with the season schedule. Parents are asked to fill out the form and return to the coach. The club will give an attendance award at the end of the year banquet based on player attendance at practices and tournaments. (See attendance awards)
- Parents to provide player transportation to and from practice and to and from tournaments, including travelling tournaments.
- Open lines of communication between all involved – coach, player, parent, and club director.

Hierarchy of Communication and Grievance Policy



1. Player talks to Coach
 2. Player and Parent talks to Coach
 3. Player and Parent talks to Coach and Director
 4. Director will take the grievance to the Board of Directors
- Positive attitudes and good sportsmanship from players and parents.
 - Timely club fee payments. Any payment that is 15 days past due will result in the player not being able to participate in practices and tournaments. Please contact the Club Director with any billing issues that might exist or arise.

CEVA

Blues Volleyball Club operates in conjunction with the USA Volleyball girls' program. USA Volleyball is responsible for local, regional, national and international competition. It is divided into many regions throughout the USA. Columbia Empire Region (CEVA) is our local region extends through Oregon and Southwest Washington. All Power League tournaments are sanctioned and governed by CEVA. Go to www.columbiaempirevolleyball.com for player registration, to access club rankings and standings, to find directions to tournaments and for more general information about the region.

TRYOUTS

For the 2012 Season, Blues Volleyball Club is projecting to have **4 teams** of 11 players each 14U Force (2nd team), 14U Power (1st team), 16U Power (1st team), and 18U Power (1st team)

Please choose the appropriate tryout based on the age definitions provided below. **It is the policy of the BLUES VBC that players compete at their age level. The BLUES VBC may allow players to play above their age group only under extraordinary circumstances.**

USA VOLLEYBALL JUNIOR VOLLEYBALL AGE DEFINITION

Once a player participates in a club or varsity program for any university, college, community college or junior college, he/she is ineligible to play in any regional or national JOVC qualifying and championship events.

18 & under: Players who turn 18 years of age on or after September 1st of the current school year.

16 & under: Players who turn 16 years of age on or after September 1st of the current school year.

14 & under: Players who turn 14 years of age on or after September 1st of the current school year.

TRYOUT DATES/INFORMATIONAL MEETINGS

14U Parent Information Meeting: Tuesday November 1st 6-7pm @ St. Mary's Academy

16U/18U Parent Information Meeting: Tuesday November 15th 6-7pm @ St. Mary's Academy

14U Tryouts: Sunday November 6th 12p-4p @ St. Mary's Academy

16U/18U Tryouts: Sunday November 20th 12p-4p @ St. Mary's Academy

***Please note tryouts are closed to parents.** There will be a **mandatory** ½ hour parent meeting at the beginning of each tryout period to answer questions and go over the handbook, contracts and club expectations. Parents are expected to return ½ hour prior to the end of tryouts for team announcements.

BEFORE coming to tryouts:

- Please fill out the **CEVA Registration Form** @ www.columbiaempirevolleyball.com [Your own personal Email address is necessary]. Select MEMBERSHIP REGISTRATION link and fill out all the necessary information. PRINT off to bring the following 2 documents to the tryouts.
 1. Both pages of the Membership Confirmation Page which includes the electronically signed Waiver of Release and Liability
 2. Medical Release Form

THE DAY of tryouts:

COMPLETE paperwork is needed. [See instructions above]

- Tryout Fees: \$15.00
- Check in ½ hour prior to tryout time
- Teams are selected at the end of tryouts (if an additional tryout day is deemed necessary by the Director and coaching staff, parents will be informed at the end of the tryout time)
- Immediately following team announcements, contracts will be distributed. If the player accepts a spot on the team, the contracts are to be signed and the deposits are collected.

Signed contracts and deposits are due the day of tryouts to guarantee a spot

Playing Time

Blues Volleyball Club's philosophy is that **you are purchasing training time** for your daughter. This training occurs primarily in practice and secondarily in tournaments. Playing time is not subject to negotiation. The decisions about playing time are at the sole discretion of the coaching staff based on lineup/position need, player performance at practice, attendance, attitude, sportsmanship, and skill development and improvement. These decisions are not subject to challenge by parents.

Code of Conduct for Players

- Practice good sportsmanship at all times
- Work towards being the best student athlete possible
- Have a positive attitude
- Support your teammates
- Respect your coach
- Use practice time for individual skill development and team improvement. Understand it is not the appropriate time for socializing
- Use appropriate language at all times
- Regularly attend all practices and tournaments with an understanding that your attendance may affect your playing time.
- Fill out the schedule conflict form and give to your coach after you receive the practice/tournament schedule
- Contact the coach directly and as soon as possible if you cannot attend practice or a tournament. Do not text or call a teammate and expect them to tell the coach.
The club will abide by the 3 strikes rule. If a player or parent fails to contact a coach 3 times and misses tournaments or practices UNEXCUSED, the player may be expelled from the club. All payments of money owed must still be made and no refunds will be granted.
- Show up to practices and tournaments ready to play. Be responsible for your gear
- Get permission from your coach to leave the playing site
- Keep your personal possessions clean and orderly at the playing site. Pick up trash around the team area
- Obey the coach's curfew and rules when participating in an overnight trip
- Understand the "hierarchy of communication" when problems arise. Communicate with your coach if issues arise
- Practice healthy eating habits. Stay hydrated at practice and tournaments and make good food choices

Dress Code

The Blues Volleyball club has a [dress code](#) that we ask all club players to abide by. We implement the dress code so the girls can represent the club in an appropriate, modest manner. We also implement the dress code for the safety of the players.

- Shirts and pants or skirts must overlap enough to provide coverage of the midriff and back when arms are raised above the head.
- Sleeveless tops may be worn if they provide enough coverage for modesty. Halter tops, tube tops, off the shoulder tops and sheer blouses are NOT ACCEPTABLE. The straps of tank tops may be no less than two inches wide. In addition, the neckline is to be no lower than two inches from the top of the collarbone.
- If a player is going to use the pool at a hotel, they must be modestly covered while going to and from the pool. They MAY NOT run around the hotel in a bathing suit.

Suspension and/or Expulsion from the Club

The following behaviors will not be tolerated at any time and are grounds for immediate suspension and/or expulsion from the club. All payments of money owed must still be made and no refunds will be granted:

- alcohol, tobacco or drug use of any kind
- missing curfew when at a travelling competition
- vandalizing any property or hotel room
- verbal or physical assault on a coach, teammate, opponent or referee
- missing 3 practices/tournaments without contacting the coach first

Code of Conduct for Parents

Parental support is recognized as an important and vital part of your daughter's club experience. We ask that you:

- Provide your daughter the support she needs to uphold her contract with the Blues VBC.
- Insure that the financial obligations of the Blues VBC are fully met in a prompt manner.
- Understand that all communications with the coach concerning development and training, playing position and overall performance is to be done by your daughter first. Utilize the "hierarchy of communication" when discussing issues with the coach.
- Understand that playing time is not subject to negotiation or challenge by parents or players.
- Understand that it is inappropriate for a parent to confront or approach a member of the coaching staff about any of the above concerns during a tournament. Please wait 24 hours after the tournament before approaching the coaching staff.
- Be a role-model for good sportsmanship at tournaments. Negative comments towards officials at tournaments are prohibited. Sideline coaching can disrupt team and individual efforts and development. Lack of cooperation may cause dismissal of a player from the competition.

The "Team Parent"

Each team within the club will designate a volunteer "team parent" to assist the coach with organization and communication. The following are duties of the team parent:

- Act as liaison between parents and coach
- Assist in coordinating information and schedules
- Help establish and implement the team phone/email tree
- Understand concepts of how power league and tournaments are run and communicate with parents
- Act as travel and accommodations advisor for parents who are unfamiliar with the process
- Organize parental duties regarding coolers for travelling tournaments
- Distribute directions and work with coach to confirm arrival time with player/parents
- Be willing to meet with the coach as needed to discuss team needs or issues
- The team parent DOES NOT deal with coach or player/parent complaints. Please instruct concerned individuals to communicate directly with the coach based on the "hierarchy of communication" outlined in this handbook. The team parent will remain positive and try to suggest productive solutions when asked.

Travelling Tournament Chaperones

For travelling tournaments, the club will pay for a chaperone room for each team. The chaperone room should consist of 2 parents that will work with the team parent, or be acting "team parent" for the assigned tournament. *Please note: The chaperone does not have to be the same person(s) at all of the tournaments.*

The chaperone (with guidance and assistance from the coach) is responsible for making sure room assignments are kept, curfew and lights out are met, and that the team eats breakfast prior to leaving for the tournament. The chaperone is also responsible for making sure the players comply with the "rule of 2", that players are not alone in the room without a buddy and that dress code standards are met.

Attendance Awards

Criteria for the attendance awards:

Perfect - 100% means the player attended every practice (even if only for 30 minutes for whatever reason) and attended every tournament the team participated in. If they were sick and did not go to a tournament, then they would lose their Perfect status.

Outstanding - This means the player missed only 1 practice or 1 tournament the entire season. If it is a multi-day tournament and the player misses the 1st day and has not missed any practices during the season or any other tournaments, they would meet the criteria for Outstanding. They cannot miss 1 practice and 1 tournament; only 1 total absent is allowed for the season.

Attendance information for awards is compiled through the middle of May.

Practices

Each team will practice twice a week. The times and locations of all practices are TBD. Most likely, practices will be held at St. Mary's Academy or The Boys & Girls Club.

Tournaments

Each team will participate in 2 tournaments a month January-May (1 power league, 1 friendship). Once CEVA posts the tournament schedule, the club director and board of directors will choose which tournaments to enter. Tentative tournaments follow:

<p>14U Force: January Power League January Friendship (local) February Power League February Friendship (local) March Power League March Friendship (local) April Power League April Regionals (OSU) May Willamette Valley Classic (OSU)</p> <p>14U Power January Power League January Friendship (local) February Power League February President's Day Tournament (Seattle) March Power League March Friendship (local) April Power League April Regionals (OSU) May Willamette Valley Classic (OSU) May Emerald City Classic (Seattle)</p>	<p>16U /18U Power: January Power League January Friendship (local) February Power League February President's Day Tournament (Seattle) March Power League March Friendship (local) April Power League April Regionals (OSU) May Willamette Valley Classic (OSU) May Emerald City Classic (Seattle)</p> <p>TOURNAMENTS IN BOLD ARE OVERNIGHT AND/OR OUT OF STATE</p>
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Overnight Tournaments

The head coach is in charge of meeting with the girls to discuss the rules for the particular tournament as well as curfew times prior to departure. We are very strict about enforcing our rules. If they are not followed, parents will be called to pick their daughter up from the site. We ask that the chaperones be available to assist the coaches in case of emergency.

Cooler food for travelling tournaments is incorporated in cost per player and money will be provided to each team prior to departure. Each team parent will organize and distribute assignments to parents with regards to stocking a cooler. **Players are responsible for their own food for local friendship tournaments and power league tournaments with the exception of the Regional's Championships.**

HOTELS:



For all teams, the Club's travel coordinator will secure a block of hotel rooms at a **designated** hotel for the players, team chaperones and coaches. Players will stay in rooms together. Lodging costs will be paid by the club and are factored into the per-player pricing. The coach and/or chaperone will provide the girls' room assignments upon check in. There will be adequate notice given to parents so that they may reserve a room at the same hotel. The travel coordinator will have a meeting prior to the first travel tournament to go over club expectations and rules. The following are the tournaments the teams will travel to and will require overnight hotel stays.

- **14Force:** Willamette Valley Classic (Corvallis-2 nights)
- **14 Power, 16 Power and 18 Power:** President's Day (Seattle-3 nights), Willamette Valley Classic (Corvallis-2 nights) and Emerald City Classic (Seattle-3 nights)

Pricing

The price is all inclusive and covers uniforms, tournament fees, CEVA registration, hotel costs, gym rental, coach/director payments, equipment and administrative costs. There are no hidden or extra charges during season.

*If you need to set up a payment plan different than what is listed below, please contact the Club Manager to make arrangements prior to December 1, 2011.

14U Force

Total Price: \$1000

- Payment 1: \$400.00 (due the day of tryouts, non-refundable)
- Payment 2: \$300.00 (due January 31, 2012)
- Payment 3: \$300.00 (due February 29, 2012)



14U/16U/18U Power

Total Price: \$1600

- Payment 1: \$600.00 (due the day of tryouts, non-refundable)
- Payment 2: \$500.00 (due January 31, 2012)
- Payment 3: \$500.00 (due February 29, 2012)



LATE PAYEMENTS

Interest will accrue at a rate of 12% per annum on any past due amounts from the due date until paid (subject to a minimum late payment **fee of \$25 per each late payment**). Blues VBC will also be entitled to reimbursement of fees and expenses (including, without limitation, attorneys' fees and expenses), it may incur or pay in connection with the collection of any amounts payable that are not paid when due. Failure to pay on time will impact playing time. Blues VBC acts on a "pay to play" basis and if payment is not received on time, the player may not be allowed to practice or play in tournaments.



Scholarships

The Blues VBC is prepared to offer up to 8 scholarships in the amount of \$500 each. There is a formal written application due by November 30th. The Board will announce scholarship recipients by Dec. 9th. Please find the application on the Blues VBC website. If you have any questions, please email Michelle Sunderland, club manager at mmsunder.mybiz@yahoo.com

Coaching Staff

14U FORCE (2nd team)

Head Coach: Jasmine Varela

Volunteer Assistant Coach: Amanda Wiedeman

14U POWER (1st team)

Head Coach: Nikki Jones

Assistant Coach: Martina Hagan

16U POWER

Head Coach: Tracy Klosterman

Assistant Coach: Mike Kwan

18U POWER

Head Coach: Eric Liebbrandt