

# South Sound Volleyball Club

2018-2019 Season Parent and Player Handbook



## Club Mission

To promote and instill the passion for the “Love of the Game,” help players reach their highest possible volleyball potential, and discover the joys of being an athlete while building champions for life in a positive learning environment.

**Club Leadership**

Club Co-Director: Angela Spoja  
Club Co-Director: Jeff Grosshans  
Club Treasurer: DeAnna Williams  
Website: Angela Spoja

**Club Address:**

South Sound Volleyball Club

**Practice Facility Address:**

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## **SOUTH SOUND VOLLEYBALL CLUB**

Successful organizations need effective leadership, a sound philosophy, strong core values, a clear vision, and a detailed plan for growth. It is extremely important to our organization that our coaches are effective at managing “our” teams and have a plan for success. To help manage each team so our athletes may have a quality learning experience, the directors of South Sound Volleyball Club have developed a written comprehensive personal system of management. These different strategies will help lead to maximize learning and performance in our program. Below is our SSVBC Personal Management Model to help promote success for our athletes, parents, coaches, and directors within our club.

### **Club Vision**

To be the premier volleyball club of choice in Pierce, King, and Thurston County.

### **Core Values**

We value the relentless pursuit of excellence from all our players, parents, and coaches in ...

1. Teaching correct fundamentals, advance skills and high level strategies

2. Developing Character, Leadership Traits, Teamwork, and Sportsmanship
3. Excellence in Performance and Competition

**WHAT ARE YOUR PERSONAL “NEEDS” OR “LIKES” THAT YOU WILL NEED TO HAVE MET IN YOUR TEAMS?**

***a. We expect our athletes to be committed.***

***i. Commitment to the team***

- 1.*** Coaches want athletes that will fulfill their obligation to the team.
- 2.*** Athletes who have strong commitment to the team will set good examples for others and will be able to follow the team’s vision.
- 3.*** Players must put their needs second and the needs of the team first. “TEAM BEFORE ME”

***ii. Commitment to each other***

- 1.*** Commitment to ALL teammates is the foundation of unity.
- 2.*** Teammates are family and need to be treated as so.
- 3.*** Be kind and take care of each other.

***iii. Commitment to the club***

- 1.*** Players of SSVBC are a part of a bigger picture than just their team.
  - a.*** All members of the club are teammates.
  - b.*** All members of the club are committed to the vision and the mission of the organization.

***iv. Commitment to the coach***

- 1.*** Coaches want their players to strive to get better.
- 2.*** Coaches want their players to trust and believe in them and the vision and goals of the team.
- 3.*** Coaches expect their players to work hard in practice, but put in “extra work” outside of practice.

***b. We expect our athletes to be good teammates.***

- i.*** Being on a team is like being part of a family.
  - 1.*** We all don't have to like each other, but we treat each other with respect.
  - 2.*** We take care of each other.
  - 3.*** We have a brotherly/sisterly love for one another.
  - 4.*** Good teammates are loyal to each other. If we have disagreements, we don't gossip or get others to choose sides.

***c. We expect our athletes to be motivated and to be self-disciplined.***

- i.*** A motivated individual is a self-starter.
- ii.*** Coaches want athletes who realize there are no short cuts to success.
- iii.*** Characteristics of a person who is self-disciplined.
  - 1.*** Good habits
  - 2.*** Maintains a good diet
  - 3.*** Trains extra
  - 4.*** Stays hydrated
  - 5.*** Stretches regularly
- iv.*** Individuals who are motivated have self-discipline and are "SUCCESSFUL."

***d. We expect our athletes to be enthusiastic.***

- i.*** Enthusiasm is contagious.
- ii.*** Enthusiasm breeds positive energy.
- iii.*** Athletes who are enthusiastic add fun to the team.

***e. We expect our athletes to have a positive attitude.***

- i.*** Coaches love athletes with positive attitudes.
- ii.*** Players with positive attitudes help build an enjoyable climate.
- iii.*** Athletes who have positive attitudes are able to maximize their potential for success better than ones with negative attitudes.

***f. We expect our athletes to demonstrate good sportsmanship.***

- i.* Good sportsmanship is a testimony to good character.
- ii.* Coaches want players to respect the game, the officials, the opponents, the crowd, and most importantly, themselves.
- iii.* Athletes who have good attitudes will be winners for life.

**WHAT ARE THE BEHAVIORS OR CONDITIONS THAT YOU WILL “DISLIKE” IN YOUR TEAMS?**

***g. We do not like apathetic athletes.***

- i.* Apathy is an ugly word and apathetic players are not welcomed on our teams.
- ii.* Not caring about your commitment to the team and teammates poisons the organization.

***h. We do not like selfish players.***

- i.* A selfish player puts her/him before the rest of the team.
- ii.* A selfish player is only concerned with individual playing time and doesn't support and celebrate with the rest of the team.
- iii.* A selfish player is concerned and compares their success to others instead of as a team.
- iv.* A selfish player mopes and pouts in front of the team or on the sideline when they don't get what they want.
- v.* A selfish player is the “cancer” of the team and will be the leading cause of the team's demise.

***i. We do not like complaining, whining, excuses, or blaming.***

- i.* Good teammates and good athletes don't complain.
- ii.* Athletes who complain bring the team down and make the climate unpleasant.
- iii.* Complaining can be avoided by confronting teammates and coaches with suggestions for problems
- iv.* Whining is a bad habit and can be broken.
- v.* Making up Excuses is simply a lack of taking responsibility for one's actions. Good athletes find a way to overcome challenges.

- vi. Blaming others when things don't go well will not be tolerated.  
Teams win together and they lose together.

***j. We do not like players who think they are entitled.***

- i. Having a sense of entitlement has become a growing problem in today's society.
- ii. Athletes who play and belong to a team need to remember that they are privileged.
- iii. Expecting things and earning them are completely separate.
- iv. Nobody is above subbing.

***k. We do not like cliques on a team.***

- i. Cliques can destroy the unity of a team.
- ii. Cliques take away from the "team concept."
- iii. Having cliques on a team hurts the feelings and sense of belonging to the other teammates.
- iv. Players who are in cliques are not thinking of the team first, but only of themselves.

***l. We do not like players who do not follow the rules.***

- i. Not following the rules of the team or club is unacceptable and will not be tolerated.
- ii. Players with bad attitudes and who are selfish only follow the rules because they have to. These are the players who usually end up breaking major rules during the season.
- iii. Coaches want players who follow the rules because it is important to the team.

**WHAT ARE (5) GENERAL RULES THAT WILL BE IN EFFECT AT ALL TIMES TO INSURE A POSITIVE AND HEALTHY LEARNING ENVIRONMENT FOR YOU AND YOUR ATHLETES?**

***m. Communication***

- i. Communication is the foundation of successful relationships.
  - 1.*** Coaches need to be clear and concise so players have understanding of the coaches' needs and expectations.

2. Players need to be able to communicate to their coach with questions and concerns first, before they involve their parents.
3. Parents are to encourage and help their children with tools so they are successful communicators with their teammates and coaches.
4. Players need to communicate to coaches if they will be late or must miss a practice/match as early as possible.

*ii.* Team Vision

1. It is important for coaches to communicate the vision for the team and the program.
2. An athlete who knows and understands where the team is going increases the value and will be more motivated to work harder.
3. Creates unity and motivates teammates to work together to accomplish common goals.

*iii.* Goals

1. Goals will be set through individual and team meetings.
2. Individual and team goals will be written down in team notebooks.
  - a. Clearly written goals enhance one's motivation
  - b. "It's only a dream until you write it down, and then it becomes a goal."—Dwight Thomas.

*iv.* Practices

1. Reasonable expectations will be set and clearly communicated by coaches.
2. Communicating with athletes in positive ways help build enjoyable climates.
  - a. Effective communication with players and explanations of why we do things the way we do

provides value. Everything we do as coaches have purpose.

**b.** Motivation = Expectation x Climate x Value

**n. Consistency**

1. Consistency from athletes shows value.
2. Consistency is necessary for trust, durability, and longevity.
3. Good athletes and teammates need to “show up” at every practice and at every match.
4. Peaks and valleys are the downfall to a team.

**o. Attitude**

- i. Having a good attitudes help build winners for life.
- ii. Good attitudes from athletes build a positive climate and make the season enjoyable.
- iii. Athletes who have positive attitudes learn faster and have increased performance.

**p. Team before me**

- i. Players on our teams must put the needs of the team before their own needs.
- ii. Athletes with this concept are exceptional teammates and are held in high value from the coaches.
- iii. “Whatever I can do to help the team” and “I will play any position the team needs me to play” are examples of players who put the team first and themselves second.
- iv. Competing against each other for your position in practice is expected but “Team Before Me” players support, cheer, and celebrate for one another during matches.

**q. Respect**

- i. Coach and player relationship; respect is earned.
- ii. Our players will respect the game, the officials, the opponents, the crowd, our teammates, and themselves.
- iii. Respect our staff and people in authoritative position.



iv. Our players are ambassadors of our club—represent us proudly.

### **Registration**

*Players and Parents must have completed the following before being allowed to participate in any SSVBC event:*

- USA Volleyball Puget Sound USAV Registration Form
- USA Volleyball Medical History and Release Form
- Puget Sound Region Concussion Awareness and Waiver form
- Signed 2018 SSVBC Volleyball Club and USAV Puget Sound Region Player Contract
- Initiation Fee of \$500 (To be collected at first parent meeting)
- **Payment of uniforms (collected at parent meeting/separate payment made to vendor) See Uniform costs on website under Uniform Tab.**

### **Fees**

In order for the Club to execute their annual plan, we must adhere to our budget.

***If a family decides to voluntarily withdrawal from the club for personal reasons, injury, or is removed for violation of USAV or SSVBC rules on or after January 1, 2019, they will be responsible for the balance of their dues. Please See Additional Contract.***

Fees go towards paying USAV Club registration and insurance, gym and facility rental fees, coaching and administrative honorariums, equipment replacement costs, tournament registration fees, coaches' gear and equipment, coaching certifications and education.

**Transportation & Lodging** for players and coaches for out of area tournaments (i.e. Spokane, Chicago, Denver, etc.) will be coordinated by the club as soon as possible. We have taken the travel out of our yearly dues this year for a number of reasons. Parents will be responsible for the travel portion for 2019. These payments will be made online and will be posted as soon as possible. These payments have to be made by the payment date or you son/daughter will not be able to play in the travel tournament.

**TRANSPORTATION: This is different than years prior. We have had to change our transportation policies because the coaches can no longer drive or transport players. When traveling out of state, the parents will be responsible for transporting players to/from hotels and to/from playing sites. The players are still expected to attend all team dinners and functions. If a parent cannot travel with a player, then the parent is responsible for finding another parent to take on the transportation of that player. Parents will also be responsible for buying and scheduling their own child's flights for tournaments that need airfare. The coaches will give times that the players need to be checked in to the hotel when traveling. The travel coordinator will post coaches flights times and airline on the website. Your daughter or son is welcome to be on the coaches' flight, but the coach will not be responsible for your son/daughter until check in at the tournament hotel. The coaches' responsibility for your son/daughter will end after the last scheduled game of the travel tournament.**

**TEAM ROOMS:** SSVBC will not be doing team rooms. The club will reserve and pay for the hotels for players. (Payments made online for travel by parents.) On occasion, we have extra rooms available at our hotel, and will send an email when this happens to parents so that they may get a room at our hotel. The travel tournaments that need hotels are as follows (please see your team's specific tournament schedule online):

**Martin Luther King Tournament (Matt Hartner Memorial) Eugene, Oregon  
Pacific Northwest Qualifier-Spokane, WA  
TBD  
Willamette Classic-Corvallis, OR**

**When traveling and competing in out of area tournaments:** The team absorbs the cost of coaches' expenses such as hotel, airfare, per Diem for food and mileage. It is common practice for Club Directors to be present at travel tournaments and cost for their travel (if attending) will be added to the travel costs. Travel costs are not a part of club dues.

**All Post Season Expenses are not included in the 2018/2019 club dues:** Teams that earn bids to the GNJC (Girls National Junior Championships) choose to participate in Volleyball Festival, or other post season events will need to pay for all extra expenses. Extra expenses include: Tournament fee, gym rental for practices, coaches' stipends, and all travel expenses for players, coaches, and directors.

**Estimated 2019 season Dues per team are as follows-subject to change depending on final team rosters):**

**Please see dues worksheet**

The initial \$500.00 payment at the time of signing is required to ensure the club has the capital to register teams for the tournaments for the year and pay associated regional fees. If a player is accepted and a family agrees to be part of the team as evidenced by their signatures on the 2018-2019 South Sound Volleyball Club and USAV Puget Sound Region Player Contract, that family is committed to the entire year's fees (dues) in order for that team to meet its financial commitment. Failure to pay fees in full will result in informing the USAV Puget Sound Region of bad standing with the SSVBC, and until paid in full to the SSVBC, the player will not be able to participate in any associated USAV events or other clubs, including participating in future years with USAV.

**Monthly payment plans are available and will be discussed at the annual parent meeting in Nov/Dec 2018. More information on how to pay dues will be provided at that meeting. All dues will be paid with the online system.**

***Monthly payments are due by the 5th of each month and will be processed through the online payment system on our website.*** Any payment not received by the 10th of the month will be considered "Delinquent", and a late fee charge of \$25.00 will be applied to the balance. Information on payments must include player name and team identifier. Collection dates are as follows: ON or BEFORE the Parent meeting in November a \$500 payment is due.

**Delinquent accounts:**

Any player with a delinquent account during the current season will not be allowed to participate in practices and/or tournaments until the account is made current. In addition, accounts must be paid in full each season by April 28th. Failure to do so will result in that player being barred from participating in any activities past that date.

*A player with a delinquent account during the current season will not be allowed to participate in practices and/or tournaments until the account is made current or individual arrangements are made with the Club Director and Treasurer. No player will be allowed to participate during the current season if fees from the previous season are unpaid. If an account remains delinquent for 30 days, the player is subject to immediate dismissal from the Club and the account will be forwarded to the USAV Puget Sound Region and reported in bad standing.*

**Practices**

**Attendance is mandatory.** Players are expected to be at every training session (practice). Every effort should be made to manage homework and schedule outside activities in a way that does not conflict with practices and tournaments. A player's absence has an adverse effect on the individual player as well as the development of the entire team. If a player needs to miss practice, arrive late, or leave early, that player must notify his/her coach with as much notice as possible.

**In the case of inclement weather**, coaches will call or email their team members at their preferred contact number to notify them of practice cancellations. Every effort will be made to also include this information on the club website.

**Coaches may have additional team rules** for practices that their players must follow. **Training sessions are designed with the player in mind.** The SSVBC coaches have taken into consideration the need for adequate rest and recovery in avoiding excessive stress to the player.

**Practice times and place:** All practices will be held at Pierce College or TBD unless otherwise indicated by the coach. Updates to practice schedules will also be communicated via the SSVBC website. Times vary by teams, but in general will be on Monday - Thursday between the hours of 3 pm and 10 pm (each team will practice for 1.5 to 2 hours). Some Friday or Sunday practices will be necessary, and will be communicated via the coaches.

**Parents at practices:** The Club is implementing "A No Parents at Practice" policy for U13's and older age divisions. We want parents to release their child to the experience of playing volleyball. This begins at practice. Parents are welcome to watch from the lobby or upstairs when this space is available. We will schedule designated "Parent Nights" when parents will be invited to observe practices if they desire to do so. If special circumstances arise and parents feel it is absolutely necessary to sit at courtside, please communicate with coaches and directors ahead of time. (Special circumstances might be when your child is feeling sick or recovering from an injury.) Not having parents at practices allows both players and coaches to focus on the "Game" and not on "Mom" & "Dad."

## **Tournaments:**

The tournament schedule for all teams will be set as soon as possible to determine teams' expenditures, travel arrangements, and assist with overall budgetary planning. The tournament schedules should be decided by early December (pending set schedule by the USAV Puget Sound Region).

Expectations of players and parents for tournament days:

1. **All players are expected to be in the gym, READY TO WARM UP**, at the arrival time determined by the coach. The SSVBC standard is an hour before the first game regardless if you play or referee.
2. **Proper demeanor is expected of all members of the Club** (coaches, players, parents, supporters) at all tournaments. This includes treating members of the officiating crew, other coaches, players and parents with respect during and between matches. Keep in mind that you are representing the SSVBC.
3. **All SSVBC players and coaches must attend an officiating clinic to learn the rules** of volleyball and how to officiate/score-keep. Parents are encouraged to attend as well.
4. **Officiating and Scorekeeping at tournaments.** All Junior Olympic tournaments are at least partially self-officiated. Officiating at tournaments is the shared responsibility of the entire team, including coaches. All SSVBC players are required to help with the line judging, scorekeeping, score flipping, and down officiating. Teams assigned to the officiating and scorekeeping must fulfill this responsibility, especially during the playoffs. **Players may not leave the tournament site unless excused by the coach and parents should not ask the coach to make an exception.** Except for a true emergency, all players must remain at the tournament with the team until the completion of the team's officiating and scorekeeping duties. This is non-negotiable. The following "Team Player" concept should be understood, "Win as a team, lose as a team, officiate and score-keep as a team." An exception is that a coach may excuse a player early due to injury, or other significant emergency.
5. **Parents are not permitted to confront coaches on tournament days** to discuss playing time, or to complain about tactics, strategy, individual, or team performance. Parents are encouraged to take notes about their concerns, and follow our required grievance procedures as outlined within this document (please see grievance procedures below).
6. **We have a club wide cell phone policy.** Cell phones will not be out at tournaments and players need coaches' permission to use cell phones. Rules also apply to traveling and cell phones (see travel portion of handbook.)
7. **Coaches may have additional team rules for tournaments** that their players must follow.

## **Responsibilities, Ethics, and Conduct**

**Player Responsibilities:** Players are held to high standards by the coaching and administrative staff of the SSVBC. They should remember that they represent their parents, coaches, and Club to the larger community every time they participate in any Club-related activity. No player is allowed to use alcohol or other controlled substances, including tobacco products, at any Club-related practice or event. Any player involved in any of these activities (and any other activities deemed inappropriate by Club leadership) will be dismissed from the club immediately with no refund of Club Fees. See second page of handbook for player expectations.

**Parent Responsibilities:** The SSVBC philosophy is to ensure that every player has the opportunity to learn and grow. As we respect you as parents, we ask for the same respect in return as coaches. Appropriate parental support and involvement is vital to the success of a team. Parents may attend practices if your player is U13 and under but may not interfere in any way. Because players are expected to fully participate in practice and tournaments, we expect parents to not interfere or distract their players during these times.

**The SSVBC parents are expected to:**

- Release their child to the experience of playing volleyball on their club team.
- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times. Do not speak negatively about any player, or any club.
- Allow the coaching staff to handle any concerns over an official's ruling.
- Understand and respect the differences between parental roles and coaching roles (i.e. please don't approach coaches with your philosophy of volleyball, or tell the coaches what position your daughter should play, or discuss playing time).
- Focus on their child's development of skills and strategies rather than competitive success. The nature of sports competition creates its own pressure to succeed.
- Communicate their true concerns with the coach. A positive working relationship is based upon clearly communicated mutual goals among parents, coaches, and players.
- Control negative emotions and think positively.
- Stay away from team huddles where the coach is trying to speak about team strategy and getting ready/ending the play day
- Players have open relationships with their coaches; please ask your player questions as they will more likely know the answer.
- Abide by the clubs grievance procedures as outlined in this document.
- Allow the directors and administration team to set prices, budgets and procedures of post season tournaments such as The Girls' National Junior Championships without second guessing, questioning, and complaining to other parents about expenses that could incur with extra travel.
- Refrain from a "Reply All" to emails from the club or coaches. If you have concerns you can reply directly to the club or coach.
- **Discuss with Directors (not other parents) any issues or concerns you might have during the season.** (Please see grievance procedures below).

**Coaches' Responsibilities:** Coaches will plan and lead all practices and game activities with a sense of purpose, working towards clearly established goals that are Specific, Measurable, Achievable, Realistic, Tangible (SMART) goals. Emphasis in practice and competition will be placed on skill development and overall team improvement.

**The SSVBC coaches are expected to:**

- Display sportsmanship and respect towards teammates, competitors, parents, coaches, and officials at all times.
- Always put the welfare of the players ahead of any personal gain.
- Be punctual for all scheduled events.
- Learn about the players and their individual needs.
- Know the rules of the game.

- Make informed playtime and strategy decisions.
- Prepare informative and challenging practices, so that maximum court time is devoted to learning, and cover relevant volleyball skills and concepts.
- Provide instruction of how to continually elevate the skills and game of volleyball using realistic and practical goals.
- Emphasize performance and process over outcome.
- Be positive and consistent with feedback.
- Communicate with players and parents by making sure they are familiar with expectations, procedures, and team rules. Be open to talking with players and parents. Be fair, impartial, and ready to listen and respond. Ability to motivate the players to ensure success from a variety of players and personalities, while demonstrating patience.
- Protect the safety of players. Direct any injury or illness to the appropriate person.
- Provide a role for each player selected for a team.
- Be respectful of the facilities used by the Club and maintain Club property responsibly.
- Contribute to and support the decisions of policy, actions, and rules of USA Volleyball, the USAV Puget Sound Region, and the SSVBC.
- Be a good role model on and off the court.
- Per the parent expectations as outlined above, coaches will not discuss playing time. Please speak directly with your player.
- Coaches do not accept payment of club fees.
- Communicate by email every Monday to the team.

### **Playing Time**

Playing time must be earned. Equal playing time is never guaranteed on any team or at any event. The following factors influence playing time, in no particular order of importance:

- Volleyball skill and ability as evaluated by the coach
- Level of effort and individual participation displayed at practices and tournaments, and attitude in practice and game situations
- Individual position and role on the team
- Adherence to the coach's rules
- Adherence to the club's rules

Playing time is **NOT** an issue to be brought to the coach's attention by the parent. If a player has questions about her playing time, she may address these with the coaches at an agreed upon time apart from practices or tournaments. Players are not guaranteed to play the same position that they do during their high school volleyball season. Coaches take into consideration many factors in selecting players to fill out their rosters, and may feel that the player and team would benefit by developing a player to play a different role than he or she has previously performed. Playing time concerns are not subject to the grievance process – any concerns should be discussed with the player (players will know where they stand at all times and players can discuss this directly with their coaches).

## Grievances

**Knowing when and how to communicate with your player's coach is a concern for almost every parent at some time during the season.** Most often, the concern is how to inquire about issues surrounding playing time (see playing time above). The SSVBC will not tolerate a hostile or aggressive confrontation between a parent or player and any official, coach, other parent, or other player, whether or not the coach, another player, or another parent is a member of the SSVBC. **This includes emails/text messages and phone calls to other team mates and/or parents or coaches, about the coaches, playing time and other negative behaviors.** Violation of this policy may result in the dismissal of the player from the SSVBC.

**It is inappropriate for any player or parent to approach other SSVBC members or their parents about a problem the player or parents have with an SSVBC coach, objections to coaching decisions, or a disagreement with an administrative decision.** Asking uninvolved persons to take sides in an issue is unfair to the third party and to the Club. Competitive team athletics, by its very nature, creates situations where not everyone may be happy all the time. For the psychological health of the team and the Club as a whole, grievances need to be handled by only the parties involved and the decision-makers in the situation.

**The SSVBC encourages any player to talk to the coach when she/he has questions about her/his playing time or if she is unclear about what the coach's expectations are either in practice or in competition.** An appropriate attitude may be for the player to ask the coach what she needs to do in order to get more opportunities to play in matches. This discussion should take place away from tournament play or practices (after practice is an acceptable time with an email sent beforehand to give the coach adequate time to prepare.)

**The coaches and/or Club Director will not discuss "coaching decisions."** *"Coaching decisions" include, among other things, specific match decisions such as who played when, who was subbed out and when, or in what position a player was played.* The amount of time any player is given on the court is a result of a complex determination, in that coach's opinion, of the player's ability, the player's potential, the player's position, the team's needs at the moment, and the team's needs in the future. The coach will **NOT** be required to defend his/her thought processes, strategy, or conclusions in these determinations, and it is improper for a parent to make that request. **Coaches will not discuss any player other than the parent's own or the actions of any other SSVBC coach.** If you, as a parent, have legitimate concerns about your player's coach, a coach other than your player's coach, or with a player other than your own, you need to address this with the Club Director. Please remember that "coaching decisions" and playing time are **NOT** legitimate concerns.

**When a coach is experiencing issues with a player, the coach will take the following steps of communication:**

1. The coach will speak to the player.
2. If the issue is not resolved, the coach will then speak with the player's parents.
3. If the issue is still not resolved, the coach will then speak with the Club Directors.
4. The coach, Club Director, parent, and player will have a meeting to discuss the issue and action required.

**When a parent or player has a legitimate concern, the following steps of communication should be followed:**

- The player should speak with the coach about the matter.
- If the issue is not resolved; the parent should then speak with the coach.
- If the issue is still not resolved; the parent may then speak with the Club Designated Parent Liaison by email first, and upon agreement and if necessary, the Parent Liaison will set up a meeting with the parent.
  - The Parent Liaison will then determine if the Directors need to be involved.
  - The Parent Liaison can be reached at SSVBCkristen@gmail.com

**Meetings of this nature are to be at times and locations other than tournaments.** If a parent approaches a coach during a tournament, we have instructed the coach to refuse to discuss any controversial matter and to walk away. The coach has been instructed to say “Please check your parent handbook in this scenario.” The recommended time for a parent and/or player to talk to a coach about a problem is at a previously arranged meeting either before or immediately after a scheduled practice. Repetitive complaining by a parent or player to third parties may be cause, in the sole determination of the Club, to terminate club membership. As necessary, Club Leadership will be involved in helping to make appropriate decisions about any issues or incidents that arise during the club season.

**Travel**

In area tournaments (i.e. the greater Puget Sound region): Players and/or parents are responsible for providing transportation for their player to and from tournament sites. Carpools are acceptable.

Out of area tournaments (i.e. Spokane, Reno): When the team travels together to “out of area tournaments”, the coach will give a time to check in to the hotel. All members of a team will stay in the same hotel. Hotel rooms will be booked by the Travel Coordinator in consultation with the Club Director. Any parent or player that does not stay with the team may do so only with the permission of the Travel Coordinator. Players will not leave the hotel without a parent, coach, or chaperone and must notify the coach. Players must use a buddy system at all times. When traveling as a team, room numbers and phone numbers are to be given ONLY to members of the travel party. Curfews for the players may be established by the coaches. It is the parent/chaperone's responsibility to assist coaches in enforcing such curfews.

Violation of curfew may result in the player being expelled from the club.

Players who damage any property at lodging or playing facility will be responsible for the damages. Any player found in possession of alcohol or other controlled substances, including tobacco products, while representing the SSVBC will be sent home immediately at the expense of the parent or guardian. Club Leadership will decide any other reasons for sending a player home at the expense of the parent/guardian during an out of area tournament.

**Age & Hotel rooming assignments:** Players playing on a U13 and under team will stay with parents in hotel rooms. Players playing on a U14 and older team will be staying in “player rooms”. Parents are not allowed in player rooms unless of emergencies, special circumstances, or have communicated with club directors ahead of time.



### **U13 and below:**

Team rules apply even when traveling with parents and it is up to the parent to make sure the player is abiding by the team rules i.e....bed time set and cell phone policy after a certain time of night. As a club we want to perform as well as possible at away tournaments, in order to do this, we believe the athletes need sleep and well balanced diets. U13 and below will still have team dinners. The club believes that fast food is not the best dinner an athlete can have before competing, the coaches will decide where to eat and parents may attend team dinners if the coach allows.

### **U14 and above when traveling with team:**

The club believes that traveling with a team helps athletes be more self-sufficient and adheres to our mission and coaching philosophies while building the team atmosphere. Traveling to away tournaments is not a family vacation. Players will be with coaches and teams at all times. It would not be unusual to see your player only during competition.

- When we travel as a team we stay as a team.
- Parents are welcome to attend team dinners/meals with the permission of the coach.
- Parents are not to take players away from team atmosphere at **any time**, the only exception would be a college visit (the parents can talk with the coaches ahead of travel if other arrangements need to be made, but for the most part exceptions will not be made.)
- Itineraries are to be made and adhered to by the coach
- Study hall is mandatory during travel tournaments; if your athlete does not have homework s/he will still attend study hall.

### **Insurance Coverage**

The USAV provides team liability protection on an excess coverage basis for members participating in scheduled, supervised, and approved activities. If a player sustains an injury in a practice or a tournament, any medical treatment that is needed must be covered by individual medical insurance.

### **Injuries/Illness**

*If a player sustains an injury or becomes ill during a practice or game, she must tell her coach immediately. A coach will not allow a player to practice or compete if there is:*

- a verbal statement from a player expressing an injury
- a physical action shows that they are unable to play
- a signed note from a parent or doctor

*Parents will be notified immediately upon any emergency. If a player sustains an injury or illness that is so severe that she is unable to participate in practices or tournaments for a period of time, written notification of recovery from a parent or qualified healthcare provider is required before that player may resume participation. Players that are unable to compete for more than 3 months' time based on a severe injury may be eligible to have the balance of their dues waived by the Club. Such players must submit medical documentation from a qualified and treating health care provider. No refunds will be granted for pre-paid tournament fees. The decision to waive the remaining fees is as the sole discretion of the Club Director and Treasurer.*

**Lystedt Law – Governing Concussions**

The 2009 Washington State Legislature passed EHB 1824 setting forth important requirements for schools and sports clubs to follow when a player may have sustained a concussion. SSVBC will strictly abide by this law and expects all players and parents to report any signs of head injuries. The law requires SSVBC to not permit a player to practice or participate in tournaments until the player has been evaluated by a licensed health care provider trained in the evaluation and management of concussions. The player must receive a written clearance from the health care provider to return to play. The Puget Sound Region will post a waiver form on their website that must be completed and signed before practice or play can begin. A copy of the signed waiver must be returned to the club, and a copy will be forwarded to the region.

## 2018-2019 Puget Sound Region Club-Player Contract

THIS AGREEMENT is made between the **South Volleyball Club (SSVBC)** , a licensed Club (the “Club”) in the Puget Sound Region (the “Region”) of the United States Volleyball Association, (“USAV” or “USVBA”) , and \_\_\_\_\_, the legal parent/guardian of \_\_\_\_\_, a junior player (the parent/guardian and the player are collectively referred to as the “Member”).

**The Member will:**

- abide by USAV rules, regulations and policies which include the USVBA Participant Code of Conduct, the Coaches Code of Ethics and Conduct USVBA;
- abide by the Region’s rules, regulations, and policies; and
- Pay all fees and costs associated with membership in the Club as described in the SSVBC Volleyball Club Player and Parent Handbook.
- Abide by the club’s grievance process as described in the SSVBC Volleyball Club Player and Parent Handbook.

**The Club will:**

- abide by USAV rules, regulations and policies which include the USVBA Participant Code of Conduct, the Coaches Code of Ethics and Conduct, USVBA;
- abide by the Region’s rules, regulations, and policies;
- deliver the volleyball education, training, and playing opportunities described in the SSVBC Volleyball Club Player and Parent Handbook; and provide the ancillary items described in the SSVBC Player and Parent Handbook.

*I certify that I am the legal parent/guardian of player, \_\_\_\_\_, and have the authority to agree and sign this contract and waiver on behalf of the player. I acknowledge to SSVBC that participation in this athletic activity can result in serious injury or death to participants and agree to indemnify, defend and hold harmless the Club and the Region for any and all claims for harm or injuries suffered during participation in Club activities, including but not limited to play and practice. I further agree to waive and release the Club from any all demands, claims, actions, lawsuits, liability and damages of any kind arising from participation in the Club activities. I agree that prior to filing any lawsuit against the Club, the Region or USVBA, I must attempt to resolve my claim via mediation and arbitration in accordance with RCW 7.04A in Snohomish County, Washington.*

\_\_\_\_\_  
Parent/Guardian (*print*)                      Parent/Guardian (*sign*)                      \_\_\_\_\_  
date

\_\_\_\_\_  
Player (*print*)                                      Player (*sign*)                                      \_\_\_\_\_  
date

*I certify that I am a legal representative of \_\_\_\_\_, (the “Club”) and have the authority to agree and sign this contract on behalf of the Club.*

\_\_\_\_\_  
Club Representative (*print*)                      Club Representative (*sign*)                      \_\_\_\_\_  
date

# SOUTH SOUND VBC 2019 CLUB DUES

	2018/2019
U10	\$600
U11	\$1100
U12 Black	\$1900
U12 Blue	\$1700
U12 Blue	\$1700
U13 Black	\$2250
U13 Blue	\$2250
U13 Blue	\$2250
U14 Black	\$2550
U14 Blue	\$2550
U14 Blue	\$2550
U15 Black	\$2850
U15 Blue	\$2850
U16 Black	\$2950
U16 Blue	\$2950
U17/U18	TBD
Boys	\$1200