

**White Bear Lake  
Volleyball Club**

**2019-2020**

**Parent/Player Handbook**

# White Bear Lake Volleyball Club

## **Beliefs**

We believe in a community based club that is safe, affordable, positive and committed to the growth of the person and development of the athlete.

## **Values**

- Be positively invested in the team, athlete and club.
- See the future, enjoy the present.
- Find joy in effort – love watching your athlete play win or lose.
- Treat coaches as an ally not an adversary.

## **Purpose**

To provide a supportive environment and foster the love of volleyball.

## **Mission**

Offer committed players the opportunity to grow as athletes and individuals.

[Board of Directors](#)

[Club Cost Comparison](#)

[Program Financial Data](#)

## **WHITE BEAR LAKE VOLLEYBALL CLUB**

Congratulations! You have been selected to play on one of the White Bear Lake Volleyball Club's teams. Through this handbook we want to make sure you are aware that with this honor comes responsibilities. We know that your commitment to your junior volleyball team will expose you to competitive, quality volleyball, provide you with positive, rewarding experience, and allow you to develop lifelong friendships.

### **What is Club Volleyball?**

White Bear Lake Volleyball Club (WBLVC) is a positive, hardworking environment where girls learn about volleyball, sportsmanship, teamwork, discipline, responsibility, and develop their volleyball skills to become better players, while at the same time having fun and enjoying themselves. WBLVC is a competitive sports organization designed for the development of the young athlete through a multifaceted approach of practices, scrimmages and competition within a team framework. This is **NOT** an intramural or non-competitive exercise group.

Volleyball is an ultimate **team** sport and is one of, if not the fastest growing sports in the United States. It is a lifetime sport that people can play at any age.

### **History of White Bear Lake Volleyball Club**

The White Bear Lake Volleyball Club program started in the fall of 1989. The first season consisted of just two teams, with a total of 18 players. In the fall of 1995, the White Bear Lake Volleyball Association was incorporated as a non-profit, tax exempt, 501(c)(3) entity. Since that first season, we have undergone continued growth in all areas; number of teams, number of players, and the amount of success our program has seen. Various age level teams have represented the White Bear Lake Volleyball Association at the annual National Junior Olympic Volleyball Tournament.

Over the years, many WBL players have been given Minnesota State High School All-State, All-Metro, All-Conference and All-Regional recognition for their exceptional play and dedication

to the game of volleyball. Many of these girls have advanced their playing careers to the collegiate level.

### **White Bear Lake Black Teams:**

Black teams are considered our most competitive teams. The best team for the given match/situation will be placed on the floor to be competitive, based on the coaches' best judgment. A player may not play during an entire match. Practice performance, practice attendance, and a players' work ethic may also contribute to a players' court time.

### **White Bear Lake Orange Teams:**

Playing time throughout the season is based on playing positions. A setter may play the entire time, where an outside player may rotate out with the other outside players. Practice performance, practice attendance, and a players' work ethic may also contribute to a players' court time.

### **Playing time:**

While we try to have all the girls play, WBLVC does not have an "equal or fair play" rule. We try to have the younger girls (12's, 13's and younger) have fairly equal playtime to develop their skills. The 14's on up do not have a fair play rule in place. The coaches try to give all girls play but have the flexibility of placing the "best team on the court" dependent upon the situation at the time. So girls, be on time for practices, work hard, be respectful and show your coach you want to play.

### **Fee Schedule and Refund Policy:**

A commitment fee of \$350.00 is due within 24 hours of a player being invited to play on a team. The remaining fees are due in full by the date provided in your post tryout handout. This is the official start to our volleyball season. There will be **No Refunds.**

**GO BEARS!**

## WHITE BEAR LAKE VOLLEYBALL CLUB Player's Code of Conduct

### TO PLAY HERE:

**1. *Play and work hard***

Commit yourself to working hard. Accept it. You develop good habits in practice. Make it a habit. Do not settle for being average.

**2. *Play smart***

Understand the game. Think quickly on your feet. Make good decisions. Outsmart the opponent. Have poise and maintain composure under pressure.

**3. *Play for the TEAM first***

Put the team before yourself. Support team members in practice and in competition.

Give to other people. Selfish teams self-destruct. Understand the fact that you need each other – without a passer and a setter, a hitter is nothing.

**4. *Play with a winning attitude***

Believe in yourself. You achieve what you believe. Do not let the fear of failure hold you back. Play with confidence. Avoid dwelling on mistakes. Talk positively.

### TO STAY HERE:

**1. *Stay responsible***

Go to class. Be on time. Plan ahead and meet with your teachers when traveling. Be at all work-outs, practices, matches and team functions. Mature people are responsible people. Be responsible for your own actions and the consequences of your actions. Be responsible for your game.

**2. *Stay respectable***

Be respectful to your teammates, coaches, officials, opponents and spectators. Exhibit sportsmanship in victory and defeat. Your actions are a reflection on all of us. Treat other people the way you want to be treated.

**3. *Stay honest***

Can our staff and teammates trust you? Tell the truth. Do the right thing.

**4. *Stay loyal***

Never talk about your teammates or coaches behind their backs. Backstabbing will kill us. Keep team problems or issues within the team. Be willing to confront the issues. If you are not part of the solution, then you are part of the problem.

## **TO BE SUCCESSFUL HERE:**

- 1. *Be coachable and communicate with your coaches and teammates***  
Accept criticism. Do not take it personally. Commit to the philosophy. Follow instructions. Execute the game plan. Talk to your coaches, not about them.  
Communication takes two people. Learn to separate – person/student/player.
- 2. *Have great leaders, eager followers and role players***  
Lead by example all the time. Do what is best for the team. Give to other people. You must give in order to receive. Respect and respond to your coaches. Everyone will have a role. Accept yours.
- 3. *Influence your opponent***  
Be the team in control – Set the tempo. Disrupt their offense with your defense. Control the net. Make smart hits.
- 4. *Be consistently motivated***  
Be a good practice player. Keep your focus and concentration. Be mentally and physically ready for every practice and every match.

## **SOCIAL MEDIA POLICY:**

WBLVC athletes are encouraged to always exercise the utmost caution when participating in any form of social media or online communications both within the WBLVC community and beyond. As an athlete for WBLVC your online interactions and social media posts reflect back on the association.

WBLVC athletes are expected to abide by the following:

- Social media sites may not be used to publish disparaging or harassing remarks about WBLVC members, coaches, teammates, opponents, referees, or rivals, etc.
- Those who choose to post editorial content to websites or other forms of online media must ensure that their submission does not reflect poorly on the WBLVC association.
- Be respectful. Be positive. Treat others the way you would like to be treated.
- Many different audiences may see your posts including fans, kids, other athletes, parents, teachers, coaches.

## **CHEMICAL/SUBSTANCE USE POLICY:**

The use or possession of alcohol or other chemicals is detrimental to what we want to accomplish as an association, is harmful to an individual's health, and is illegal. Your commitment to leading a chemical-free lifestyle is essential to your successful participation in our program and in life. Illegal chemical or substance use undermines the cohesion of a team and development of the athlete. Substance abuse indicates that the player is putting themselves before the team. All players are expected to devote themselves to the team dynamic which often means putting the team first.

Failure to abide by these policies may result in disciplinary action.

## **DISCIPLINARY POLICY:**

Should a White Bear Volleyball Association player be reported to the Volleyball Association Board, a violation of alcohol, tobacco or substance abuse during the season the following action(s) will take place.

### **1. 1<sup>st</sup> Offense**

Player will sit out for 1 playing day.

Player will continue to attend and participate in practices prior to the disciplinary action and will sit on the bench during the play day.

### **2. 2<sup>nd</sup> Offense**

Player will sit out for 3 playing days.

Player will continue to attend and participate in practices prior to the disciplinary action and will sit on the bench during the play days.

### **3. 3<sup>rd</sup> Offense**

Player will be removed from the team roster and expelled from the White Bear Lake Volleyball Association for the season.

## **PARENT CONCERNS**

If you have any problems, concerns, or questions, please contact the director Dirk Dubois at 651-428-5432.

## **Parent Code of Conduct**

### ***Ten Commandments for Parents with Athletic Children***

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship, and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, track, court, or on the way back, or at breakfast, and so on. It's tough not to but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feel for competing, for trying hard, for having fun. Praise them, don't criticize.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. Let the coaches coach and the officials officiate. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership. There's a reason for everything, but you won't always know what it is – sometimes what is simply is – accept it and move on. Do not approach the coach until a) you discuss the issue with your child so that you fully understand the situation b) allow 24 hours after an incident for a cooling off period and c) do not approach a coach before, during or after a playdate in regards to any concerns you have. Disagreements with the coach or officials do not belong on the volleyball court. Questions, input, and positive suggestions should be voiced to the coach and/or Club in an adult atmosphere. Please feel free to contact the Association's Parent Representative if you have additional concerns.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within her hearing.
8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
9. Be responsible for your child's commitment – making sure that she is picked up and delivered to all practices, matches, and team functions on time and adheres to the Players Code of Conduct. Have family guidelines that are developed by everyone in your family so there is consistency and structure for your children to follow. For example, what is the family back-up plan if a parent is unable to pick up a child from practice, matches or team functions? Is it okay for the child to ride home with a neighbor or friend? If a neighbor or friend is okay, who is that neighbor or friend? A family plan can prevent your child from being in uncomfortable situations where she is vulnerable.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your daughter say "My parent(s) really helped. I was lucky in this."

**WHITE BEAR LAKE VOLLEYBALL CLUB  
PLAYER OATH  
2018-2019**

I am fortunate to be one of the players selected to represent White Bear Lake Junior Olympic Volleyball. As a representative of our organization and our community, I will conduct myself appropriately in accordance with the ***Player's Code of Conduct*** at all times, both on and off the court. I understand that a player whose character and/or conduct violates the ***Player's Code of Conduct*** is not in good standing and is ineligible for a period of time as determined by the coach. Consequences for actions in violations of the ***Player's Code of Conduct*** and/or behavior deemed detrimental to the team may include, but not limited to, verbal reprimand, dismissal from practice, less playing time in games/matches, and immediate expulsion from the Association.

**We have read, understood, and will comply with the White Bear Lake Volleyball Association policies and guidelines.**

Player Name (please print): \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name (please print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**WHITE BEAR LAKE VOLLEYBALL CLUB**  
**2018-2019 Player/Parent Team Commitment Agreement**

**Athletes and parents must be aware that all practices and games are mandatory.** Frequent absence from practices creates difficulty for the coaches and interferes with team and individual development. We understand that unforeseen and/or extraordinary circumstances can arise (i.e. family issues, injury, illness, etc.).

As a participant of the White Bear Lake Volleyball Club, I commit to the following:

- **I commit to be at all practices, games and tournaments.**
- I commit to being a member of the team for the **entire length of the season.**
- I commit to always being the best I can be.
- I commit to supporting my team by having a positive attitude no matter my role on the team.
- I commit to working hard and being a team player.
- I commit to supporting and encouraging other players both on and off the court.
- I commit to demonstrating respect, self-discipline and responsibility to my coaches, players, officials, parents and fans, and understand that I represent my team and community.
- I commit to informing the coach of any absence as soon as I am aware that I will be unable to participate on any given day.

Failure of a player to comply with the commitment policy above may result in the player being removed from participation.

**I/we have read and understood the Team Commitment Agreement.**

Player Name (please print): \_\_\_\_\_

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name (please print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_