

NOLA VOLLEYBALL HANDBOOK

Parent/Player Meeting

We will *not* have a parent/player meeting this year. Instead, we have enclosed all the information below.

Playing Time

Playing time is not equal.

Playing time will be based on the needs of each team. The number of players on the team, the player positions on a team, the type of offense and defense the coach decides to run, as well as other factors, will affect playing time for all players. Lineup decisions are primarily the result of careful consideration about each team's chemistry and the opponent's strengths and weaknesses.

Attendance at practice and attitude are factors and affect playing time at any level.

Playing time is earned – never given. Players will have to work for their playing time and work hard to keep it.

Each coach will make the final decision on playing time. **It is not up for discussion.**

Parents should resist measuring their daughter's volleyball experience solely by the amount of her playing time. We strive to inject each player with a love for the sport; teaching her to value the opportunity to be part of a team, and to be strong and confident, whether in practice or a game.

Practice Expectations

Practices will be held twice/week for 1:45 sessions. Players are expected to attend all scheduled practice sessions. We realize that this is not always possible due to any number of outside conflicts. However, all absences, planned or emergency, must be communicated with the coach as soon as possible. Consequences for missing a practice are handled on a team-by-team basis by the coaching staff. It is important that every player understand the nature of team sports and the effect their absence has on the entire team. It is in practice that you will improve your skills and earn your playing time!

Tournament Expectations

Players are expected to attend all tournaments scheduled for their team, although we realize that this is not always possible due to any number of outside conflicts. However, all absences, planned or emergency, must be communicated to the team's coach as soon as possible. Consequences for missing a tournament are handled on a team-by-team basis by the coaching staff. It is important that every player understand the nature of team sports and the effect their absence has on the entire team. For tournaments, this means arriving at the playing facility early enough to find your team, get settled, and prepare yourself to play.

You are responsible for transportation to and from the tournament for your daughter.

Each coach will implement their team tournament policy and will be responsible for on-court management. Otherwise, the parent(s) or another adult designated by the parent, will be responsible for their daughter's off-court preparation at tournaments.

Travel Teams

Everyone is required to stay at the team hotel.

Grievance Policy

NOLA VBC has established the following policy, which is intended to aid the parents, players, and coaches in the event that any problems may arise during the season. ***Failure to abide by ANY of these guidelines will result in an immediate suspension from play until the matter is resolved.***

We understand the parenting joys and frustrations that can sometimes accompany athletics and are glad to speak to you about your daughter, but ask that you:

1. Avoid jumping to conclusions. Remember that some kids tend to exaggerate both when praised and criticized, and that decisions about complicated issues like playing time are usually the product of many factors.
2. Wait 24 hours after the triggering event. Cooler heads are inevitably more productive.
3. Do NOT **ever** confront a coach in front of players.
4. Adhere to our "Chain of Command" while attempting to resolve the issue.

Chain of command

1. Insist that your daughter try to work out volleyball related issues directly with her coach before enlisting your assistance. Learning to deal with authority figures is one of the supreme benefits of participating in organized sports.
2. If, after speaking with the coach, your daughter does not feel like the problem has been resolved, then you as parents may contact your daughter's coach with the intent of **peaceful resolution**.
3. If a peaceful agreement/understanding cannot be reached then you should contact a NOLA VBC director.

The line of communication will be strictly followed within the NOLA organization. We believe that if all members, coaches, players and parents are conscientious in following the proper chain of communication, most problems can be resolved in a smooth and comfortable way.

If you are asked to leave your team or choose to not complete the season with your team, your payment is non-refundable.

Player Code of Conduct

- Be a TEAM PLAYER – use your skill in a team effort and always support your teammates with encouragement. Never EVER blame, yell at or attack your teammate for their play.
- Give 100 percent effort every time you play - regardless of your assignment. Practice skills whenever possible to improve.
- Practice good sportsmanship and maintain a positive attitude at all times.
- Treat all players, coaches, officials and fans with respect and dignity in your speech, attitude and behavior at all times.
- Keep your head up in defeat and keep your pride under control in victory.
- Show appreciation of your coach and parents and their efforts in making this program a success. You wouldn't be playing without them!
- Advise your coach immediately of any injury, however minor.

- ***Always come prepared.***
- Be aware of your team's schedule and attend all practices, games or other team events. **Make every effort to be on time to all team functions!** If you can't attend, it is your responsibility to notify the coach.
- Maintain the same focus and enthusiasm whether you are on the court or on the bench. You accept that playing time is decided by the coach for the good of the TEAM in the circumstances of the moment.
- Be coachable! Be willing to make changes according to your coaches' suggestions. If coaches seem to be pushing you, it is usually because they think you are capable of a higher level of performance. Don't be afraid to communicate with your coach if you have questions or concerns.

Parent Code of Conduct

- If your daughter will be missing practice or a game, please make sure to let her coach know ***in advance***.
- Please make sure your daughter is prepared and on time for games and practices.
- If your daughter has a medical condition, any physical limitations or special needs, the coach should know about it.
- Be supportive of the coaches. Do not confuse players by countering the coaches' orders or instructions. Let the coaches coach. You're the boss in your house; the gym is our house. You coach attitude, we will coach skill!
- If you are unhappy with a decision made by one of the coaches, please refer to our grievance policy and refrain from discussing emotional game situations with coaches or NOLA VBC directors for at least 24 hours after a game. That being said, if your child is unhappy, please encourage your daughter to talk with us so we can address the issue immediately.

- Court time and positioning is up to the coaches. Your daughter will play where the coach determines they will be most helpful to the team. Practice performance, attendance and attitude will all play a part in game time decisions.
- Be a good role model. Remember, children learn best by example, so applaud the good plays of both teams. Encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials and parents.
- The parent's role should be one of support and not criticism. Applaud a good effort in both victory and defeat and reinforce the positive points of the game.
- Emphasize skill development during practices and how it benefits athletes.
- Be supportive of the team and all of its players. Never speak negatively about any player with your daughter or other parents; this ultimately only hurts the team.
- Try to keep this activity in perspective. It's supposed to be fun for the kids. Place the physical and emotional well-being of the children ahead of your own personal desire to win by remembering that the game is for the children and not the adults.