



Player / Parent Handbook

2010 / 11 Season

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## **Mission Statement**

Cal Coast Volleyball Club is a community based girl's volleyball club on the Central Coast, committed to developing and promoting the sport of volleyball from entry-level player to the elite athlete.

Our hope as a progressive club is to provide unparalleled instruction that ensures the building of character, development of skills and sportsmanship, all while providing a fun and nurturing environment for our volleyball players to reach their maximum potential. The strength of our club consists of an excellent coaching staff, hard work, and committed athletes.

## **Philosophy**

Cal Coast VBC believes that participation in any sport is good for the physical, mental, and social development of young athletes. We will not encourage our players to give up another sport in order to play volleyball. We feel that the decision to play any sport is up to the participant and her parents.

School studies must come before anything else. Cal Coast VBC encourages the use of time management skills in order to schedule your school, volleyball, and other activities. While we think that school is important, we do not believe it should be used as an excuse to miss practice if you are utilizing time management skills.

Cal Coast VBC participates in the Southern California Volleyball Association (SCVA) tournament schedule. Each of these tournaments gives players an opportunity to enjoy exciting and competitive volleyball games. Additionally, travel players will enjoy the higher visibility they'll receive from college coaches, which can increase the opportunities of scholarship offers. We want to emphasize that one of the more important selection criteria for our club's teams is the player's dedication and enthusiasm for volleyball. Travel to some of the more distant tournaments can mean vigorous, tiring schedules or missed social activities. We realize the commitment we ask of our players and parents is not a small one, but the challenge, opportunity, and rewards make it worth the effort.

Everyone is given an opportunity to improve at practice. The coach will determine playing time at tournaments. While it is true that everyone improves with the opportunity to compete, coaches are expected to put the team's goals ahead of the individual. Players are expected to prove themselves in practice before it is expected they will perform in matches.

## **Tournament Play – Travel Teams**

The official SCVA volleyball season begins in January, however, travel teams will begin practicing in December. Those participating in our practice-only program will begin practices in January. All teams will continue playing and practicing through May 2010. The decision to participate in Junior Nationals or Festival can extend the season, sometimes going into July. The costs for additional tournaments past the normal season is born equally by the team.

Tournament locations are posted by 5:00pm on the SCVA website (<http://scvavolleyball.org>) on the Thursday preceding a weekend tournament. Cal Coast VBC has no control over the posting of this information. Coaches will make every effort to send out an email with this information as soon as it becomes available.

Typically, tournaments are one day in length with a couple exceptions. These one-day tournaments begin at 8:00 am with pool play consisting of 3 -4 round robin matches. Some tournaments, such as the Las Vegas Invitational, are played over several days and are a combination of pool play and single elimination brackets for top pool finishers.

Because of the intense and competitive tournament schedule, one season of club volleyball can easily provide the experience equivalent of two or three high school seasons of competition.

The length of the various volleyball matches can be unpredictable. Therefore it is difficult to pinpoint the exact time a tournament may end. Some matches may end in two games while other go a full three. Tournaments may get a late start or tournament schedules may be switched at the last moment. Cal Coast VBC has no control over the administration of these tournaments or the match-ups.

Since team entry fees must be paid weeks in advance, and the large amount of planning for hotel accommodations, it is imperative that team coaches are notified as soon as possible if a travel player cannot attend a tournament. We understand that situations such as illness can cause short notice conflicts but we request that coaches are notified as soon as possible.

## **Hotel/Travel Accommodations**

Players are responsible for their food and transportation to/from tournaments. Cal Coast VBC will provide 1 night (Saturday) of hotel accommodations (basic room charges only) for the regionals tournament only.

In our experience, many players/parents wish to secure a hotel room the night before the tournament. Parents are responsible for any hotel costs other than what the club provides. Cal Coast VBC will attempt to secure a special rate with a hotel chain in the Los Angeles area. Generally, this hotel is near the American Sports Center.

When traveling with Cal Coast VBC, there will be 1 female chaperone assigned to each room of 3 girls. No males will be allowed to stay in the room overnight. These rules do not apply to a player staying in a room with their own family.

## **Practice**

Players are required to be ready to being practice at the designated start time. Please allow yourselves enough time to put on kneepads, change shoes, apply tape, and do warm up routines. Players are expected to assist in practice set up such as setting up and taking down the net system. Players should carry a notebook with them to practice so that they may write down the lessons of the day and personal goals. Reviewing these lessons can make a huge impact on a player's performance. It also helps when the coach makes special announcements.

If a player must miss practice, a telephone call to the coach must be made at least 3 hours before practice.

Advance notice is mandatory if a player cannot make a practice or tournament.

Each practice session is very important to the growth of all athletes. Therefore, players need to make every effort to attend each one. Coaches prepare practice plans according to whom and how many are attending. They need to know in advance if someone will not be available. If players do not attend practice on a regular basis, playing time may be compromised.

Please bring your own plastic water bottle to practice and tournaments.

No jewelry is allowed at tournaments. Coaches are not responsible for any items you have to remove.

## Practice Rules

1. No sitting down in practice unless announced by the coach.
2. Practice always starts on time.
3. Any overt display of displeasure or frustration will not be tolerated. The team cannot afford the loss of emotional control.
4. No cell phones. Turn them off if you bring them.
5. No gum. No exceptions.
6. Players jog or run everywhere during practice.
7. Players shag their own balls unless instructed otherwise. Never let a ball roll through a drill.
8. Call "Mine" whenever you go for the ball.
9. *Always* go for the ball.
10. Always be encouraging to your teammates.
11. Report injuries or sickness to coaches immediately.

## Parent/Coach/Player Relationship

Volleyball can teach many good traits, such as cooperation and physical fitness; but it is difficult for these and other desirable traits to take root when adults around them fail to set a proper example. We ask that parents refrain from criticizing opposing players, other parents, coaches, officials, or teammates. In spectator enthusiasm we are often prone to issue several instructions to the players that may be contrary to those of the coach, leaving the players confused and upset. Please let these athletes follow their coach's instruction and leave the coaching to the coach.

The coaches are giving their time, energy, and best efforts to teach your child the sport of volleyball and Cal Coast VBC will not tolerate condemnation of the coaches. Understand that you will not agree or like every coaching tactic, comment, or suggestion that is made by the coaches. However, this does not warrant criticism or rudeness. This is certainly not intended to reduce spectator enthusiasm. By all means, please cheer and encourage the actions you like and ignore those you do not. Please do not interfere with your child's coach, especially during play, or do anything else that will detract from the enjoyment your child deserves from volleyball. Parents must ally themselves with the coach in teaching their children how to cope with the frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of highly competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, and how to be a gracious winner or loser.

The most effective way to establish a rapport with a coach is to display a high level of commitment to the activity. Players need to learn to display their commitment by being enthusiastic, doing extra preparation, and showing their support of their teammates. A parent who is successful in teaching these skills will never have to worry whether the coach is giving their child a fair break.

If a player has a concern with a coach, parents have the responsibility for teaching their child the steps to remedy the concern. The following steps MUST be taken if a player has a concern with a coach. If the first step does not resolve the problem, then move to the next step.

- Player should discuss the concern with the respective coach and try to arrive at a solution or submit a note to the coach.
- Write a letter to the coach and director.
- Meeting with the coach, parent, player, and director.

None of the coaches with Cal Coast VBC should be considered unapproachable. They are all very willing to listen to a player's concern and try to arrive at a mutual solution. Until the coach is made aware of the concern nothing can be done to alleviate it. Do not wait until the end of the season to voice your concern.

In addition, we ask that parents do not approach a coach to discuss a concern before or after a practice or a tournament.

## **Player's Standards of Conduct**

There is a lot more expected of our players besides their volleyball skills. Players are expected to participate in all scrimmages/practices/tournaments as scheduled. Failure to do so may result in less playing time in the next tournament. It is the player's responsibility to notify their coach if they cannot attend.

Players are expected to sign up for the full season and to make all tournaments. Players will be played at the discretion of the coach based on skill level and team need.

Players are expected to consistently work on their own to raise the levels of their physical condition and skill. All players will sign a code of conduct form as part of their membership with USA Volleyball. The following standards must be observed in order to continue as an active member of Cal Coast VBC. Violation of standards marked with a (\*) means suspension or dismissal from Cal Coast VBC.

1. \*Alcohol and drugs are prohibited at all times.
2. \*Smoking is prohibited.
3. As a representative of Cal Coast VBC, no actions that will hinder the player's performance, game, or scholastics will be tolerated. The player's actions and behavior should always be such that positively reflects on the athlete, their team, and the club.
4. Players must be on time for all team commitments. Early is best.
5. Players must call their coach when they are going to be late or absent from a practice or tournament.
6. Players must report all physical injuries or illness to their coach immediately.
7. Equipment and uniforms issued to players must be cared for properly.

8. It is expected that all players will help in the set up and take down of practice equipment such as the net systems.
9. All players must abide by the rules established for scrimmage and tournament facilities.
10. Players are expected to help as requested during any tournaments or scrimmages.
11. Each player will keep their coach informed of their presence at tournaments.
12. Players are expected to treat all other players, teammates, coaches, referees and fans with courtesy and respect.
13. If players are involved in a dispute, they must immediately work out problems between them. If they are unable to do so, they must meet with the coach until the situation is resolved.
14. During overnight travel, curfew is expected to be at 10pm on all nights prior to a match.
15. Any player who violates the law and/or school rules may be suspended and/or released from the club. Players are expected to represent the club positively at all times.

All actions and consequences will be discussed with the player, the coach, and the director. Appropriate action that fits the conduct by the player will be determined by the coach/director. Consequences of actions may result in:

- Written warning with loss of playing time
- Missing matches
- Sit out for one game
- Immediate removal from a match
- One tournament suspension
- Dismissal from team

Remember you are here to play volleyball and do the best you can for your team.

## **Costs for the 2010-11 Season**

The costs for the 2010-11 season is as follows:

**Travel:** \$1,800 per player

**Non-Travel:** \$850 per player

Athletes will be required to give their first payment of club dues on or before December 1<sup>st</sup>. This applies to both Travel and Non-Travel teams. Fees may be paid by either cash or check. Credit cards are not accepted for club dues at this time. Since team fees are a fixed cost, players dismissed from the club for any reason are still liable for the entire cost of the season. Withdrawal due to injury will be handled on a case by case basis between the parents and director.

The payments schedule is as follows:

<u>Travel Amount</u>	<u>Non-Travel Amount</u>	<u>Due On/Before</u>
\$450	\$250	December 1 <sup>st</sup>
\$450	\$200	January 1 <sup>st</sup>
\$450	\$200	February 1 <sup>st</sup>
\$450	\$200	March 1 <sup>st</sup>

### Cost of the Club Includes

- 4 hours of training a week
- SCVA Registration (Travel Teams Only)
- Tournament Entry Fees
- Regionals Entry Fees (Travel Teams Only)
- Regionals Hotel Accommodations (Travel Teams Only)
- Volleyball Uniforms
- Practice Equipment
- Coaches Fees
- Coaches Hotel Expense
- Facility Rental
- Administrative Expenses

### **Program Highlights**

- Gold Medal Squared certified coaches & staff
  - Gold Medal Squared is the collaborative effort of four of the most successful and experienced coaches in the history of volleyball in the United States. Dr. Carl McGown, Dr. Marv Dunphy, Dr. Doug Beal, and Jim McLaughlin bring over 100 years of combined experience, and have been at the top of the game at every level: High School, Club, Collegiate, Professional Foreign Leagues, and International competition.
- Consistent coaching philosophy
  - All Cal Coast VBC coaches use the Gold Medal Squared coaching philosophy. This ensures a seamless transition for players as they grow and progress to each new level. Coaches are given the necessary tools to teach the skills of volleyball to their players, to understand the tactics of the game, to make better use of limited time with their players, and to develop winning programs.
- Local practices
  - Cal Coast Volleyball Club seeks to utilize the excellent facilities available on the central coast. We understand the impact that driving can have on the decision to play. Local facility use allows for an easy commute and a more enjoyable experience.

- Tournament Play

Travel	Practice-Only
<p>Each travel team will benefit from a number of tournaments held mainly in the Los Angeles area.</p> <p>Travel fees include entry in all Qualifier, Mandatory, and Regionals tournaments. 17's &amp; 18's fees include entry in the Las Vegas Invitational.</p> <p>JO tournaments are an additional cost.</p>	<p>Teams will have the option of participating in local scrimmages between other Cal Coast teams as well as other club teams. Our 14 &amp; under teams <u>may</u> have several tournaments in the Santa Barbara area. Subject to scheduling.</p>

- Hotel arrangements for Regionals tournament (Saturday night only).
- Complete uniform package

Travel	Non-Travel
<p>(1) Jersey            (2) Practice Shirts            (1) Spandex            (1) Pair Kneepads            (1) Travel Bag            (1) Hooded Sweatshirt</p>	<p>(2) Practice Shirts            (1) Spandex</p>

- Frequently updated website
  - Our website will be the central hub for all information about the club. Tournament results, team updates, practice calendars, and more will be posted on the site.
- Recruiting profiles on website
  - Recruiters are often at club tournaments and like seeing more information about a player. Website profiles increases visibility to help an athlete get noticed. Our website offers an easy way to review a player's stats and performance.

# Parent/Player Agreement Contract

This Agreement is by and between the **CAL COAST VOLLEYBALL CLUB**, hereinafter "**Club**," and \_\_\_\_\_, and \_\_\_\_\_.

(Print Player Name)

(Print Player's Parent or Guardian Name)

hereinafter jointly as "**Club Player**."

**Therefore** the parties agree as follows:

**I. FEES.** The basic budget of the Club includes the seasonal cost of rental of facilities, association memberships, coaches' salaries, overhead and administration. The cost per player is based upon the number of players who commit to play on each team. *As a result, the fees must be paid to the Club even if Club Player elects to cease participation in the Club at any time.*

	December 1	January 1	February 1	March 1
Travel	\$450	\$450	\$450	\$450
Practice-Only	\$250	\$200	\$200	\$200

**The fees do not include medical insurance for Club players.** Limited medical insurance is only available for Club Players on a travel team, by registration in the United States Volleyball Association. Each Club Player placed on a travel team must execute the Club's Liability Waiver and the USAV Medical History and Release and the USAV Waiver and Release of Liability.

**II. CLUB PARTICIPATION.** Club Player agrees to:

(a) Attend all scheduled practices and tournaments unless otherwise arranged in advance; (b) Maintain good sportsmanship at all times; (c) Be respectful to players, coaches, and Club personnel; (d) Comply with Club policies and regulations as issued and amended by Club Directors; (e) Inform Club of all changes in address, insurance coverage, and emergency contacts.

**III. CLUB ADMINISTRATION.** Club's volleyball program is competitive and seeks to treat all persons in an equitable manner in accordance with its adopted Mission Statement. It is not uncommon for persons to disagree with coaching decisions or decisions made by Club Directors. The Club Player has the right and obligation to bring to the attention of the Club Directors and/or coaches, as appropriate, concerns, questions, or suggestions. However, it is agreed and understood that the actions and decisions by the Club Directors upon consideration of the concerns, are not subject to further review.

**IV. POLICY MANUAL.** I have accessed the 2011 Cal Coast VBC Player/Parent Handbook and have read said Handbook in its entirety. I understand the procedures, policies, rules and codes of conduct set for therein and further agree to follow those procedures, policies, rules, and codes of conduct.

**V. MEDIA/PROMOTIONAL RELEASE.** I agree that any photographic or audio/video records taken of the undersigned in conjunction with the Club may be used by the Club for promotional and/or commercial purposes, as well as approve such use by third parties with whom the Club may engage in for marketing or promotional purposes without any remuneration to me or anyone on my behalf. I hereby assign to the Club the right, title and interest I may have in or to any and all media in which my name or likeness might be used in conjunction with the Club.

**CLUB** and **CLUB PLAYER** execute and date this Agreement:

**CLUB PLAYER:** \_\_\_\_\_  
 Player Signature Date Parent or Guardian Signature Date

**CAL COAST VOLLEYBALL CLUB, LLC:** \_\_\_\_\_  
 Club Director Date