

**Alexandria Volleyball Club
2011-2012 Season**

Player and Parent Handbook

Welcome to Alexandria Volleyball Club (www.alexjovolleyball.org)

The Alexandria Volleyball Club (AVC) has been serving the volleyball community of Alexandria since 1991. The AVC has quickly developed into a prominent junior club with many accomplishments. Many players have gone on to play at the college level.

The Mission and Purpose of the AVC

The AVC is a non-profit organization dedicated to the development of skills, strategies, and techniques used in volleyball. The AVC complies with North Country Region (NCR) Junior Olympic rules and regulations. For more information see www.ncrusav.org.

The program is designed to give opportunities for young women in the Alexandria area to excel in the sport of volleyball. Players will acquire basic then advanced skills to achieve a higher level of performance, plus learn the value of teamwork, sportsmanship, communication and self-discipline.

The AVC is a competitive program, not a recreational program, and our teams have enjoyed a high level of success over the years. Coaches will focus on playing strategies and player involvement for the optimum performance of the team as a whole. **We do not guarantee equal playing time on any team or at any level; equal playing time will *not* be a focus of the Club.** We will continue to seek top competition for our teams so as to continue that tradition. Our goal is to provide the best JO volleyball experience for all athletes at a high level of competition.

The program offers a balance of participation and competitive philosophies according to the age of the players and number of participants. Every attempt will be made to find coaches so everyone is given an opportunity to participate. Placement on a team, however, is not guaranteed. Teams will be developed based on skill level, age, and team dynamics.

Registration/Orientation Meeting

The club hosts a registration/information meeting for players/parents in October of each year. The meeting time will be announced in the Echo Press, via email, and through community rec. and school volleyball programs. Attendance at this meeting is highly recommended by all prospective players and parent(s). At that time you will receive registration papers and information on team formation. Parents and players will need to complete all paperwork and pay all registration fees prior to team formations. (Completed forms and \$150.00 non-refundable registration fee due **November 7, 2011**)

Please send your completed registration forms and \$150 payable to Alexandria Volleyball Club to:

**Alexandria JO Volleyball Club
P.O. Box 93
Alexandria, MN 56308**

You can also give your forms and \$150.00 to any AVC board member. Paperwork will be available at the informational meeting and from the Board secretary. A sign-off sheet must be signed by both player and parent indicating you have read and agree to the terms in this handbook as part of your membership in the AVC.

Team Assignments

Player evaluations will be held in November after the Minnesota State Volleyball Tournament. An ad will be placed in the Echo Press announcing the dates and times. AVC will also employ word of mouth and email to spread the news regarding tryouts. Players must attend the evaluation sessions to be considered for team assignment. A later evaluation time will not be scheduled. Failure to attend evaluation sessions will affect team placement.

Coaches will conduct tryouts/evaluations and base their player selections on the athlete's performance during these sessions and perception of their potential.

Coaches will be considering the following criteria:

1. Attitude
2. Willingness to be coached
3. Communication
4. Athletic ability for volleyball
5. Athletic potential
6. Work ethic
7. Sportsmanship
8. Teamwork

Team levels will be 12s-17/18s (based on the ages of players on the team). NCR specifies age restrictions based on birth date. Rosters will be posted at the conclusion of the team formation sessions at www.alexjovolleyball.org. Any player not making a team will be notified by a board member prior to rosters be posted on the website.

Selection to a particular JO team does not in any way guarantee selection to or a position on a particular Junior Varsity or Varsity high school team. JO teams are unlike high school teams in that the NCR dictates the lowest level a player may play at based on her birth date.

In some cases, a player may have to play on a higher age team than the rest of her grade. For example, an 8th grader who turns 15 before September 1st of the season would not be able to play 14s and would be placed on an older team.

Coaches along with the Coach liaison reserve the right to change team assignments at their discretion at any time during the year.

A team/parent meeting will be held within two weeks after team formation. At that time you will be introduced to your daughter's coach, who will discuss the plans for the year and answer any other questions you may have at that time. Practice times and tournaments will be discussed together. Coaches and their team families will determine the team's schedule. Power League and tournament schedules will be set and distributed as soon as possible.

Membership and Dues

Membership for the AVC is derived from girls ages 8-18 from Alexandria schools. This may be opened up to girls from outside regions if there are not enough girls to fill a team.

Membership fees are determined by a budget based on tournaments selected by the coaches, Coach Liaison, and the Board before the season begins. Different numbers of and types of tournaments will be selected for different age levels; therefore, there will be different fees for different team levels. One-hundred percent of player fees are used for Registration of player, coaches' wages, jerseys, and play dates/tournaments. Fundraising events pay for all other Club expenses, including team formation expenses, gym practice time, equipment, supplies, clinics, and other expenses. **Please see the Fee Sheet for a breakdown of Membership Fees.**

A \$150 non-refundable fee is due with registration in October/November with the remainder of the player fees due December 1, 2011 and February 1, 2012. The registration fee is applied towards total player fees for the season and ***is refundable only if the player is not placed on a team, therefore not participating in the AVC JO program.***

AVC enforces a “NO PAY – NO PLAY” rule. Player registration fee, along with any previously unpaid fees must be paid at registration. Players who have outstanding charges will not be allowed to participate in any way until all fees are paid. If a player’s fee is not paid in full by the home tournament date, that player will NOT play. Player fees may be paid “in full” or in the form of the two payments on Dec. 1, 2011 and Feb. 1, 2012. If a monthly payment plan is necessary for your family please contact a Board member to make arrangements. **All checks are to be made payable to ALEXANDRIA VOLLEYBALL CLUB and should be given to a board member or mailed to the club at the address provided.**

Fundraisers/Home Tournament

Each year the Club sponsors a home tournament, which includes a concession stand. With the generous contribution of time and food by many members, this tournament has raised \$3,500 or more for the Club in the past years. A small contribution of food products, a 2 to 4-hour work shift during the tournament, food preparation, as well as tournament set-up and clean-up is requested from each family. If a club player’s family does not contribute in any of these ways, they will be assessed the \$75 value of these fundraising efforts. A huge thank-you in advance goes to the players’ families for your efforts with this fundraiser.

This year the home tournament is scheduled for **March 17 & 18, 2012**. Please mark your calendar and consider being a site director or your team’s leader for the concession stand.

Volunteer!

This is a non-profit club that works through volunteers. Parents are needed to serve on the Board, to help organize fundraisers, obtain motel rooms, make maps and to be team representatives. If we did not have volunteers, there would be much higher fees. We need your help as a volunteer! Volunteer in any way you can and say “yes” when asked to help.

Some of the duties of the team representative will be to:

- Coordinate your team parents to help work at the home tournament.
- Other duties as requested by the coach

Let your coach know if you are interested.

Rules and Regulations

Playing Time

The Alexandria Volleyball Club is a competitive program aimed at developing players through strong competition; it is not a recreational program. Coaches will focus on playing strategies and player involvement for the optimum performance of the team as a whole. ***We do not guarantee equal playing time on any team or at any level: equal playing time will not be a focus of this Club.***

The Club philosophy has been that power leagues afford players more similar playing time. Coaches use power leagues to test player situations, strategies, etc., and to perfect any of these. ***At tournaments, the best team will be on the floor with the goal of winning.***

However, substitutions must be made to keep players fresh, and proper utilization of all talent on the team will keep players from excessive bench time.

Club philosophy is that at the lower levels (12s-14s), more similar playing time over the course of the season may be afforded to players to continue their development.

Starting positions will not automatically be given to any player based on prior status. Starting positions must be earned through demonstrated effort, cooperation, and discipline, attendance of practices and tournaments, and ability.

Coaches will determine playing time based on the players':

1. Effort and hard work at practices and matches and cooperation with team & coach.
2. Performance at practices and matches.
3. Punctuality, participation and attendance at practices and matches.

Practice

Coaches and Coach Liaison will set practice times based on gym availability. Upon team formations, coaches will schedule practices to begin in late December or January and distribute information at the team meeting.

It is the goal of the Club to schedule two practices per week per team: however, gym availability will dictate the number of practices. Every effort will be made to schedule teams of the same level to practice at the same time to allow for scrimmages and to maximize the benefit of both coaches' talents.

Players are expected to attend all practices. ***AVC practices and tournaments are to take priority over other activities with the exception of school sport/activity.*** The coach must be notified in advance of any absence as soon as the player becomes aware they will be absent. Missed practices may jeopardize playing time.

Players and Coaches must be on time to practice. This means arriving 15 minutes before practice time to dress and prepare. If tardiness becomes a problem, the player may lose playing time or even be removed from the program.

Coaches will lead highly disciplined, challenging practices, encouraging players to go beyond their limits. Players will develop by working hard at practice and following their coach's instructions. It is ultimately up to the player as to how much they improve by how much effort they put into practices. An athlete must be able to think for herself on the court. Creating these spontaneous, game-like situations at practice is key to empowering players to think for themselves. Some coaches use a more controlled approach to coaching. However, it will be the goal of coaches to incorporate at least 30 minutes of game-like situations or scrimmages at each practice.

Tournaments

Tournament recommendations will be established by the Coach liaison and coaches before the season starts.

Coaches and parents will determine tournament schedule based on team budget. Registration needs to occur early as some tournaments and power leagues fill quickly.

The top teams in each category can add the three-day Northern Lights Qualifier Tournament or a NCR Qualifier. Additional teams may register for the Qualifier; however, acceptance into the tournament is determined by the Qualifier Director, and an additional fee will be collected to cover the cost of the Qualifier.

Teams may attend tournaments beyond the Club schedule upon consensus of parents and players. The actual costs attributed to a more extensive season would then be divided among those involved, in addition to regular club dues.

All athletes are expected to attend every tournament. AVC practices and tournaments are to take priority over all other activities with the exception of pre-scheduled school sport/activity. **If an athlete cannot be at a tournament, she must inform the coach at the beginning of the season or as soon as she learns of the necessary absence.** Absence from a tournament for any reason may affect future playing time. It is the athlete's (not the parents') responsibility to make arrangements with the coach.

Parents are responsible for the transportation of their daughter to and from tournaments. AVC recommends that athletes do not drive themselves to and from tournaments. Car-pooling can be arranged with other teammates and is encouraged. Please be considerate and either arrange a ride exchange or contribute toward the cost of gas (minimum of \$10 is suggested). Please inform coaches of ride arrangements.

Athletes are expected to arrive at a tournament not less than 30 minutes before the scheduled play or ref time or at the time designated by the coach, if earlier.

IMPORTANT: Players and parents must leave the playing site as they found it. Everyone is responsible for picking up after themselves, cleaning up garbage and any spills. We want to continue our good reputation with other clubs in order to continue to be allowed to attend their functions.

Officiating

Officiating is the shared responsibility of the entire team. All new parents and all players are required to attend an officiating orientation meeting which usually takes place in January and is instructed by staff from the North Country Region Volleyball Association. All AVC athletes (and parents for younger girls) are required to help with the line judging, score keeping, score board, and officiating. Only the coach will assign officiating duties. All AVC athletes will stay until all matches are played and officiating assignments are complete, unless excused for a legitimate reason by the coach.

All athletes must attend the scorekeeping clinic at the start of the season to be certified for officiating.

Communication and AVC Grievance Policy

The AVC Board encourages communication between coaches and players and parents. Players: Ask your coach his/her expectations of you or how you can improve. Parents: Ask coaches whatever questions you may have, but be considerate, asking at a place and time that is convenient for the coach. Parents – please do not approach coaches to discuss issues the day of a tournament. **As in other sports, a 24-hour “think” time is highly encouraged before approaching the coach regarding your concerns.**

If you have concerns that a coach is not following Board policy and philosophies *and have discussed it with the coach with no resolution, please follow these steps:*

1. Consult this handbook for Board policy and philosophies.
2. If you do not find the solution here, put your concern in writing and present it to the Coach liaison.

If you have an issue or complaint, go directly to the source in order to resolve the issue. Maintain a positive outlook while trying to resolve the issue and avoid spreading negative comments.

Good Sportsmanship and Conduct

As representatives of the AVC and our community, it is expected all players, parents, coaches and fans attending any volleyball event will conduct themselves in a proper manner, showing respect and good sportsmanship to others and to property.

Players must treat their coach with respect and do as they are instructed. If this becomes a problem, the player will be talked to separately by the coach. If the problem continues, the coach will also talk with the parents, and finally may remove the player from the Club. It is not the Board's job to discipline players. Parents and coaches must not allow inappropriate behavior.

The AVC will not tolerate hostility. This includes aggressive confrontations between a parent, an official, a coach, another parent or an athlete.

Sexual Harassment

The AVC is fully committed to preventing sexual harassment in any form. The AVC maintains a policy that places the safety of the young athletes entrusted to our care and instruction as our highest priority. We do not tolerate verbal or physical behavior that compromises that priority. We watch team activities and interactions closely to try to prevent miscommunications that cause discomfort to any of the athletes or parents.

Other General Policies

All athletes are bound by the NCR Code of Conduct (received with registration materials). Any athlete found to be in possession of alcohol, tobacco, or illegal drugs will be sent home from any AVC event and may be expelled from the Club.

Parents must understand that from the coach's point of view, the coach will do what is best for the TEAM, not necessarily what a parent wants for their daughter. Coaches decide how to optimize player's skills and what positions they will play.

The coach's day ends on the court. Parents must not expect anything more from the coach than they would from another parent on the team. The coach will not be expected to coordinate the day's extracurricular activities. Coaches need down time too.

Our entire handbook can be viewed at our website. These policies are subject to change at the discretion of the AVC Board. Board members are listed on our website also.

www.alexjovolleyball.org.