

# FIVE STARZ VOLLEYBALL CLUB

# HANDBOOK

## Welcome to Five Starz Volleyball Club

### **MISSION STATEMENT**

The Five Starz Volleyball Club promotes a competitive junior volleyball program for young players, up to the age of 18, which provides positive coaching and the development of volleyball skills for all levels of athletes. The ultimate goal is to help shape healthy and confident young players.

### **CLUB PHILOSOPHY**

The Five Starz Volleyball Club (FSVC) is an organization that strives to provide and support competitive volleyball experience within a positive team environment. We are committed to the growth and development of healthy and self-determined young players through participation in the club. Competitive play and winning are the end results of hard work and dedication of both players and coaches. We will work to help instill a sense of pride and self-respect through personal achievement. With each athlete and coach striving for personal achievement within a team context, the teams will grow more competitive and successful. It is important therefore that players and coaches put their personal interest behind the team's interest. Consequently, it is in the best interest of the FSVC to value the contribution of every individual and emphasize cooperation.

When players eventually leave the FSVC to pursue other aspects of their lives, we want each person to look upon their experience with our club as one of the best things they chose to do. Hopefully, the players will remember their teammates, the hard work, and how good it felt to accomplish their personal best, and the fun that came from the friendships and teamwork. The FSVC holds an open tryout each season and encourages any interested young players to consider the club as their home for a great volleyball adventure.

### **ORGANIZATION OF THE FIVE STARZ VOLLEYBALL CLUB**

The Five Starz Volleyball Club is a 501(c)3 non-profit corporation and operates in conjunction with the USA Volleyball youth program. USA Volleyball consists of 30 regions; one region is the Northern California Volleyball Association (NCVA), in which the FSVC is registered. The FSVC

is beginning its 33rd year of continual operation with players representing Davis, Woodland, Vacaville, Dixon, and many other smaller communities in Yolo and Solano Counties, and from the Greater Sacramento Area. The FSVC is run by a Board of Directors selected by the membership. The FSVC hires and pays a Director, an Assistant Director, and a Financial Administrator who carry out the detailed duties of the club. Typically, the FSVC fields' teams participating in the NCVA Power League tournaments, Area league and non-league matches. The FSVC typically attends other premier tournaments in Northern California; Southern California; Reno and Las Vegas, Nevada; Spokane, Washington, and Denver, Colorado, although teams are not restricted to any specific geographical area.

\*If you or anyone you know is interested in sponsoring a player with limited financial resources by making a tax-deductible donation, please contact the club President (see below: Contact Information). All donations will be kept confidential unless requested otherwise.\*

### **CLUB GOALS**

We hope the FSVC will be just one important part of the players' youth experience that helps them develop constructive attitudes and strategies to become successful and confident adult players. Our goal is to develop players of character by emphasizing the ideals of commitment, hard work, maintaining a positive attitude, good sportsmanship, honesty, integrity, and respect for teammates, coaches, referees and officials. This is a dynamic and fluid process where success is not easily measured. It is inappropriate to merely rely on final scores of matches to measure success in youth sports. Players, along with coaches, will constantly gauge their growth in physical ability and positive team attitude. **Success is measured by the growth of competitiveness of the entire team, and the entire club, thus each player's contribution in all matches, regardless of actual playing time, and in all practices is a valuable and important component.**

### **PLAYING TIME AND PLAYER INJURIES**

***Playing time:*** The focus of FSVC is to provide technical training and competitive opportunities for all skill levels, and to form and develop the most competitive teams possible club-wide. To form the strongest teams possible, all players should be working to reach their potentials. Playing time in matches and tournaments is not guaranteed and may be limited and is at the discretion of the FSVC Head Coach. Players are encouraged to earn their playtime and communicate with the head coach if they have questions or concerns; coaches are encouraged to provide answers or explanations at appropriate times. Playing time can be a result of many factors a coach may consider. These include, but are not limited to, the position one plays, skill level, commitment to attending practices and matches, behavior and concentration at practices and matches, and attitude towards the game, the team, the coach and the officials. Playing time is at the discretion of the Head Coach.

***Player injuries:*** Coaches will have player emergency information and first aid kits with the team at all times. Coaches may administer treatment for minor injuries. If an injury occurs at a practice or tournament, the coach is in charge and will utilize emergency phone numbers as needed. Most tournament sites have trainers on the premises. The coach may request that the player visit the trainer for a consultation. A parent is welcome to volunteer to assist the coach during a situation that requires medical assistance.

***Playing time and injuries:*** A player who is injured and is able to return to full activity is guaranteed to return to their team. The player is not, however, guaranteed an automatic return to their starting position or any other position. The health of the team and the player need to be weighed and watched as the returning player regains their practice and playing form and positive attitude. While the injured player is out, the team dynamic changes and adjustments are made. If the head coach has worked an altered formation into a successful team, then the returning player needs to respect the team and remember the team comes before personal interest while he or she works to regain their position, or until the head coach needs to make additional alterations as the season progresses that might include reinstating the starting position.

### **COMMITMENT TO THE CLUB**

Players need to make a commitment to each practice and competition. While it is understood that occasional conflicts may occur, these need to be worked out with the coach far in advance. Please be sure that you understand the scope of the commitment when playing for a club volleyball team and honor that commitment as well as you can. Commitment includes attending practices and competitions, listening to the coach, striving to improve your fundamental skills, and being a good teammate to every other player on the team.

### **PLAYER AND PARENT/GUARDIAN CODES OF CONDUCT**

To provide the best possible support for the players to concentrate and develop within a positive team environment, certain guidelines must be in place to ensure consistent and cohesive practices and competitiveness during matches. Accordingly, the FSVC has a Code of Conduct for players and parent(s)/guardian(s).

#### **Code of Conduct – Player**

- Practice good sportsmanship at all times.
- Work towards being the best athlete and person possible and have a positive attitude. Encourage teammates to do the same. Use appropriate language at all times.
- Treat all adults (especially officials and referees) and teammates with respect.
- Attend practices and tournaments. Illness and school activities are legitimate reasons to miss a practice. It is the responsibility of the player to contact the coach regarding their

possible absence. Please notify the coach as soon as you know you cannot attend a practice because coaches plan practices according to who is going to be in attendance.

- Be on time to practice, departures to tournaments and to tournament sites.
- Get permission from the coach to leave the playing site at a tournament and always go with a partner when leaving the playing site (including going to the restroom). Keep personal possessions (cooler, gym bag) clean and orderly at all playing sites. Pick up after yourself and throw away trash. Remind your teammates to do the same. Do not take any food into any gym.
- Each coach will tell players when to arrive at their court for tournament competitions. It is the responsibility of the player to be ready to go with the proper uniform, shoes, kneepads, water, etc. If a player needs taping, he or she needs to arrive at the site earlier and allow time for this to occur.
- Players are expected to fulfill officiating, scoring, and lining obligations. Players should not leave the immediate court area after a match until the team has met and the coach has excused everyone.
- Obey the coach's curfew and rules when participating in an overnight trip.
- Possession and, or use of tobacco, alcohol, drugs, or weapons of any kind (any dangerous substance or item) is strictly prohibited. Any violation of this rule at any and all functions that the FSVC or any team participates, or any person or persons engaged in club activity or event, is grounds for immediate expulsion from the club.
- Take problems, questions and concerns about volleyball directly to the head coach. If necessary, follow the FSVC Grievance Policy that is outlined in this handbook.
- Breaches of the FSVC and/or the NCVA Player Code of Conduct may result in consequences ranging from parent contact or conferences, additional physical fitness activities to make up for lost practice time, loss of playing time, suspension from the FSVC, or expulsion from the FSVC.

### **Code of Conduct – Parent/Guardian**

- Provide your child with the support he or she needs to uphold their contract with FSVC and NCVA.
- Players are often at their parents/guardians mercy for arriving to practices and competitions on time. Please do everything possible to make sure that they arrive on time.
- Insure that the financial obligations to FSVC are timely and fully met.
- Understand that all communication to the coach concerning your child's playing time, playing position, relationship with the coach and players, and overall performance is to be first done by the player and not by parents or guardians.
- Encourage your child to be responsible for their personal preparation at competitions, i.e., uniform, shoes, kneepads, water, towel, etc. Please avoid hovering around the team bench to wait on your child; he or she needs to learn to take care of themselves.

- Understand and follow the FSVC Grievance Policy, which is outlined in this handbook.
- Ensure that conduct at all FSVC functions is of a manner that provides an appropriate role model for their child and the team. Exercise and model good sportsmanship, respect for players, coaches, FSVC Director, and NCVA officials.
- Public intoxication from drugs or alcohol (any harmful substance), or offering any drugs, alcohol or weapons (any harmful substance or item) to any minor (including, but limited to player, players' siblings, friends) is grounds for notification of law enforcement authorities, and may result in the expulsion of the parent(s)/guardian(s)' child from the club.
- Respect the role, knowledge and experience of your child's coaches and please refrain from "coaching" your child from the sidelines during FSVC practices and tournaments.

### **STATEMENTS OF RESPONSIBILITIES, COMMITMENTS, AND DUTIES**

***Parent Time Commitment:*** Parent participation is essential for the success of your child, the team and the club at large. FSVC is a non-profit organization and depends on volunteers to do many tasks. FSVC invites parents to become involved and to volunteer in some area of the club or helping with their child's team. Additionally, every parent is responsible for the transportation, safety and supervision of their child (see below: Guidelines for Travel). It is the responsibility of the parent to ensure the player has transportation to and from practices and tournaments.

#### **Responsibilities of the Volunteer Team Manager**

- Serves as liaison between coach and parents.
- Does not handle or become involved in any player and/or parent complaints. All issues should be directed to the coach and parents and players should be directed to utilize the FSVC Grievance Policy outlined in the handbook.
- Communicates and helps coordinate any coach or club directed and approved team activities.
- Communicates via email or phone with parents regarding tournament site, tournament arrival expectations, club events, and other coach to team communications as requested by coach. FSVC encourages the use of hard copy communications regarding 2-3 day tournaments in addition to email.
- Uses FSVC hotel list to inform parents about lodging opportunities, phone numbers and pricing.
- Assists coach as requested in coordinating team travel to tournaments.
- Updates team players and parents with any player additions or changes to the roster information that appears in the handbook.
- It is helpful but not required that a Team Manager facilitates carpooling to tournament sites. This is the choice of each volunteer Team Manager and it is ultimately the

parent/guardian responsibility to ensure their child has transportation and arrives on time to practices and tournaments.

- Team Managers do not collect money from players or parents for any reason unless they have received approval by the board.
- Provides direction to parents and is knowledgeable of FSVC and NCVA rules.
- Remains positive and sets tone for parent, coach and player interaction on team.

### **Guidelines for Travel and/or Overnight Lodging**

- It is the player/parent's responsibility to find player transportation and ensure arrival at the tournament site on time as directed by the coach.
- If a team makes arrangements to stay together the safety and supervision is solely the responsibility of the parent/guardian unless delegated by the parent/guardian to another adult other than the coach.
- FSVC is not responsible for players away from tournament playing site. FSVC recommends that players under the age of 16 NOT stay in a hotel room unsupervised by an adult.
- Coaches will determine player curfew for all overnight team tournament travel.
- Players will follow all curfew rules outlined by coach.
- Players are strongly discouraged from including friends and/or boyfriends/girlfriends in team events and out-of-area tournament meal and lodging plans.
- Coaches are not allowed to room with players or parents/guardians.
- Coaches are not to drink alcohol if driving any vehicle with players as passengers at any time.

## **POLICY STATEMENTS**

### **Grievance Policy**

FSVC encourages open communication between players, parents, and coaches. It is our expectation that coaches will be approachable and players will communicate with their coaches. If a grievance arises, however small, please use the following guidelines to resolve the grievance.

1. Player should discuss issue with parent.
2. Player should talk to the head coach directly to explain and resolve the problem.
3. Player and parent talk to the head coach.
4. Player, parent and head coach take issue to the FSVC Director.
5. Player and parent complete a FSVC Suggestion & Input Form (available from Board

Member) and submit to the FSVC Board and Director for review. The board and the FSVC Director will issue a resolution that must be honored by all parties involved.

These steps are designed to give the player and the parent every opportunity to resolve a problem with the coach who is responsible for the guidance and development of the player and the team.

Please help the FSVC players and coaches by following the above policy. FSVC Board Meetings are advertised on the club website and are open to all members. If a parent wishes to address the Board with specific issues (not limited to Grievances), then please email FSVC President 1-2 weeks in advance of board meeting to request a place on the agenda.

Under no circumstance shall a parent air a grievance directly with his or her child's FSVC coach(es) during a tournament. Parents with grievances that arise during tournaments are asked to follow the guidelines as outlined above, and encouraged to wait at least 24 hours before pursuing their grievance with their child and their coach(es).

### **Anti-Discrimination Policy**

Participation in the Five Starz Volleyball Club is open to all interested persons without regard to race, religion, ethnicity, national origin, or political beliefs. The Board, the club officers, volunteers, 7 coaches, players and their parent(s)/guardian(s) are expected to be respectful both to the club at large and to each and every individual participant in the club.

### **Anti-Harassment Policy**

Harassment is illegal. A person is guilty of harassment if he/she knowingly threatens:

1. To cause bodily injury in the future to the person threatened or to any other person;
2. To cause physical damage to the property of another person;
3. To subject the person threatened or any other person to physical confinement or restraint;
4. To do any act which is intended to substantially harm the person threatened or any other person with respect to his physical or mental health or safety;
5. By words or conduct places the person receiving the threat in reasonable fear that the threat will be carried out.

Situations of harassment as described above will be reported to local authorities and may result in the immediate dismissal of the person(s) alleged to have committed such acts from the club for the safety of its participants.

The FSVC recognizes that volleyball, like other competitive sports, encourages a focused intensity that may result in momentary outbursts during competition. While the FSVC works to discourage such behavior by helping to instill self-respect and perspective, such outbursts are not necessarily harassment. However, repeated offenses, especially away from the court and the competitive moment, may result in a mandatory meeting of the alleged person(s) with the Board to investigate and discuss the matter, which may result in expulsion from the club and being reported to local authorities.

### **Anti-Sexual Harassment Policy**

Sexual harassment is illegal. Any sexual advances and acts with a minor are strictly prohibited by law and will result in the immediate expulsion from the club and in being reported to local authorities. A person is guilty of sexual harassment if he/she knowingly:

1. Pursues unwelcomed sexual advances to another person, requests sexual favors of another person, or uses verbal, physical, or visual conduct of a sexual nature unwelcome by another person;

2. Submission to such conduct above is made explicitly or implicitly as a condition for playing time, selection on a team, or employment or volunteer work with the club;

3. Submission to or rejection of, such conduct above by another person is used as a basis for affecting another person's selection on a team, playing time, or employment or volunteer work with the club;

4. Such conduct above has the purpose or effect of unreasonably interfering with another person's performance in the club, or creating a hostile or offensive environment in the club;

5. Not all sexual harassment occurs between persons of differing power; sexual harassment may occur between peers;

6. Not all sexual harassment involves a male harassing a female; sexual harassment may involve a female harassing a male or a male or female harassing a person of the same gender.

Situations of sexual harassment as described above will be reported to local authorities and may result in immediate dismissal the person(s) alleged to have committed such acts from the club for the safety of its participants.

### **FSVC Logo and Name Use Policy**

FSVC members, coaches and Team Managers may not use the FSVC logo without approval from the FSVC Director and, or the Board. FSVC items will be available for sale to parents and friends.

## **FSVC 2025-26 SPECIFICS**

### **Fees**

The FSVC agrees with and follows the NCVA guidelines including the right of prospective players and their parent(s)/guardian(s) to receive full disclosure of their financial responsibilities. The Board of Directors of the FSVC works diligently to provide the most accurate estimates of costs for the current year. Any changes to the estimates will be immediately communicated to all players and their parent(s)/guardians. Changes may result from, and not limited to, hotels and, or airlines who release different charges for their services, or from increased tournament registration fees, etc, and the number of players who actually sign with each team. The estimate of costs for each team for the 2025-2026 season may be found at the Five Starz Volleyball website. Travel costs for players are not included in the fees for the club season.

Every season there are a number of players who are either delinquent in paying their fees or fail to complete the payment process altogether. Players who are delinquent will not be allowed to practice or compete until their fees are paid. If a family should incur a problem and needs to work out an alternate payment schedule, it is the responsibility of the parents/guardians to contact the club's financial director and work out a payment schedule. The Five Starz Volleyball Club is a non-profit organization that calculates each player's fees by dividing the total season expenses across all rostered athletes. Because costs are shared in this way, the club does not have the ability to absorb or reallocate expenses for individual players. As a result, all fees are non-refundable, regardless of a player's participation status or circumstances.

1. Costs are based on 12 players per team
2. All teams participate in either the NCVA Power or Premier league or the WCVBA Power or Regional league.
3. **Operations costs** – club wide cost that every player pays a portion of. These include facility charges, club wide equipment, insurance, administrative costs and salaries for club staff.
4. **Individual costs** – costs that are either player direct costs or team direct costs. These include uniforms, NCVA/WCVBA and/or AAU membership, coach's salaries and team specific equipment.
5. **League** – NCVA/WCVBA cost to be a member of the league
6. **Special** – costs to play in USAV/JVA/AAU special tournaments including entrance fees, hotels for coaches when needed and coaches pay.

### **PROPOSED TOURNAMENT SCHEDULES**

The proposed competitive schedule for each team can be found at [www.fivestarzvolleyball.com](http://www.fivestarzvolleyball.com).