



Club Handbook 2025-26 Season

INTRODUCTION

Southwest Minnesota Volleyball is a non-profit developmental program designed for high school and middle school athletes. Our purpose is to improve the volleyball skills of all athletes through participation in structured practices and competitive tournaments. Southwest Minnesota Volleyball is a member of North Country Region, USA Volleyball & AAU Volleyball.

The purpose of this publication is to inform all prospective members and parents or guardians of the services, guidelines, regulations and requirements of SWMNVB Volleyball. **It is required that ALL ATHLETES and their PARENTS/GUARDIANS read this entire publication before attending tryouts and participating in our program.**

SWMNVB GOALS

1. To help each athlete increase their volleyball skill level through structured practices.
2. To help each athlete to understand the importance of the sport of volleyball from individual, team and strategic standpoints.
3. To help each athlete approach the game of volleyball with good sportsmanship, a strong work ethic and high motivation.
4. To have fun and successfully work with great teammates and staff members!

JUNIORS VOLLEYBALL AGE DIVISION DEFINITIONS for 2025-26

At the teenage level, the USA Volleyball Juniors program offers competition to boys and girls after the high school season is over. The program divisions are: 18 and under, 17 and under, 16 and under, 15 and under, 14 and under, 13 and under, 12 and under. Athletes need not be currently enrolled in high school to participate. **However, college students, regardless of age, are not eligible to compete in sanctioned Juniors events.** The following are the current age classifications:

18 & under Division: Players who were born on or after **July 1, 2007**, and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

17 & under Division: Players who were born on or after **July 1, 2008**.

Girls 17 & Under Division: Players who were born on or after **July 1, 2007** (18 years or younger) who shall neither have completed nor are in the grade higher than in the eleventh grade (11th) for the current academic year are eligible to participate in the 17 & under age division. This exception is still subject to frozen roster rules (This exception is based on recruiting concerns for girls in the 11th grade who would otherwise be required to participate in girls 18's qualifiers and the Girls 18's GJNC.)

16 & under Division: Players who were born on or after **July 1, 2009**.

15 & under Division: Players who were born on or after **July 1, 2010**.

14 & under Division: Players who were born on or after **July 1, 2011**.

13 & under Division: Players who were born on or after **July 1, 2012**.

12 & under Division: Players who were born on or after **July 1, 2013**.

IMPORTANT: TEAM TRANSFER RULE

Once a player has committed to a team (signed a letter of commitment, entered into any financial commitment with a club/team such as payment for a player's fee, club fee, uniform fee, etc. excluding tryout fees), or has participated in a sanctioned event (including a sanctioned practice) they are not allowed to transfer to another club/team! For extraordinary circumstances please contact the Region office. All club directors **must** inform all players in their program about the transfer rule, in writing, when they commit to the program. THIS SERVES AS YOUR NOTIFICATION!!

2025-26 TRYOUTS

Sunday, November 2, 2025

Marshall High School, 400 Tiger Drive, Marshall, MN 56258

13's & 14's – 12:30pm-2:30pm – Registration Begins at 12:00pm

Sunday, November 9, 2025

Marshall High School, 400 Tiger Drive, Marshall, MN 56258

15's – 11:00am-12:30pm – Registration Begins at 10:30am

16's – 1:30am-3:00pm – Registration Begins at 1:00pm

17's & 18's – 4:00pm-5:30pm – Registration Begins at 3:45pm

Tryout Fee is \$50.00, registration information available at www.swmnvb.com. Please bring all additional paperwork & payments.

By participating in tryouts, we assume that the participant has complete intent on participating in our club. A completed NCR Letter of Commitment form indicates your complete intent to participate in our program. If after tryouts, the participant is unsure on playing, please let Mike know.

NOTIFICATION OF ACCEPTANCE

All athletes will be notified of their status with Southwest MN Volleyball in about one week following the completion of tryouts. If you have any questions in regards to tryout results, please contact Mike via email, mdalager@swmnvb.com.

SWMNVB COMMITMENT

The 2025-26 season will start in February with practices (typically Sunday afternoons) through the end of the month. Practices will increase in March as we prepare for our first tournament. Following the high school basketball season, practices are typically held on Monday, Tuesday or Thursday evenings from 6:30-9:00pm, usually twice a week. Practices may be held on Saturday or Sundays, depending on the schedules of athletes, staff and facilities.

We may need to have three practices a week or practice on a Saturday or Sunday, depending on those variables. Practices will be held at facilities in or near Marshall, Minnesota. A practice schedule will be posted on our web site and/or emailed out once it is developed.

SWMNVB teams will participate in 5-7 tournaments per season. Some of these tournaments are multiple day tournaments (Fri-Sun or Sat-Mon) and may require hotel stays. As a part of committing to SWMNVB, we ask that you find a way to participate in each tournament, each day.

We recognize that many of our athletes are involved in many activities and athletic programs while participating in our program. Like those other activities, Southwest MN Volleyball is a commitment and we ask that you try your absolute best to keep that commitment the entire season. To get the most out of our program, it is recommended that you make a solid commitment to this program. Attendance will be kept by coaches for record keeping purposes, but please recognize that your coaches and teammates will be counting on you to make the best effort to be at each practice.

A part of the commitment to SWMNVB is to completely read this handbook in its entirety.

SWMNVB COMMUNICATION LINES

Mail: Southwest MN Volleyball
Attn: Mike Dalager
P.O. Box 308
Minneota, MN 56264

Website: www.swmnvb.com
Email: mdalager@swmnvb.com
Mike's Cell: 507-530-6032

OUR TRAINING PROGRAM

The SWMNVB training program will be developed and conducted by members of the SMSU Volleyball Staff, players and hired coaches. With consistent attendance in practice and tournaments, we feel we can enhance the performance level of each athlete.

14's & Under "Local" Teams – Beginner Developmental Program

Emphasis will be on introducing and developing basic volleyball skills through structured practices. Participants will be taught the fundamentals of team play by the merging of individual skills into a team setting. Teams will participate in local tournaments to practice individual skills and team training strategies.

14's-18's "Regional" Teams – Intermediate Developmental Program

Emphasis will be on refining skill development and begin to train advance skills. Following tryouts, staff members will develop a training program for the season based on assessments of each player. Our intention is to get these teams playing against elite competition as the season advances. By the end of the season, these athletes should be prepared for our advanced developmental program.

14's-18's "National" Teams – Advanced Developmental Program

Emphasis will be on refining skill development and implementation of advanced skills. Staff members will break down techniques of players with the intention to improve their individual abilities. Offensive and defensive team systems will be introduced and consistently worked on as the season continues.

Once tryouts are finished and teams are selected, the SWMNVB staff will analyze the ability level of each team and will determine which level we feel the team can compete at. Teams will play as high of level competition schedule based upon the assessments of the SWMNVB Staff.

PRACTICE ATTENDANCE & ABSENCE NOTIFICATION

Attendance will be taken by the coaches at each practice and tournament for record keeping purposes. It is the sole responsibility of the athlete and/or parent to notify the coach of an illness, upcoming absence or if the athlete will be late to practice. As mentioned earlier, what you want to get out of this program may also depend on your attendance. Remember, your absence not only affects you, but also your team and both of your development. Attendance may play a role in the playing time an athlete receives.

TOURNAMENTS

The SWMNVB staff will develop a proposed tournament schedule for each team. This schedule may change, depending on evaluation of teams at tryouts, finances and availability to enter the designated tournament. Our goal in schedule development is to find competitive tournaments, while keeping the opportunity for success in mind. At times, SWMNVB teams may play in older age divisions. It is an expectation of each SWMNVB player to try their best to attend each day of each tournament.

TOURNAMENT TRAVEL

Travel to all tournaments will be at the responsibility of the parents. We ask that athletes do not drive themselves to tournaments as this may lead to situations including: misdirection, fatigue after playing, excessive traffic or other circumstances. Athletes may not have their boyfriends or friends drive them to tournaments. It is recommended that the parent/guardian, an adult (+21 yrs) family member/relative or another SWMNVB parent drive the player to the team hotel and/or tournament site. SWMNVB staff members will monitor this activity. SWMNVB will not give or be expected to provide any athletes a ride to tournament sites or hotels. If there is a unique situation, the coach must receive written permission from the athlete's parent/guardian, releasing the coach of **ALL LIABILITY**.

Players will be given information about the tournament location and what time to arrive on a daily basis.

HOTEL STAY

SWMNVB tournament schedules require our athletes to travel outside our area for tournaments. Each season, Southwest MN Volleyball creates a block of hotel rooms prior to the night of competition as well as additional nights during multi-day tournaments. These are optional for families to reserve and important reservation dates are developed. Players are not required to stay together and hotel stay is not a part of the program fee beginning in 2025-26.

There may be tournaments that require teams to abide by the USA Volleyball Stay and Play Policy. This policy requires all team members and staff to stay at a hotel designated by the tournament director. If we do not meet the minimum number of nights reserved, we will not be able to participate in the tournament and/or pay a fine. Any fines we are assessed will be passed onto team members. Please cooperate with this policy.

A hotel information sheet will be posted online as soon as the 2025-26 competitive schedules are finalized and confirmed.

COMMUNICATION

Frequently, pre-tournament information is often delayed and vague. The program director will release the information to the coaches and athletes as soon as it becomes available. We will e-mail, text, post on our Facebook page and website, any information that we receive, when we receive it. Please be open to the fact that sometimes last minute changes are made and we will do our best to inform you ASAP. It might also be helpful to establish communications with the parents/guardians of the members in the club or on your daughters' team. Your patience and cooperation is appreciated. If you have any questions, don't refrain from asking at any time.

PLAYING TIME & POSITIONS

The biggest challenge for any coach is assigning playing time and positions to athletes. Southwest MN Volleyball gives complete discretion to the coaches in regards to playing time. The coach will evaluate the athletes' attitude, ability, practice attendance, needs of the team, competition of opponent and other individual philosophies when it comes to playing time.

It is important that each athlete understand that she may not receive all the playing time that she believes she deserves. In addition, the philosophy that "everyone pays the same, everyone should play the same" will not apply. One of the largest portions of your program fee goes to training in a practice setting. The avenue to practice skills competitively does happen in a tournament, but athletes will compete for positions and playing time in practice.

In regards to positions on the floor, the coach will put athletes in a position that he or she feels best suits the team. It may or may not be the same position that the athlete plays in high school or junior high. The athlete is welcomed to train at multiple positions, but this will be at the discretion of the coach.

SWMNVB coaches may hold team and/or individual meetings to discuss this subject and other philosophies the coach has. It is an expectation that the athletes respect the coaches' decisions and give 100% effort towards the success of the team. Our staff welcomes respectful discussions with players at the proper time and location, but will not discuss playing time and positions with parents/guardians, etc.

CONFLICTS & COMPLAINTS

Southwest MN Volleyball would like to handle any conflicts and complaints in a professional manner. Keep in mind, we are a club team with higher expectations and the way we conduct our club may be different than local juniors programs. It is an expectation that all players and parents read the SWMNVB Handbook before beginning a complaint process.

Playing time and position conflicts should first be discussed between the coach and player. It is an expectation that both the coach and player conduct any conversations in a civil manner, withholding many emotions that come with this subject. Any coach, at any time, has the right to have another staff member present for liability purposes. Any coach also has the right to set a time to meet with that athlete if there are no other staff members available. The coach has the right to end any meeting at any time if the conversation goes beyond a civil conversation. All staff members will document meetings with players.

It is the belief of SWMNVB that players and coaches discuss issues first. It is the players who play for the coach, not the parents. Parents will not be allowed to discuss these issues or any conflicts with coaches. A coach has the right to walk away from any discussion involving playing time, position, or volleyball strategy and philosophy conversations.

If any parent or guardian has a conflict or complaint, we ask that they send an e-mail to the club director at **mdalager@swmnvb.com** or write a letter and send it to Southwest MN Volleyball, P.O. Box 308, Minnetonka, MN 55264. SWMNVB believes that this policy is a great first step to open up communication doors without causing further problems. After the letter or e-mail is received, SWMNVB will contact the parent/guardian to address the complaint or conflict and take steps to solve any issue.

It is an expectation that each player, parent or guardian follows this policy. Remember, issues pertaining to playing time and positions tend to be emotional for players and parents. Please allow cool down time, ask appropriate questions and if necessary contact the club in the appropriate manner. If a parent/player/family member or acquaintance chooses to not follow the policy, the following discipline procedures will be enforced:

1st Offense/Level One offense- A level one offense is defined when a parent/guardian generally communicates playing time, positioning or coaching strategy with the coach at any time. This conversation is done on a concerned level, but done in a civil manner. It will also be considered an offense when a parent/guardian is verbally degrading the play of the team or another player. The player will be withheld from one match.

2nd Offense/Level Two offense- A level two offense is defined when a parent/guardian commits a level one offense for the second time. Also, a level two offense may be defined when a parent/guardian is behaving in an uncivil manner to a coach, player or team. The player will be withheld from the tournament for the remainder of the tournament.

3rd Offense/Level Three offense- A level three offense is defined as the "third strike, you're out." Two previous offenses plus a third offense, or any situation that goes above and beyond behaving in an uncivil manner to a coach, player or team will result in the player being removed from the program. The participant, parent or guardian will still be responsible for all financial commitments despite being removed from the program.

A parent, player or associate of a team member are subject to these offenses through singular or repeated conduct. The club director, in conjunction with senior staff, will determine the level of each incident and will determine appropriate consequences.

It is the hope of Southwest MN Volleyball that we do not reach these type of situations. Our work is always in the best interests of each member. While ideologies will differ among parents, players and coaches, mutual trust and respect is what we work for. This is a no-tolerance policy and no exceptions will be made. The parents will be notified of any infractions through a letter, e-mail, phone call or interpersonal civil discussion. We hope to have your cooperation to make this program a great experience for all!

RESPONSIBILITIES & CODE OF CONDUCT

Membership in the Southwest MN Volleyball Organization carries with it certain responsibilities to the organization. This applies not only to the club participants but to the parents as well. Please keep in mind that you are not only representing yourself, you are also representing our club.

1. Players, coaches and parents should have a general knowledge of the sport of volleyball, USA Volleyball, AAU Volleyball, Minnesota State High School League and North Country Region rules and regulations.
 2. At any time, no athlete, parent or coach shall make any disparaging remarks about or gestures towards another player, team coach, official or parent/s.
 3. At all times members and coaches are expected to act appropriately and dress tastefully keeping in mind that they are representing SWMNVB.
 4. When participating in a tournament, players and coaches should not leave personal property or team belongings unattended.
 5. Players and parents are responsible for leaving all facilities neat and clean. Please follow the rules of the playing sites that have regarding food, drinks and coolers. Let's keep up our good reputation and standards.
 6. No team member may leave an event without checking out with the team coach or program director.
- *SWMNVB reserves the right to use our offense policies for breaking codes of conduct.

INSURANCE

USA Volleyball Insurance covers practices, sanctioned events, competitions and travel to and from such events. It is a supplemental insurance policy to your own personal insurance. Medical Claim Form can be found at <https://www.ncrusav.org/forms>.

A medical release form is included in the participant forms and will be required for participation. Please completely fill out all the information requested. The insurance company requires this form to be in the possession of a staff member at all practices and events.

STATE ELIGIBILITY & NCAA ELIGIBILITY

Southwest MN Volleyball structures itself to be in full compliance with the Minnesota State High School League and with the NCAA's rules and regulations. Some area high school coaches may be directly involved with this program. HOWEVER, AT NO TIME WILL THE EFFORTS OF OUR STAFF BE USED TO FAVOR ANY ATHLETE ON OUR TEAMS.

UNIFORMS

Each athlete will wear uniforms that respectfully represent Southwest MN Volleyball. Each player will receive the following as part of your program fee:

- 2 Uniform Tops (Returned at Last Tournament)
- 1 Pair of Black Spandex
- 1 Pair of White Kneepads
- 4 Practice T-shirts
- Warm-up Jacket (Pants possible depending on budget)

Members will have the option to purchase shoes, bags and other apparel prior to the start of the competitive schedule. Lost or damaged uniforms by members will be charged a replacement fee.

FINANCIAL OBLIGATION

A payment schedule has been set for the 2025-26 season. **SWMNVB requires post-dated checks in accordance with the dates listed below. The December 1st check will be required at tryouts.** Once teams have been determined, the SWMNVB staff will evaluate if the team would compete best on a Local, Region or National level. At that point, we ask that the remaining checks from the corresponding level be sent by December 15th.

If you cannot meet this pay schedule, please e-mail the club and we will work on a schedule that meets mutual needs. If payments are not made on time or a past due balance exists, then an individual will be held back from practice and tournament opportunities until the account is corrected. All payments must be submitted in the form of cash, check or money order payable to: **Southwest MN Volleyball (SWMNVB).**

In the event that an athlete does not make a team, the December 1st payment will be voided and destroyed.

2025-26 Payment Schedule

<u>Check Date</u>	<u>14's-18's National Teams</u>	<u>14's-18's Regional Teams</u>	<u>14's & Under Local Teams</u>
December 1	\$300.00	\$300.00	\$300.00
January 1	\$300.00	\$300.00	\$150.00
February 1	\$300.00	\$250.00	\$150.00
March 1	\$350.00	\$250.00	\$150.00
April 1	\$350.00	\$250.00	\$150.00
May 1	\$300.00	\$250.00	\$100.00
June 1	\$300.00		
TOTAL	\$2,200.00	\$1,600.00	\$1,000.00

**** Team level will be decided by the coaching staff after tryouts.**

**** We may approach younger teams about extended season or additional tournaments at the end of the regular season. This would include events like AAU Nationals or USAV Junior Nationals or other tournaments.**

SPORFIE LIVE STREAM – RECRUITING SERVICE

We will once again be using the Sporfie App for Live Streaming. This is a great opportunity to gain live film and highlights to send to college coaches! We will ask a parent or two from each team to be the “admin” for their team. It will also be required for our national level teams to sell one ad to a business, which will have their logo displayed during the live streams. **For selling the ad, each player may deduct \$100 from their final payment.**

2025-26 OPERATIONAL BUDGET

Southwest MN Volleyball is a non-profit organization and is budget mindful. We make an extraordinary effort to make our program affordable, yet offer high quality services in high quality facilities. Similar to the cost of living, the expenses of our program increases as apparel, equipment, tournament entry fees, registration fees and others increase. Below is a chart of our anticipated yearly expenses.

Explanation of Expenses

Tournament Fees – Registration/Entry Fees for all Tournaments

Staff Fees – Coaching Stipends, Apparel, Lodging & Travel Expenses, etc.

Facility Rental – Rental for Practice Facilities

Apparel – Uniforms, Spandex, Shirts, Warmups, etc.

Supplies – First Aid, Office Supplies, Technology Supplies, Misc.

INJURY POLICY

All injuries must be reported **immediately** to the coach and/or the program director. In the event of an injury, the athlete will not be permitted to participate unless written clearance is obtained from the athletes' physician.

Payments made to SWMNVB are NOT refundable except in the case of an injury or illness that concludes an athletes' ability to participate for the remainder of the season. The amount to be refunded is prorated based upon the amount of participation and other budgetary items directly used by the individual. Parents must request IN WRITING and attach a statement from the athlete's physician with a directive that a player cannot continue to play within the remaining part of the season. Southwest MN Volleyball reserves the right to request a second opinion through our attorneys. Keep in mind that ONLY PERSONAL PAYMENTS MADE DIRECTLY FROM THE PARENT/S OR GUARDIAN/S ARE REFUNDABLE. Any money raised through fundraising opportunities is not refundable.

SEXUAL & NON-SEXUAL HARASSMENT, VIOLENCE & ABUSE

GENERAL STATEMENT OF POLICY

Harassment, violence and assault either sexual or non-sexual are violations of Minnesota and Federal laws. Sexual harassment is a form of sexual discrimination. Men and women may be victims and may be offenders.

It is the policy of Southwest Minnesota Volleyball to maintain a learning and working environment that is free from all harassment and violence. SWMNVB prohibits any form of harassment, abuse and violence.

It shall be a violation of this policy for any club member, club parent, director, coach or employee of SWMNVB to harass or be violent in any manner to a club member, club parent, director, board member, coach or employee through conduct or communication as defined by this policy.

SWMNVB will investigate all complaints, formal or informal, verbal or written of harassment, violence or abuse either sexual or non-sexual and to discipline any club member, club parent, director, coach or employee who violates this policy.

This policy also covers any extension of the SWMNVB environment; i.e. club-sponsored events, members, parents, directors, coaches or employees are prohibited from engaging in any form of harassment violence or abuse at these events.

REPORTING PROCEDURE

Victims of alleged harassment, violence or abuse in either a sexual or non-sexual form and third person/observers with knowledge or belief of conduct constituting such acts should report the alleged act immediately to Southwest MN Volleyball director, as designed herein. Cases of harassment may be turned over to the Marshall Police Department or other delegated organizations.