

# **NORTHERN VIRGINIA VOLLEYBALL ASSOCIATION**



## **NVVA HANDBOOK 2009 – 2010 JUNIORS' PROGRAM**

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## JUNIOR OLYMPIC VOLLEYBALL PROGRAM PHILOSOPHY

USA Volleyball emphasizes 'Athletes First, Winning Second,' and the Northern Virginia Volleyball Association agrees with that philosophy.

NVVA will ensure that the athletes receive excellent coaching, improve their volleyball skills, have the opportunity to compete in a healthy environment, and gain an appreciation for working as a part of a team and a club.

Participating in athletics provides young adults an opportunity to learn lessons that will be valuable both on and off the court. At NVVA, we expect our athletes to display good sportsmanship, self-respect and respect for others. Consequently, players are also required to maintain a healthy lifestyle, take responsibility for their actions, and follow through on commitments they are making by joining a team.

We want to provide each athlete the opportunity to excel. However, volleyball is a team sport, so no one athlete can compete independent of a team. Each player on a team has responsibilities, and their teammates count on them to live up to those responsibilities. Consequently, the NVVA Juniors Program expects players to always remember how their actions will affect their teammates, coaches, and the club.

In return, we at NVVA will ensure that the athletes receive the highest quality training.

NVVA recruits and trains highly motivated individuals to serve throughout its volunteer organization. From the Board of Directors to the Assistant Coaches, NVVA is committed to providing a healthy, respectful atmosphere in which kids and young adults can learn the skills and strategies of volleyball. NVVA's goal is to develop the "Total Player" while striving to achieve the best season results possible. Benefits to NVVA's Total Player approach:

### **No hidden costs**

Based on over 10 years of experience, we have calculated the anticipated costs of participation for our members. We understand that allowing families to budget properly for the actual expenses of a 5-6 month season can make a difference. Naturally, Select teams incur more expenses, but NVVA's budget reflects all known costs related to this experience.

**Note:** As described in the 2010 Season Schedule of Fees, Parents of Select 13s have requested to have players stay with parents so hotel costs for all overnight tournaments including Shamrock, Monument, NEQ, Memorial Day Weekend and Nationals/Post Season are not included in fee.

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## Parents Council

The parents of our juniors' players are one of our greatest strengths. They provide a direct role and point of contact for each team, and assist the organization in many ways. NVVA relies on the Parents Council to share their thoughts and ideas on topics such as fund-raising, sponsorship, equipment and other areas of interest.

Coaching Teams One Athlete at a Time NVVA firmly believes the player development experience is directly related to the quality of our coaching staff. NVVA will form only as many teams as we have qualified personnel to staff.

Each member of our coaching cadre is expected to attend training such as Impact, CAP, and other coaching/instructional clinics to further his/her skills. Through attending clinics and training sessions, our coaches' gain experience; learn the latest techniques, tactics and strategies.

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### PLAYER CODE OF CONDUCT

Being a member of the NVVA Juniors' Program requires a commitment to be the very best person I can be both on and off the court. If I am selected, in addition to the USAV Code of Conduct, I will follow the Code of Conduct outlined below:

- 1) As long as I am a member of the NVVA Juniors' Program I will refrain from using tobacco products, alcohol, or illegal drugs at any time. Any use of these substances is grounds for immediate disciplinary action by my Head Coach and/or the NVVA Juniors' Program Director. Public Displays of Affection are not permitted and could lead to suspension.
- 2) I understand my top priority is to prepare myself for high school or college. Therefore, I will maintain at least a 2.0 (out of 4.0) overall grade point average in school. If I fall below that mark I will not fully participate in the Juniors' Program until I can re-gain the 2.0 average.
- 3) I realize that I am part of a team and my personal goals and ambitions are second to the goals and ambitions of the team and thus, will support all other NVVA Juniors' Program teams and players. I appreciate their hard work in helping to make the NVVA Juniors' Program the best it can be.

During tournaments and overnight trips I will obey the following guidelines:

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- I will respect and follow the rules, regulations, and curfews established by the Juniors' Director, Coaches, and/or Chaperones at all times.
- I will arrive on time. I will notify a Coach, Chaperone, or the Juniors' Director immediately once I realize travel conditions may cause me to be late. If I arrive late without prior notification, my play will be limited to exceptional substitutions due to injury during the first match for which I am present.
- I will remain with at least one of my teammates at all times. Under NO circumstances will I request an exception, nor would an exception be granted.
- If I am riding with another NVVA Juniors' Program member and his/her parents, I will present written permission from my parents to my Head Coach prior to the tournament date.
- I will abide by all rules established by the NVVA Staff, Chaperones and Dorm Sponsors.
- I will treat other teams, players, coaches and officials with the respect with which I would want them to treat the NVVA Juniors' Program members and me.

4) If I leave a tournament or practice without previous permission from my Head Coach, the NVVA Juniors' Program will place me on indefinite suspension pending evaluation by the Juniors' Program.

5) As a member of the NVVA Juniors' Program I will conduct myself as a fitting representative of the Juniors' Program, my family, my hometown, and my state wherever I am and whatever situation I am presented.

Disrespectful behavior or unsportsman-like conduct toward anyone involved in the Juniors' Program, or associated with Juniors' Volleyball may be grounds for a formal apology, suspension, dismissal and/or removal from a game, match or tournament. The term and duration of action will be dependent upon the severity of the violation and will be at the discretion of the Coach and/or Juniors' Director.

6) As an NVVA Juniors' Player, I understand that I will be immediately removed from a game during competition, and may be suspended further (at the Coaches discretion) if I receive a Yellow Card for unsportsman-like conduct, even if this means forfeiture of the game.

7) I will never express disrespect or displeasure toward referees, other coaches, or players. I will bring any problems I have with tournament personnel or other teams to my Coach's attention for further action. I understand that displaying insubordination to a Coach or any adult associated with NVVA can result in suspension in my participation or possibly dismissal from the club.

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8) I understand that all jewelry and body glitter are considered unsafe by USA Volleyball and thus must be removed prior to the beginning of practice and competition. If a religious or medical medallion must be worn it will be taped to the player's body or uniform.

9) I will be present at all NVVA Juniors' Program functions (practices, tournaments, overnight trips, meetings, special events, etc.) unless I receive prior permission from my Head Coach or the Juniors' Director. If I do not attend one or two functions immediately prior to a competition, and I did not gain prior permission for those absences, I am still responsible for attending the competition. I understand that I will not play in said competition unless the coach has no other options due to player injury or other player absences.

10) I will pay money due on the date specified on the Participation Agreement Form or give up my place on the team. I also understand that should I quit or be discharged from the NVVA Juniors' Program for violations of this Code or other reasons, I will forfeit all monies previously paid, and all remaining monies due (the balance of the annual membership fee) shall become payable immediately.

11) Since acceptance of a spot on a team precludes us from filling that position with another player, full payment will be expected upon termination of a contract. However, if there are extenuating circumstances a request can be made for consideration on the unpaid balance.

12) A player joining the Club after the start of the season will be charged all of the relevant individual costs (i.e. uniforms, registration, etc.,) as well as a percentage of the relevant administrative costs of the remainder of the season.

**Girlfriends/boyfriends and other guests at NVVA Functions** are important to me, but my first commitments are to academics, volleyball, and my team. While guests are allowed at NVVA functions on a non-interference basis, I understand that this a privilege and will respect any request from my Head Coach or the Juniors' Director to refrain from inviting my girlfriend/boyfriend or any other guest if there are significant issues in the future. When attending any event, any minor guests I invite are under my parent's charge if there is no other direct adult supervision provided for them.

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### PARENTS CODE OF CONDUCT

As the parent(s)/guardian(s) of a member of the NVVA Juniors' Program, we will conduct ourselves in a manner as outlined by the following Code.

1) I (We) understand that our child has paid to learn the skills and concepts of volleyball in an effective and respectful environment. NVVA Juniors' Program Coaching Staff will provide every player with a role on the team, although this does not mean that each player will play the same amount of time. NVVA Juniors' Program is committed to developing all players' skills and decisions concerning player participation in tournaments are the responsibility of the Coaching Staff and no other individual(s) in the organization.

2) The NVVA Juniors' Program, Coaching Staff, and Juniors' Director welcomes and encourages support of all teams during competition. As the parent(s)/guardian(s) of NVVA Juniors' participants, I (we) realize that our attendance and participation is perceived to be a part of the NVVA Organization by other Teams, Organizations and Officials. Therefore, I (we) will conduct ourselves at all functions with respect toward the game of volleyball and all its participants by:

- Cheering NVVA Juniors' teams for their play and we will conduct ourselves with the appropriate sportsmanship toward opponent teams, other junior volleyball parents, officials, and work teams. I (we) realize officials and their work teams are attempting to do the best job in fairly calling the game, but it's up to the NVVA Juniors' teams to win or lose the game.
- Acknowledging that all athletes make mistakes (sometimes at critical points in a match) I (we) will be patient and supportive through these times for all players we are around.
- Realizing that coaching is not a science and that all coaches will make decisions that are popular and unpopular. However, I (we) believe that every member of the NVVA Juniors' Program coaching staff makes decisions based on their best intentions for the NVVA Juniors' Program, their team, and each and every player under their guidance. As the parent(s), I (we) may not agree with every decision they make but I (we) will respect decisions made by the NVVA Juniors' Staff.
- Respecting any request made by an NVVA Juniors' Staff /Member (including other parent members) to discontinue behavior deemed unacceptable. If I (we) do not honor the initial request(s), a member of the NVVA Juniors' Staff it is within their rights to request that I (we) leave the playing area.
- Understanding that competition in the sport of volleyball requires a player's full attention and making efforts to communicate directly with my child or another player during competition takes away from that focus. If I (we)

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need to communicate with, give something to, or otherwise directly contact my child, I (we) will request contact through a coach.

3) I (We) will be responsible for monies due on the specified dates as outlined in the Participation Agreement Form.

4) I am (We are) aware that the decisions rendered by the NVVA Juniors' Staff are made with consideration toward the improvement/reputation of the Program as well as the best interests of the persons involved. As the parent(s)/guardian(s), I (we) agree to abide by decisions made by NVVA Juniors' Staff Members and to resolve any disputes I (we) may have with those decisions via the procedures provided by the Parent's Council.

5) If I (we) have a concern or question about our son/daughter's status with regard to his/her team, I (we) will follow the process of discussion described below in order to understand the situation:

- Together with our son/daughter, we will request a meeting with the Head Coach before or after a practice. NO discussion will take place during practice times or on days of competition.
- If concerns still exist, either party may request an audience with the NVVA Juniors' Director. This request must come through the Head Coach of the team or the Parent's Council Representative. The Juniors' Director may ask for the Coaches Director and/or the Parent's Director to attend the meeting.

If the issue still remains unresolved, the NVVA Juniors' Board will arbitrate the dispute and provide final resolution to the matter.

6) If I (we) remove our son/daughter from a competition site during competition without previous permission from the Head Coach, the NVVA Juniors' Program will consider him/her to have resigned from the Juniors' Program and all remaining monies will become due and payable.

7) To be successful, NVVA needs the commitment of both players and parents. Parents must be willing to transport their child to and from any NVVA functions (i.e. practices/tournaments), and volunteer as coordinators for out-of-town tournaments, which could include car-pooling whenever possible. Coaches will NOT be permitted to transport players to and from any NVVA function, with the exception of emergency situations.

8) Responsible for our son/daughter's conduct. If a problem arises at any time I (we) will be contacted.

9) While the use of tobacco products and alcohol is legal for adults over the age of 21, I (we) will respect the NVVA Juniors' Program's request to limit use of alcohol

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and tobacco products when I am (we are) involved with a NVVA Juniors' Program function (i.e., practice, tournaments, overnight trips). If I (we) choose to smoke at a function, I (we) will smoke in designated areas. In all cases, intoxication will not be tolerated and the offering of any alcohol or tobacco product to any junior volleyball player is strictly prohibited.

10) As the parent(s) and member(s) of NVVA Juniors', I (we) will refrain from using profane language at NVVA Juniors' Functions.

11) While NVVA Juniors' Program encourages me to be an active participant in my child's volleyball season, I (we) understand that gym time is limited and will not interrupt practices to talk with coaches. However, I am (we are) free to make appointments to hold discussions before or after practice or at other agreed to times/places.

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### **TOURNAMENT RULES & REGULATIONS**

In addition to the individual member responsibilities outlined in the Player's Code of Conduct, the Parent's Code of Conduct, and Participation Agreement, there are team responsibilities that must be addressed to successfully participate in tournaments and competitions. In return for ensuring these responsibilities are understood and dealt with, the NVVA Juniors' Program will provide the best possible learning and playing environment for your child. This includes a positive, well thought out approach to learning and executing the skills and strategies of volleyball as well as treating every NVVA member and their guests with the utmost courtesy and respect.

### **TOURNAMENTS AND COMPETITIONS**

NVVA will not submit entries to tournaments unless a team has seven players committed to play. The Head Coach will supply a tentative tournament schedule to parents as soon as one is available. Parents will be asked to review the schedule and advise the head Coach of their child's availability for the tournament dates.

Once the coach has worked out the schedule, it will be submitted to the Administrator who will be responsible for entering the teams in the tournaments requested. The Junior Program Director and Division Director will review the schedule and provide input as needed.

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Players are expected to attend all tournaments to which the team has committed. Once players have committed to play on a date, they must attend the tournament. If players withdrawing from a tournament cause the team to forfeit their entry into the tournament, the withdrawing player(s)/parent(s) will be responsible for any lost entry fees. Local tournaments cost approximately \$200; out of town tournaments can cost \$550 to \$1100. NVVA will make every effort to find a replacement tournament for the team once lost entry fees have been collected.

At tournaments, every team must supply the work team throughout the day. Each team will have to supply a first referee, second referee, scorekeeper, assistant scorekeeper and two line judges. Though working matches is a team obligation, it is also an opportunity to serve and assist other volleyball participants and thus should be viewed as a privilege, not punishment.

Work teams are an important part of the game. NVVA takes this responsibility seriously and expects players to work in a responsible and attentive manner. Consequently, players are expected to attend a one-day referee/scorekeeping certification clinic. If a player chooses not to attend a clinic and obtain referee/scorekeeper certification, he/she will be assigned line judge duty throughout the season and will not serve in other roles. If a Coach determines that significant injury prevents the player from standing, then the player may be allowed to "flip score" as a member of the work team.

If your team must work after the completion of its tournament play for the day, every team member is required to stay for the duration of the match being worked. Limited exceptions may be granted by the Head Coach, but only in association with true emergencies and/or significant parental concerns.

NVVA is a club; hence, we encourage teams playing in the same facility to watch and cheer for all NVVA teams whenever possible. We believe building club spirit, commitment, and mentoring relationships across teams/age groups is important.

Players are to maintain a healthy lifestyle while participating on an NVVA team. During tournaments, players are to bring healthy food for consumption.

Players must never go anywhere alone during tournaments. The buddy system should always be used.

Players must also let the coach know where they will be if they leave the team area at tournaments.

Player uniform must be worn as intended by the manufacturer. NVVA requests that players make every effort to wear NVVA-issued sweatshirts, warm-ups or t-shirts at tournaments.

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NVVA expects all players/parents/guests to maintain a high standard of conduct at tournaments. Any vandalism or misconduct may result in suspension or dismissal from the team. Players must ride with an adult to tournaments. Since 18-year-old players are legally considered adults, the club acknowledges exceptions if the player provides the Head Coach with a written request from the parents. Under no circumstance will other players be allowed to ride with a teammate to a tournament, regardless of age.

## **NVVA TOURNAMENT RESPONSIBILITIES**

When NVVA hosts a tournament we typically assign tournament responsibilities to two teams, the host team and the help team. The Juniors Director, who is a member of the Board of NVVA, will be responsible for the organization of these assignments.

The host team provides the Tournament Director and takes care of tournament management, which includes preparing the site for play, cleaning up after the tournament is over, and preparing all of the reports the next day.

The help team assigned is to provide assistance to the host team, primarily in site preparation and cleanup after the tournament. The Coach is responsible for the host team and its duties, as is the Coach of the help team. The Team Parents Representative should also help manage these team responsibilities.

NVVA is not in the business of providing food to players. Coaches will not dictate, though they may suggest, to players or parents what is, or what is not, appropriate to bring to tournaments for meals and snacks. Each player and/or family is responsible for providing food for his or her selves throughout the day. NVVA is not responsible for such items and will not place an undue burden on parents to provide such items to players who are not their own children.

## **OVERNIGHT TRAVEL**

On overnight trips, team players U-14 and up will stay together in hotels and share all meals together. Overnight tournaments offer a different set of challenges and pressures than single-day tournaments. Consequently, the team must remain focused and cohesive during the entire event. Parents are welcome to stay in the same facility and eat meals with the team, but should refrain from taking some team members one place if the rest of the team is not available to go.

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Each team will have one Team Parent selected by the coach. Team Parents must register with USAV and are required to undergo a background check. NVVA will reimburse one Team Parent per team for the cost for this registration and background check.

The NVVA Administrator will make hotel reservations for the players, coaches, and Team Parent. Whenever possible, coaches and Team Parents will share a room and NVVA will pay for that room. Otherwise, NVVA will pay for 50% of the Team Parent's room.

The cost of players', coaches' and Team Parents' rooms during overnight trips has been included in your participation fee; however, parents traveling to overnight tournaments with any NVVA team are responsible for the costs associated with their additional room(s). Coaches will set arrival times, curfews, and will have veto power over requested team activities during overnight trips. Girlfriends/boyfriends are not permitted on overnight trips unless they are staying with, supervised by, and the responsibility of the NVVA player's parents. Player contact with guests will be limited to general team functions. Under no circumstances will a player be escorted by the girlfriend/boyfriend independent of team functions without parental approval and previously notifying the Head Coach or Team Parent of such approval. Violation of this policy will result in a minimum of suspension from play and possibly dismissal from team based upon the severity of the violation. Disciplinary decisions on this and all matters are left up to the Head Coach and/or Juniors' Director.

Failure to pay the fees in accordance with the schedule of fees will constitute an act of default. In the event of default, this obligation is referred to an attorney and/or a collection agency for collection, the member agrees to pay all applicable attorney fees and costs of collection.

**By following these few simple guidelines, we can all enjoy the full tournament experience that the NVVA Juniors' Program and USA Volleyball has to offer. Our club is committed to an atmosphere of mutual respect and hard work; thus, we appreciate your support for not only these rules and regulations, but for your team.**