

# ELITE ALLIANCE VOLLEYBALL CLUB



## PLAYER/PARENT HANDBOOK

2020

Elite Alliance Volleyball Club is governed by a Board of Directors (BOD). We operate as a non-profit organization. We have put this handbook together to provide you with an overview of the club, rules and regulations of the club and the philosophies of our BOD and employed coaches. The BOD reserves the right to amend the handbook at a later time.

### **Elite Alliance Volleyball Club Mission Statement:**

Our mission is to provide a solid foundation of fundamental and technical volleyball skills along with teaching positive lifelong character traits including sportsmanship, leadership, and teamwork.

Our vision is to provide the best possible environment for our volleyball players to reach their maximum playing potential whether at the club level, high school level or collegiate level through instilling discipline, providing excellence in coaching and achieving winning teams.

### **How we aim to reach our vision and mission:**

- To inspire our student-athletes to dream, to trust, to build confidence (within each other) and to value the resilience team sports demand.
- To be innovative and consistent in how we coach/train our athletes.
- To train “The Whole Athlete” on and off the court.
- To train the student-athlete so that they can achieve higher success for their high-school team.
- To establish a greater sense of community amongst Elite Alliance Volleyball Club athletes, coaches and parents.
- To create attainable goals for our teams and individual athletes, both on and off the court. Goal creation will be owned by athletes, and coaches.
- To offer an enthusiastic and professional approach to teaching/coaching. On and off the court, our coaches will carry themselves in a manner that reflects that outlook.
- To train the “Thoughtlessness of Effort.” Effort is every day, it’s in practice, in the classroom, in building relationships ...it will be ingrained in our athletes..
- Elite Alliance Volleyball club strives to offer the most affordable cost while at the same time providing the highest quality instruction in the area.

## **Elite Alliance Volleyball Club Team Selection:**

- Athletes are required to try out for Elite Alliance Volleyball Club. Try-out evaluation will consist of evaluating the student-athlete on their skill level, athletic ability, potential, attitude and ability to understand roles as well as the concept of being a team player. Other criteria that will be considered are the coaches' perception of the coachability of the player, evaluations of past season(s), camps or high school season and past history of parental involvement or behavior. We strive to achieve team success followed by individual success. Therefore, Elite Alliance Volleyball Club reserves the right to place the student athlete on a team that doesn't match their age or grade. Our higher-level teams are constructed by position demands, tryout evaluation and potential. Age is not a driver for placement. Because Elite Alliance Volleyball Club is an organization it is possible for players to be moved both up and down within the program based upon position demands and game speed ability. It is important for the student-athlete and parents to understand that the Elite Alliance Volleyball Club wants to place your child in the best possible position to be successful and grow as a volleyball player.
- Elite Alliance Volleyball Club will strive to place eight (8) student-athletes on a team. In some circumstances it is possible for more than eight (8) players on a team but no more than ten (10) athletes will be placed on a team.
- There will be a non-refundable tryout fee of \$25.00, which if selected to be part of a team will be deducted from your overall cost. There will be multiple coaches evaluating players during our tryouts. Each player trying out will be considered a prospective player for Elite Alliance Volleyball club. Follow the following tryout preparation guide.
  - Register for tryouts through [www.EliteAllianceVolleyball.com](http://www.EliteAllianceVolleyball.com)
  - Pay the \$25 registration fee electronically.
  - Be sure to arrive fifteen minutes before the scheduled start time so that you can be warmed up.
  - Great effort turns heads and is remembered. Avoid being tentative in your play but know the difference between being aggressive and reckless play.
- Elite Alliance Volleyball club attempts to field teams in the following age divisions:
  - U18 - 1 team
  - U17 - 1 team
  - U16 - 4 teams
  - U14 - 3 teams
  - U12 - 3 teams
  - Academy

- Elite Alliance Volleyball Club offers two types of memberships
  1. Elite Team: Athletes selected to play on one of our competitive teams will play up to five tournaments. Athletes selected to compete on one of our Elite Teams are subject to the attendance policy. Athletes selected to play on our “Green” teams may play in USAV National Qualifier tournaments and AAU National Qualifier Tournaments. In the event one of our teams qualify for a National Tournament those team members are expected to commit to the additional practices and tournament which are held in different area’s of the United States. Families are expected to pay additional costs for a National Tournament. Elite Alliance Volleyball Club will work with the families in an attempt to offset some of the costs of a National Tournament.
  3. Academy: Individuals who are not offered a position on an Elite Team will be offered a position within our 10-week skills academy. Our skills academy creates purposeful practices to improve the individual skills of the particular player. While these players will not compete in tournaments they will work on skill development and scrimmage within the academy. All players who participate in our Academy are eligible but not guaranteed to be a substitute player on one of our Elite Teams for tournaments.

### **Elite Alliance Volleyball Club Player Overall Development:**

Elite Alliance Volleyball Club is a member of the North Country Region (NCR) Volleyball. As such each student-athlete is required to officiate at tournaments. In order to do that each student-athlete is required to learn the rules of volleyball which include in-class sessions. It is important that each student-athlete grows in their understanding of the game, understand situational awareness so that they can thrive in competition.

### **Elite Alliance Volleyball Club Coaching Staff:**

Teams will be coached by an individual who promotes fairness, high work ethic, integrity and good sportsmanship. Coaches are responsible under the direction of the BOD for helping the student-athlete enhance their volleyball skills, leadership abilities, teamwork and individual development both on and off the court. Each coach will be treated with the utmost respect by all student-athletes and their parent(s). Any abuse of our coaches by a student-athlete or their parent(s) will be handled quickly and fittingly. Our coaches are held to a high standard by the BOD just as the student-athletes are. Our coaches are required to become certified through NCR Volleyball.

## **Elite Alliance Volleyball Club Practice and Playing Philosophy:**

It is our philosophy that practices are the time to improve skills and work on new concepts. It is important that our student-athletes and their parent(s) know and understand that each student-athlete will be given equal practice time but not necessarily equal playing time. Additionally, it is important that our student-athletes and their parent(s) know and understand that **“Players pay to train, not to play. Playing time is not a given; it is earned first by hard work, positive attitude, and displays of skills on the practice court.”** The most important time for a club athlete is during our practice sessions. We understand that parents and student-athletes find frustration for lack of playing time for their daughter in comparison to another athlete. The reality is that there will not be equal playing time during tournament play, the coach has the right and sole discretion on determining lineup decisions which he or she feels is best suited for the particular level of competition at the respective tournament. An “equal play philosophy” does not apply in many situations. Remember, we are a competitive club and we enter tournaments to compete for gold bracket play. It is each player’s responsibility to have a positive attitude, display sportsmanship, and perform at a level that is consistent with achieving the team’s goals. If a player does not for whatever reason, fulfill their obligations on the court, it is the coaches right to substitute them so that the team may achieve its goals. Players are expected to perform certain roles on the bench as well, which greatly contributes to the success of the team.

All players must understand that playing time among team members will not be equal, especially in gold bracket situations. The coach will base playing time on what line-up/substitution scenario best offers the team a chance to be successful. Coaches are not expected to sacrifice an opportunity to win in order to give someone playing time.

Factors that influence playing time include, but are not limited to (in no particular order): attendance, attitude, practice performance (hustle, enthusiasm, skill and athletic ability), leadership qualities and playing position. Some players will get specialized assignments while others must work to be the best alternate starter that she can be. Regardless of the role that evolves over the season, all players and parents are expected to remain positive and committed to the goal of having the team do as well as possible by the end of the season.

Based on a position, a player may play back row and rotate out or play front row and rotate out when reaching the back. It is important for players and parents to understand one of the goals of the team is to compete successfully at tournaments. If it is the player’s belief that she is not being treated fairly and playing an appropriate amount, the player should discuss it with the coach. The coach sees your player at every practice and may see something that parents do not. Parent(s) and players must remember that playing time is earned.

## **Elite Alliance Volleyball Club Parent Roles:**

The parent's role is to support the players, coaches and the club. Parents should not engage in "coaching" from the sidelines, criticize players, coaches or game officials or try to influence the makeup of student-athlete placement on teams at any point.

- We encourage player communication with their coaches (for U12 players: if needed a parent can support their athlete).
- If a parent feels that he or she must address a situation, they are permitted to contact the coach 24 hours after the last game of the tournament to address their concerns.
- At no time should a parent approach the coach during a game. No parent should come onto the court for any reason during competition.

## **Elite Alliance Volleyball Club Tournament Information:**

The location and number of tournaments are set every year by the BOD. Each team may attend different tournaments. Individual tournament information will be made available as soon as it's received but often times the play schedule is only available the week or days prior to the tournament.

## **Elite Alliance Volleyball Club Fee Structure:**

The cost for membership on a team varies depending on the level of the team. The fee covers almost everything related to the operation of the team and entry into tournaments. When your child is selected to represent a team, the parents are required to pay the necessary fee before the season begins.

As previously mentioned the club is a non-profit organization and bases its fees on the expected cost of running a successful club volleyball program in a given year. The fee that is paid covers the following:

NCR club registration fees	NCR coach registration fees
NCR player members fees	Uniforms
Facility rental costs	Training equipment
Salary for coaches	Tournament entry fees
Website and social media fees	Training for coaches
Travel, room, board costs for coach's administrative costs	

These fees are non-refundable, except in the case of an injury or illness that concludes an athlete's ability to participate for the remainder of the season. The amount to be refunded is prorated based upon the amount of the season that has passed and other budgetary items used by the individual. Parents must request in writing and attach a statement from the athlete's physician. The Elite Alliance Volleyball Club BOD will review all refund situations. Minimum payment forfeited is \$125.00.

Fees do not include the travel, hotel accommodations or food for players during tournaments.

## **Elite Alliance Volleyball Club Travel Policies:**

Transportation to and from all practices, club-sponsored activities, and tournaments is the responsibility of the parents. A student-athlete may not drive to or from an out of town tournament. Parents are exclusively responsible for student-athletes outside of the tournament venue. If a player's parent is not able to attend an event, it is expected that a chaperone parent will be assigned to that athlete.

**Hotel Stays:** On occasion Elite Alliance Volleyball Club schedules require our athletes to travel outside of our local area for tournaments. It is an expectation that Elite Alliance Volleyball Club parents, guardians, custodians book their own hotels as needed. Elite Alliance Volleyball Club is not responsible for the athletes at the local hotels. A parent, guardian or custodian is required to be present with the athlete.

## **Elite Alliance Volleyball Club Expectations of Players:**

We are committed to the multi-sport athlete. We understand that student-athletes are participating in a club sport which coincides with other high school in season sports such as basketball and track. If the student-athlete is absent from practice or a tournament due to an in season track practice or meet or an in season basketball practice or game they will receive an excused absence. Many experts believe that athletes that play multiple sports achieve greater skill and muscle development that assists them in all the activities that they compete in. Additionally, experts believe that the more sports an athlete competes in makes them a better teammate and driven athlete. According to an American Medical Society for Sports Medicine report, diversified sports training during the early and middle adolescence may be more effective in developing elite-level skills because of skill transfer. Therefore, Elite Alliance Volleyball Club expects our players to be involved in multiple sports and we will strive to work with the student-athlete so they can attain all of their goals both in volleyball and other activities. However, it is the student-athlete's responsibility to over communicate with the coaches so they understand when the student-athlete will be absent.

However, if there is no school in season sport practice or game all student athletes are expected to be at every practice. Student-athletes are expected to be warmed up and ready to compete at the time practice is scheduled to begin. It is not satisfactory for a student-athlete to show up at the time practice is scheduled to begin without being warmed up.

We understand that practices and or tournaments will be missed from time to time. If a student-athlete is going to miss practice or a tournament they should notify their coach as soon as possible. Preferably prior to the practice or earlier if known. In addition to the previously stated excused absence of school in season games or practices, other excused absences include those related to family, faith, academics or illness.

Weather announcements: In the event of severe weather, practice will be cancelled. Announcements will typically be texted, emailed, announced on Twitter or announced on Facebook. Do not travel if you do not feel comfortable traveling to practice. Simply let the coaches know that you are not attending due to weather and/or road conditions.

Teamwork is of the utmost importance. We expect our student-athletes to spend time off the court together (team meals, parties, etc.) to enhance the team chemistry which is needed for greater competitiveness on the court. Each player is expected to get to know their teammates and build trust which will create an environment of belongingness, chemistry and a cohesive unit. Whining, whispering or complaining does not enhance team building. Spreading rumors and gossip about a coach or fellow athlete within Elite Alliance Volleyball Club will not be tolerated.

The student-athlete represents herself, her family, her community and the Elite Alliance Volleyball Club at every tournament. We are a club that will be known for good sportsmanship and integrity along with our elite level of play. A player who argues with officials, coaches, parents or other spectators will not be tolerated. For the older girls, you will not always know when a college recruiter is in the gym; therefore it is important to display proper behavior at all times. College coaches do not just watch you play they watch you interact with your teammates, coaches and your parents

### Excused Absences:

- An absence is excused if the player notifies the head coach in advance and the head coach approves the absence.
- Absences are strongly discouraged as it disrupts the team, team chemistry, drills, etc. Excessive excused absences may result in loss of playing time.
- Excused absences might include but are not limited to
  - family emergencies
  - medical emergencies
  - special academic opportunities
  - in season sports practices and competitive events
  - once in a lifetime opportunities.
  - Faith based activities (confirmation, baptism, etc.)
- Injury is not an excused absence unless they are attending a doctor's appointment.
  - Injured players are expected to attend practice during rehabilitation and physical therapy.
- Work is not an excused absence.



- We understand that practices and or tournaments will be missed from time to time.
  - If a student-athlete is going to miss practice or a tournament they should notify their coach as soon as possible.
  - Preferably prior to the practice or earlier if known.

### Unexcused Absences:

- An absence is unexcused if the player does not notify the head coach before the absence occurs.
- If an athlete has three or more unexcused absences disciplinary action including loss of playing time may occur. Additionally, the coach and athlete will meet to evaluate the player's commitment to the program and their team.

### **Elite Alliance Volleyball Club Student-Athlete Conduct:**

It is the intent of the Elite Alliance Volleyball Club to be a leader in the volleyball community in South Dakota, which means we lead by example, whether it is the athlete, the athlete's parents or the coaches. The following are rules set forth for all student athletes, parents and coaches. These rules are not all inclusive. In the event that a rule is violated the Club Director will take appropriate action.

- "Conduct Unbecoming an Athlete" will not be tolerated at any Elite Alliance Volleyball Club function. This includes not being a team player, getting into fights with fellow team members, the use of foul language or rude gestures towards teammates, other teams, parents, coaches, officials or opponents.
- No cell phones are allowed to be on in the gym during any practice.
- At tournaments, teams will be responsible for officiating, scorekeeping, and line judging. No cell phones, earbuds or other electronic devices are to be used when working.
- No team member can leave a tournament until all officiating responsibilities have been completed.
- Teammates will support other teammates whether they are playing or on the team bench.
- Parents are to be supportive of the entire team at all times. Parents are not to engage in any behavior in cheering that would reflect negatively on the Elite Alliance Volleyball Club. The same consequences can be put into place for an athlete due to parents' behavior.
- Automatic expulsion from the Club can result in the following offenses:
  - Smoking/Vaping at any Elite Alliance Volleyball Club event.
  - Using alcohol at any time during the Elite Alliance Volleyball Club season.
  - Using any type of illegal drug during the Elite Alliance Volleyball Club season.
 (If expulsion were to occur no part of the membership fee will be refunded.)

- Disciplinary action can result for the following offenses:
  - Physical damage to a facility or theft of items.
  - Any action considered to be an offense under Federal, State and Local laws.
  - Conduct unbecoming an athlete. Defined as: Conduct on the part of an athlete that is contrary to the interests of Elite Alliance Volleyball Club, or which harms the standing of Elite Alliance Volleyball Club in the eyes of the community.
  - Conduct which is inappropriate as determined by comparison to normal accepted behavior.
  - Physical or verbal intimidation of any individual.
  - Smoking/Vaping at any time during the Elite Alliance Volleyball Club season.
  
- Only the Court Captain (under the direction of the coach) can question an official.
- If any Elite Alliance Volleyball Club teams are playing at the same tournament site, teams are encouraged to watch and cheer for our other club teams.
- The student-athlete shall maintain a “C” average. It is important to maintain good grades and a healthy life balance off the court. Time management is a critical skill that student-athletes need. Players are expected to plan ahead and make sure that school work is completed well in advance of the assignment due date. It will be an unexcused absence for failure to plan ahead resulting in missing practice to complete assignments or study for exams. Exceptions can be made for academics as long as it is communicated to the coach with notice. Parents are expected to notify Elite Alliance Volleyball Club if their child’s grades drop below a “C” average.

### **Elite Alliance Volleyball Club Disciplinary Sanctions:**

Unless previously stated the following sanctions may apply. However, the sanction may not follow the below guideline and is dependent on the severity of the conduct.

<u>Infraction</u>	<u>Possible Penalty</u>
1st	Individual will be sent home as soon as possible and parents notified. The individual may be declared ineligible for the next scheduled competition but may at the discretion of the BOD allow the individual to continue practicing.
2nd	Individual will be sent home as soon as possible and parents notified. The individual may be declared ineligible for the remainder of the competition season.
3rd	Individual may be declared ineligible to join Elite Alliance Volleyball Club for the upcoming season. (one year suspension)

## **Elite Alliance Volleyball Club Expectation of Parents:**

Consistency and trust between coach and parent will allow for the player to gain a much more focused approach and active support network. If the values and goals of our club and their coaches are not reinforced at home, then the success of this experience for your daughter may be jeopardized. Parental involvement and support are crucial elements to a successful club experience. There are many ways parents can be part of the team and contribute to the team's success.

- Drop off and pick your child up on time from practices and tournaments. Allow your daughter ample time to change into their court shoes/volleyball garb before practice begins. Make every attempt to have your daughter at the practice site **AT LEAST 15 MINUTES PRIOR TO THE START OF PRACTICE**. Your daughter is required to be warmed up and ready to practice at the start of practice time, and if you get her there 5 minutes before practice, she will not be ready.
- Do not coach or talk to your child during practices. The coach needs their undivided attention to get the most out of the practice. However, our practices are open to be viewed by parents.
- Assist with communication to the coach in the event your daughter will not be at practice.
- Help with the transportation of players to out of town tournaments.
- Athletes are not allowed to stay in hotel rooms by themselves. They must have an adult chaperone with them on out of town tournaments. If the parent is not able to attend, it is the parent's responsibility to find a chaperone for their child.
- Supervise your child after the coaching staff has released them from tournament play.
- Refrain from yelling at the team, coaches, referees, and line judges, the other team's players and coaches and abide by the 24 hour rule. Above all, encourage your daughter and her teammates.
- Attend team organizational meetings. Each team and coach has slightly different philosophies. Get to know your daughter's coach.
- Pay your fees by the required due date. If fees are not paid, your daughter will not be permitted to participate in practices and tournaments.
- Take advantage of social media. Please follow us on our Facebook page and on Twitter.
- Parents you are paying for your daughter to be trained and to improve, and remember that playing time is earned, not given. It is not debatable. If there is a question, the player will talk to the coach. If the concern remains follow the grievance procedure.
- Along with the girls, you are also representing our team and our club. Our team will be respectful of the opposing teams, officials, and location we are playing at. Pay attention to the rules of the gym.
- Encourage your child; it makes more of a difference than you realize! Have fun! Everyone is expected to work together – players, parents, coaches, and administrators – to make the season enjoyable for all.
- Comprehend that your enjoyment level can and typically dictate your daughters.

## **Elite Alliance Volleyball Club Grievance Procedures:**

All of our coaches should be considered approachable. They are all willing to listen to a player's concern and try to arrive at a mutual decision. Until a coach is aware of a concern or issue nothing can be done to alleviate the concern or issue. We believe that the ability to discuss emotional topics appropriately is a necessary skill that can be learned and utilized throughout life. Unless there is a risk to the safety of the player or another player the athlete should speak with their coach first, following the Elite Alliance Volleyball Club grievance procedure:

- The student athlete should talk to the coach.
  - It is understood for our U12 players the athlete may be accompanied by their parent(s).
  - If the matter remains unresolved, then;
- The parent should talk to the coach.
  - Parent(s) should call or email the coach to set up a meeting.
  - Meetings need to be scheduled after 24 hours from the last time of competition. If a parent approaches a coach before this time they have been instructed to refuse to discuss any controversial matter and to refer the parent to the Club Director and walk away from the parent.
  - If the matter still remains unresolved, then;
- The parent should contact the Club Director and schedule a meeting.
  - Meetings need to be scheduled 24 hours from the last time of competition.
  - If the matter still remains unresolved then;
- The parent should request in writing that the Elite Alliance Volleyball Club Board of Directors review the matter.
  - The BOD may, at its sole discretion may review or refuse to review the matter.

## **INSURANCE Information**

USA Volleyball Insurance covers practices, sanctioned events, competitions and travel to and from such events. It is a supplemental insurance policy. A medical release form is included in the participant forms and will be required for participation in Elite Alliance Volleyball Club. Please completely fill out all the information requested. The insurance company requires this form to be in the possession of a staff member (coaches) at all practices and events.

## **Elite Alliance Volleyball Club Sexual or Physical Abuse Policy:**

Elite Alliance Volleyball Club recognizes that all forms of sexual abuse, assault or harassment with athletes are illegal and unethical, even when an athlete invites or consents to such behavior or involvement.

Sexual abuse and harassment is defined as, but not limited to, repeated comments, gestures or physical contacts of a sexual nature. This includes demanding sexual favors in exchange for promotions, unwelcome touching of any kind, unwanted letters, telephone calls, texts or email of a personal nature, unwarranted inquiries about personal life or sexual habits, repeated jokes with sexual content, and sexual comments about a person's appearance or body.

In addition, Elite Alliance Volleyball Club will not tolerate hazing. Hazing is defined as any intentional act that endangers the mental or physical health of one person or a group of people, by another person or group of people, for the purpose of group acceptance or membership. Hazing behavior would include but is not limited to: brutality such as beating or striking, excess calisthenics, excessive consumption of food or drink, or intimidating/threatening activities that cause extreme mental stress.

Elite Alliance Volleyball Club will not tolerate sexual or physical abuse of any of its staff or of participants. Elite Alliance Volleyball Club regards the safety of the young athletes entrusted to our care and instruction as our highest priority. We do not tolerate physical behavior that compromises that priority. We monitor activities and interactions to try to prevent miscommunications that cause discomfort to any of our athletes or parents.

If you see or experience behaviors by one of our club coaches, board members, directors or any other person associated with Elite Alliance Volleyball Club that you believe to be inappropriate, report it immediately to either the head coach, club director or a board of director. All facts will be written down and all complaints will be investigated. Any employee or person associated with Elite Alliance Volleyball Club found to be in violation of the sexual and physical abuse policy will be subject to discipline, which may include dismissal and law enforcement involvement. There will be no retaliation against any complainant or witnesses who participate in an investigation of an abuse complaint.

## **EAVC High School State Tournament Policy.**

For all high school teams that have 50% of their varsity team as members of EAVC and that team becomes a state qualifier, EAVC will host a meal for the entire varsity team and coaches of the state qualifying team. Meals will consist of up to \$10 for each player and coach. For those years where an EAVC member team with less than 50% of EAVC members on the varsity team, \$10 in flowers or other gift be sent to that/those players.

## **Player / Parent Acknowledgement Form**

This form acknowledges that 'We', Elite Alliance Volleyball Club players and parents are asked to support Elite Alliance Volleyball Club and its mission and vision, and to acquaint ourselves with, and abide by, Elite Alliance Volleyball Club policies and procedures. The detailed policies and procedures are found in the Elite Alliance Volleyball Club Player/Parent handbook located on Elite Alliance Volleyball Clubs website: [www.elitealliancevolleyball.com](http://www.elitealliancevolleyball.com)

Our signatures below indicate that we have reviewed and familiarize ourselves with the contents of the Elite Alliance Volleyball Club Player/Parent handbook and agree to abide by Elite Alliance Volleyball Club's policies and procedures, as outlined in the Handbook.

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Parent/Guardian Printed Name	Parent/Guardian Signature	Date
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Parent/Guardian Printed Name	Parent/Guardian Signature	Date
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Print PLAYER (1) Name	Student Signature	Date
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Print PLAYER (2) Name	Student Signature	Date
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Print PLAYER (3) Name	Student Signature	Date
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**Please complete this form and return it to your coach or the Club Director prior to participating in the first practice.**