
Foley JO Volleyball Club



Parent and Player Handbook
Foley JO Volleyball

Players and Parents:

This handbook contains most of the information you will need to know to be a member of the Foley Volleyball Junior Olympic program. We anticipate that you will read through all the information, policies, and procedures in order to inform you, both parents and players, about your expectations of the program. We look forward to having you as a member of our team. If you have any questions, you are encouraged to contact a member of the Foley JO Volleyball Board or contact via email: foleyjob@gmail.com.

President: Open

Secretary/Communications: Kari Plafcan

Treasurer: Jenny Rajkowski

Concessions Coordinator: Melissa Pozorski

Tournament Coordinator: Lindsay Hackett

Website Coordinator: Kari Plafcan

Board Member: Shawn Hovland

For more information of the Foley JO Volleyball program, visit our website at www.foleyjob.com

Foley Junior Olympic Philosophy

The philosophy of our program is to develop both the fundamental and athletic skills of the athletes while promoting and encouraging positive communication and teamwork. Players will learn the value of good work ethic and sportsmanship while participating in a competitive environment.

The goal of our program is to help develop the players to be able to compete and be successful at a higher level of volleyball competition. If we strive for continuous improvement and consistency, success is sure to follow.

We believe that each sport should not be in competition with each other. School activities have precedence over JO Volleyball. We will do our best to schedule practices and events around other school sports and activities.

Practice:

The JO Volleyball season typically runs from January through April. Our goal is to have two practices a week, in addition to competitions. Practice place and times will be decided by the coach, team, and club directors. They will also be determined based on gym availability. Practices will incorporate game-like drills. Drills will be fast paced to ensure players get as many touches as possible. In addition, when possible, we encourage our coaches to have internal team scrimmages between our teams to prepare for upcoming competitions.

It is the player's responsibility to provide transportation to and from practice. If you are going to miss practice, please contact your coach beforehand. We cannot emphasize enough the importance of attending. Coaches plan practices with the numbers of players attending.

Expectations of Players

- Respect your teammates and coaches.
- Work together as a team.
- When a coach or teammate is talking, you are expected to pay attention.
- Hustle on the court.
- Shag balls during and/or end of practice.
- If you are going to miss a practice/tournament- communication with your coach is critical.
- **Have Fun!** We hope practices and games will be enjoyable.

Team Selection/Evaluations. - All athletes who have intentions of playing for Foley JO must participate in evaluations and turn in all necessary registration forms and fees. These forms and fees must be completed prior to being able to participate in the evaluations. Evaluations will consist of assessment of a player's passing, setting, hitting, serving, sportsmanship, attitude, and leadership skills. Teams are not based on friendships, parent requests or prior team placements. The Foley JO Club strives to not cut any interested player that completes the registration process. Please note that teams and positions may change over the season due to player availability, and needs of the teams.

Uniforms-Uniform tops will be provided for all players. Players are responsible for purchasing their own spandex, shoes, socks, etc. At the end of the season or if a player quits the program, the player must return her uniform top to the coach. A \$50 fee will be charged to those players who do not return their uniform top.

Playing Time & Tournaments

Tournaments: are full-day events with pool play, typically in the morning followed by bracket play in the afternoon, they can also be multi-day events.

Officiating: At each playdate and tournament, you will be required to be an up ref, down ref, line judge, score keeper, and/or libero tracker. All players must attend an officiating clinic prior to the first playdate or tournament. Players will not be allowed to compete until they have attended the officiating clinic. (Players will be allowed to practice prior to attending the officiating clinic.) Officiating clinics will be administered through internal training.

The Foley Jo Program policy is that every athlete will get playing time, but not all play time will be equal. We will strive to get all athletes court time during playdates, but in tournaments, playing time may not be equal (12U and up). Teams are ideally made up of 10 players, with only 6 players allowed on the court at a time. Coaches will determine line-ups with the intention of getting all players time in each match, but not necessarily in each set, or in equal distribution. Our goal is for all athletes to improve throughout the year and to improve everyone needs time on the court. There are some factors that will determine playing time at tournaments.

1. Consistent Tardiness and leaving early from practice will count as an unexcused absence.
2. **Excused absences:** IF you call your coach ahead of time:
 - a. Illness
 - b. School athletic or fine arts functions

The penalties for unexcused absences will be dealt with as such:

- 1st violation: One match suspension (there are 3 games per match)
- 2nd violation: Two match suspension
- 3rd violation: One tournament or playdate suspension

If you have more than three unexcused absences, you may be asked to leave the team.

Play time: The Foley JO Club policy on play time: All players will get playing time, but that does not have to be equal.

- *10-11's program:* Offers fair playing time based on attendance, participation, and attitude at practice.
- *12-17s program:* Offers fair playing time and competitive play during our season. Fair playing time does not necessarily mean equal playing time.

Attitude: Coaches reserve the right to sit a player at practice, or a game for behavior problems, attitude, or unsportsmanlike conduct. Disruptive behavior will not be tolerated. Players who exhibit poor sportsmanship or negatively impact the team's performance, the coach reserves the right to remove the team from the tournament.

Examples of disruptive behavior includes, but not limited to:

- Arguing with teammates or coaches
- refusing to follow directions

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- Unsportsmanlike conduct towards teammates, coaches or opponents.

Concussions- Foley JO follows state guidelines for concussions. If a player is suspected of having a concussion, she will be immediately pulled from playing in a game or practice to be seen by a medical professional. The player can return to play or practice with a note from a medical professional. Coaches are NOT medical professionals and will practice caution in the assessment of these types of injuries, but parents are ultimately responsible for assuring the health of their players.

Volunteer-This is a non-profit organization that works through volunteers. Parents are needed to help assist with club fundraisers, and to assist in any hosted tournaments or games. Each family is required to volunteer a shift to be determined by the board per season. To ensure a successful tournament, we ask all parents/guardians to volunteer their time. Your child's participation depends on your involvement. Parents or guardians with multiple children/players will need to volunteer an equivalent number of shifts for each child.

Reimbursement-All fees are non-refundable. One hundred percent of player fees are used for registration of players, coaches' wages, jerseys', equipment, facility rental, tournaments, camps, etc. Once a player is placed on a team, the player will have 24 hours to request a refund, minus a \$50.00 evaluation fee. After that 24 hours have passed, there will be no refunds. Refunds due to injury will be voted on by the board and considered on a case-by-case basis depending on when the injury occurred (at what point in the season.)

Player Camp Reimbursement-The JO Volleyball Club encourages players to attend volleyball skills, positions, and technique camps in the summer. If a Foley JO player attends a volleyball camp during the summer or off JO season, the Club will pay up to \$150 total towards camp(s) or up to \$200 for attendance at an elite volleyball camp approved by the coaches for any player in grades 9th- 12th grade. Players must submit a camp receipt to the treasurer/secretary by the last day in September of that year. No exceptions will be made for receipts turned in after September. Camp reimbursement is based on funds available.

I have read and understand the Foley JO Volleyball Handbook:

Parent Signature

Player Signature

Parent/Player's Code of Conduct

Players are expected to:

1. Play and practice hard:
Commit yourself to working hard in both games and at practice. Make it a habit.
2. Play smart:
Work to understand every aspect of the game. Learn to think quickly and make smart decisions. Have poise and maintain composure under pressure.
3. Play for the TEAM:
Put the team before yourself. Support each team member in practice and in competition. Understand and appreciate each other. Without a passer and setter, a hitter is nothing.

To remain part of the team you must:

1. **Be responsible:** Be at all practices and competitions on time. Plan ahead and contact the coach if you are going to be late or absent. Be responsible for your own actions and the consequences of your actions.
2. **Be respectful:** Respect your teammates, coach(s), officials, and opponents. Exhibit Sportsmanship whether you win or lose. Your actions reflect the program.
3. **Be loyal:** Never talk about your teammates or coaches behind their backs. Keep team issues within the team and personal issues between you and the coach.

It is the player's and parent/guardians' responsibility to arrange rides to and from practices and events. We understand that time can be limited, but parent involvement and support during playdates and tournaments are very much appreciated.

Many teams experience difficulties as the season progresses due to the issue of playing time. We also want to foster life skills in our players, so we encourage players to follow this process:

- Players should talk to the coach about the issue they are having.
- Players, along with parents, should talk to the coach about the issue they are having.

As in other sports, a 24-hour "think" time is highly encouraged before approaching a coach regarding your concerns. This issue will not be discussed at a tournament or practice, or in front of other players or parents. If there is a concern and/or frustration, we ask that the parents/players set up a time to speak with the coach and/or coaching coordinator.

The Foley JO Volleyball Organization will follow and enforce a Code of Conduct. Individuals (family members, friends, players, or coaches) who are disruptive during practices, play dates, or tournaments will be asked to leave the site by a parent representative, coach, or a member of the Foley JO Volleyball Board. After the event, the individual will receive a written

notice by certified mail from the Foley board requesting their attendance at the next board meeting to discuss the incident. The meeting will allow the board and the individual to review the incident prior to the board imposing disciplinary action (if necessary). Please do not allow your behavior as a fan to disrupt your child's experience on the court.

Family members who confront the coach in an angry or hostile manner at any event will be subject to disciplinary action by the Foley JO Volleyball Board.

Families are asked to use common sense and behave responsibly throughout the season. Inappropriate language or action that is disruptive or interferes with a player, coach or official's participation is unacceptable. This also applies to other club members, board members or families of the JVA.

- Examples of unacceptable behavior that will result in action taken by the Board:
 - Threatening or aggressive behavior towards another person
 - Obscene words or gestures
 - Racial, ethnic, or sexually oriented comments
 - Celebrating the errors or misfortune of participants
 - Attempting to distract or interrupt a participant's concentration.
 - Harassing participants i.e. booing, jeering, or yelling at individuals
 - Openly scrutinizing coaching decisions or negative comments about player performances
 - Berating or abuse of officials

Families and coaches are encouraged to practice good sportsmanship and to remind each other when needed; before an official response becomes necessary.

Foley JO Club needs parental support in achieving our goals:

- Improving player skill
- Instilling a winning attitude (not a win-at-all-costs attitude)
- Creating positive team interaction
- Teaching players to take responsibility for their own improvement.

As representatives of the Foley JO Volleyball Organization and our community, it is expected that all players, parents, and coaches will conduct themselves in a proper manner, showing respect and courtesy to Board decisions made and following the organization's grievance policy if concerns arise.

Players must treat their teammates and coach with respect and do as they are instructed. If this becomes a problem, the player will be talked to separately by the coach. If the problem continues, the coach, along with a Board member, will also talk with the parents and finally may remove the player from the organization.

Parents must understand that from the coach's point of view, the coach will do what is best for the team, not necessarily what a parent wants for their daughter. Coaches decide how to optimize a player's skills and what positions they will play.

Any player found to be in possession of alcohol, tobacco, or illegal drugs will be sent home from any JO Volleyball event and may be expelled from the Club. Any expulsions from Foley JO Volleyball resulting in Code of Conduct violations will not be subject to a refund of any kind.

JVA Volleyball Junior Player Age Definition

For use during the 2025-2026 Season

Once a player participates (including but not limited to practicing, training, attending workouts and/or competing) in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to take part in any regional and national programming, which includes but is not limited to national JNC qualifying and championship events.

18 and under Division:

Players who were born on or after September 1, 2007, or

Players who were born on or after September 1, 2008, and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

17 and under Division:

Players who were born on or after September 1, 2008

16 and under Division:

Players who were born on or after September 1, 2009

15 and under Division:

Players who were born on or after September 1, 2010

14 and under Division:

Players who were born on or after September 1, 2011

13 and under Division:

Players who were born on or after September 1, 2012

12 and under Division:

Players who were born on or after September 1, 2013

11 and under Division:

Players who were born on or after September 1, 2015

10 and under Division:

Players who were born on or after September 1, 2015

Foley JO Volleyball Parent/Player Code of Conduct

Please read and understand the parent/player code of conduct.

I, _____ have read and understand the program rules and expectations set before me. By signing this form, I agree to these rules and understand the consequences should there be any violations.

Player signature

Parent Signature

Date

Date

Foley JO Volleyball- Coaches

Our goal as coaches is to inspire, teach, and promote betterment in our players. We have the opportunity to be role models, a leader, and an example to the players we coach.

It is a requirement that all coaches/assistant coaches, no matter what age group they coach, will have the following on file:

- Have a current JVA membership.
- Complete SafeSport Training
- Complete IMPACT
- Background screen- good for two years
- Officiating training

*Note there are no refunds to the coaches' requirements.

Here are a few tips to have a successful season:

Stretch: stretching well before a practice or tournament is important. It improves flexibility, increases blood flow to the muscles, and helps the joints work through their full range of motion as well to help reduce injury.

Organize: Plan on what you want to cover in practice, and which drills you are planning to do to have an efficient practice. This will help you to utilize your time with your players. Encourage your players to come to practice ready to learn and for you as a coach to come ready to reach.

Communicate: It is important to coach in an instructive manner, one that is able to point out things a player needs to work on, but also to point out their strengths and to use them accordingly. Push your players to be better than they themselves think they can be. Active: Be active in practices in drills and activities. Be engaging in tournaments and scrimmages on the sidelines.

United: Encourage and expect your players to work together as a team. Be Positive!

Substitute: If a coach is unable to attend a practice/tournament, they are responsible for reaching out to another coach to cover and they must reimburse them for their time and services. Gym space is hard to come by and therefore very valuable.

Have Fun: Research shows that if a person is enjoying what it is that they are doing, they are more likely to be actively engaged in the activity they are participating in. As a coach, your practice can be a great time to help your players enjoy the game while still working hard. You'll likely get more out of your players and have an enjoyable experience yourself.