



# **Warriors Volleyball Club**

## **Parent & Player Policies and Guidelines**

[www.warriors.com](http://www.warriors.com)

# OUR MISSION STATEMENT

The goal of the Warriors Volleyball Club is to strive for excellence. Promoting the ideals of responsibility, team work, sportsmanship and a fellowship within a safe and positive environment. We will advance the growth of our club through the spirit of competition, discipline, and fair play. By providing structural programs designed to educate our players in all aspects of volleyball, they accomplish their personal goals as well as goals set by our professional coaching staff. We are dedicated to providing a program that maintains the highest standards and guarantees a fun, competitive, and positive experience for everyone involved.

## THE WARRIOR CODE

### **\*WARRIORS ARE ALWAYS PREPARED\***

Show up to practice on time. Listen to instruction. Apply instruction. Stay focused. Ask questions. Never satisfied. Always want more. Strive to be the best you can be.

### **\*WARRIORS RESPECT EACH OTHER\***

Ask for help, if needed. Offer help, if needed. Accept constructive criticism. Offer constructive criticism. Compromise. Leave the attitude at the door and off the court.

### **\*WARRIORS RESPECT THE GAME\***

Play with emotion. Play with heart. Play with pride. Play with a Purpose.

### **\*WARRIORS KNOW WHEN TO LEAD AND WHEN TO FOLLOW\***

Everyone has a role. Every role is important. Every role is necessary to win. Learn every role. Don't be a one-dimensional player.

### **\*WARRIORS NEVER GIVE UP\***

There is one main rule for any Warrior. **"Everyone Fights! No One Quits!"**

# PROGRAMS

# COACHING STAFF

## **Selection of Coaches**

The Warriors Volleyball Club staff features a group of educated and experienced professionals that are dedicated to teaching the sport of volleyball. Warriors Directors select and assign head coaches according to whom they feel will do the best job achieving the Warriors program, team goals, and the orientation of the club. All coaches have successfully passed USA Volleyball IMPACT and Safe Sport training and many head coaches are CAP (Coaching Accreditation Program) certified. All coaches must pass a background check prior to consideration for a coaching position.

## **Information Communication**

Coaches are responsible for enforcing all of the Warrior's policies and guidelines and for making sure that their respective teams abide by all rules.

## **Game Conduct**

Coaches must refrain from any conduct or display which may arouse players, team followers or spectators to engage in unsportsmanlike behavior. At all times coaches must respect game officials, opposing players, coaches and spectators.

## **Personal Conduct**

Each coach must maintain high standards of conduct and sportsmanship. The Warriors coaches are required to be good role models for players and to maintain personal conduct which is a credit to the club and the sport of volleyball.

## **Supervision**

Coaches are directly responsible to the Warriors Directors for coaching performance and conduct during Warriors VBC activities. If a coach displays attitudes, actions or conduct contrary to the Warriors rules, regulations, or policies, it should be reported to the directors, who will in their discretion take the appropriate action.

# PARENT INFORMATION

## General Responsibilities

Parents, guardians, or persons in charge of a WVBC participant must abide by and uphold all of Warriors VBC policies and guidelines. They will respect the decisions of coaches and officials made in the course of performing their duties, and assume full responsibility that the player they register does the same. If the parent, guardian, or person in charge fails to do so, or the player they register fails to do so, they and/or the player may be removed and barred from WVBC games and events for the remainder of the season.

## Payments

**Fees are due according to the fee schedule** outlined in the contract parents sign when committing their child to play on a team at the commencement of the season.

Dues are assessed based on the total expenses for the club. The club cannot operate and meet obligations if **any** club member defaults on the payment of dues. **If a club member is delinquent in their dues, that member will not be allowed to participate in any practices, tournaments, or club sanctioned events until their payments are current.** A player who becomes injured, resigns, or is terminated for any reason during the course of the club season remains a member of the club team and is obligated to pay all dues regardless of playing status. All fees paid to the Warriors Volleyball Club are non-refundable, for any reason – this includes when a player leaves/quits the club, sustains a season ending injury at any point during the club season, pandemics, Acts of God, war, etc. Registrants shall not be paid, owed, or have any expectation of any partial or pro rata(rated) fees if the club season is paused, stopped or suspended for any reason out of the control of Warriors VBC – such as pandemic(s), Acts of God, war, etc. **A \$40.00 fee shall be charged for any check that is returned unpaid, or for any late payment, and must be paid in full as a condition of the player attending practice and tournaments.**

## Transportation

Parents are responsible for arranging transportation to all practices and tournaments. Most **single day tournaments** are within the GEVA (Garden Empire Volleyball Association) region. GEVA is the local region of USA Volleyball (USAV, the National Governing Body of Volleyball) that is responsible for the promotion and growth of volleyball in NJ, Long Island, and the Greater Metropolitan Area of New York City (including Westchester, Rockland, Dutchess, Putnam, and Orange Counties). GEVA's junior tournaments are usually held on week-end days at various venues throughout the region and usually last all day. A team can expect to play approximately eight sets per

tournament; more if they should advance to the playoffs. Playing venues may be as far as three hours away (or as close as 30 minutes), and players generally need to arrive by 8:00am and play until 5:00pm (subject to variation depending upon the team's assigned pool play schedule).

**Travel tournaments** generally include a two, or three-night stay and two to three days of game play. Hybrid teams can expect to go to places such as Washington, D.C., Boston, Massachusetts and Philadelphia, PA. Parents are responsible for arranging transportation. Most of our 16u and older teams are hybrid teams that usually have one overnight multiday tournament.

## **Car Pooling**

Warriors VBC recognizes that parents may have other conflicting obligations which make it difficult on occasion to drive their player to practice. Parents are encouraged to make carpooling arrangements for their player. It is recommended that if a parent has an issue with transportation that their player carpool with other members of their own team to tournaments. All parents are responsible for figuring out transportation of their own player.

To assist you with making arrangements, all parents and players should receive a team roster with the contact information for each player on the team and their parent/guardian. If one is not given then parent(s) can request one.

## **Practices**

Practices are open to the Warriors staff and players only. Non staff and non-players are not allowed to hang out or wander around inside of Warriors practice facilities. These are our rules as well as GEVA/USAV policy due to insurance regulations.

## **Tournaments**

Parents are encouraged to attend as many tournaments as possible. Spectator seating is often not provided at the playing venues. It is recommended that you bring a folding chair for your personal comfort. Please note that coolers are normally not permitted at venues.

**At tournaments, players may only leave the team with the permission of their coach.**

**All players on the team must stay until the team has completely finished and is dismissed by their coach.** Please note that teams that make it to playoffs may have to work a match following their last game, and all players **MUST** stay until that responsibility is completed. We realize that families may be anxious to get on the road but staying together until dismissal is part of the commitment and team experience.

## Communications

Our website ([www.warriorsvbc.com](http://www.warriorsvbc.com)) is one of the best sources for current information. Practice and tournament schedules will be posted there as soon as that information is available and will be updated as necessary. Other options are the Warriors VBC Twitter and Instagram, which you can follow: @warriorsvbc

E-mail addresses for each player and parent were collected during the tryout and team commitment registrations for their respective team. If you must make a change, please notify your coach and the Directors.

## Talking to the coach

Parents are encouraged to discuss the following with their player's coach:

- Ways to help their child improve
- Concern's about their child's behavior
- Coach's expectations for their child and team
- Team rules and requirements

Parents should **NOT** discuss the following with their player's coach:

- Playing time
- The coach's strategy during tournaments
- Other players

Players are encouraged to discuss these issues with their coach directly. This is the best way for your child to gain an insight as to what she needs to do in order to achieve personal goals. It may be difficult to accept that your child is not playing as much as you had hoped; but coaches are professionals. They make judgements and decisions based on what they believe to be in the team's best interest.

## Parents Sportsmanship

The majority of today's youth sports parents are a supportive and caring group, but there is an increasing number who may be disruptive with negative attitudes and out-of-control behavior. What parents must remember, as difficult as it is amid the excitement of watching a loved one play, is that youth sports are for the player and not the parents.

The following are some **DO's and DON'Ts** that all parents should keep in mind:

- **DO** help make things easier for your coach, players, and yourself, by giving support to your child and the team.
- **DON'T** give orders or directions to the players; even your own. It is up to the coach and respective players to make decisions. Do not compete with the coach. Your direction may be different from what the coach wants and this will not help the team or your child.

- **DON'T** question the referee's calls. Try to enjoy watching your child play. Do not affect the game from the sidelines by yelling at the referees. They really aren't biased and occasionally make mistakes too... just like anyone else.
- **DO** accept the authority of the Warriors coach delegated to your child's team and acknowledge that it is the coach's prerogative to choose the type of play, assign who will play what positions, and determine playing time.
- **DON'T** complain to other parents or players, including your own, about the coach because this undermines the team's spirit.
- **DO** make it a point to learn the rules of volleyball as this will make tournaments and scrimmages more enjoyable to watch and make it easier for your player to discuss them with you.
- **DON'T** ridicule or yell at any player, including your own, for making a mistake. Everybody makes mistakes and it is important to accept them and to learn from them.
- **DON'T** blame any player for losing a game. This is a team sport and no individual player can lose a game by themselves. Just as no player can win the game on their own.
- **DON'T** compare your child with that of other team members.
- **DO** try to be honest and realistic about your player's athletic capability, competitive attitude, sportsmanship, and true skill level.
- **DO** encourage your player to enjoy the thrill of competition, taking a risk, working hard, improving skills and attitude, and enduring the occasional bump in the road only to come back for more.
- **DO** point out a good play made by your child.
- **DO** remember that players may exaggerate both when praised and when criticized.
- **DO** remember that smoking and drinking alcoholic beverages is absolutely prohibited at ALL tournaments and practices.
- **DO** sit back, relax, have fun, and cherish this time with your child!

## **Warrior's Charity Events**

The Warriors charity events include fundraising: Hope for the Holidays and the Westchester Homeless & Hungry. Participation is highly encouraged as a way for players and their family to give back and to show appreciation for their own good fortune.

# PLAYER INFORMATION

## Player Commitment

Warriors Volleyball Club is dedicated to improving the volleyball skills of each club player. This goal cannot be met unless each team member fulfills their commitment to attend all practices and tournaments on a consistent basis.

## Attendance and Consequences of Absence

Please take note that attending practice is a crucial part of your growth as an athlete and instrumental in building a strong team. Even in instances where there is no mandatory penalty for a missed practice, your absence will put you at a disadvantage compared to your teammates who were present and, therefore, could still impact your playing time. Poor attendance can impact the amount of playing time a player is given at a tournament.

## Playing Time

Playing time is based on Attendance, Attitude, and Ability; not necessarily in that order.

- **Attendance.** Players are expected to attend all practices and tournaments and arrive on time and ready to participate.
- **Attitude.** Players are expected to serve as a positive influence on the team and support their teammates. Players with a good attitude do:
  - Listen to their coach's instructions and show a willingness to learn
  - Work hard during each and every practice, as well as every game
  - Work as a team member and are prepared to play and maintain a positive outlook when they make a mistake or are taken out of the game.
- **Skill.** A player's skill level is another factor in their playing time. Note that a player's position routinely calls for being subbed in or out of the game for either the front or back row. This is part of the game, and in no way reflects any player's ability.

All team members will generally play at all tournaments (subject to consequences due to absence, attitude<refer to player code of conduct>, or unpaid club fees), but not equally. The coach's first responsibility is to the team as a whole, over any individual player. Players are not guaranteed a set amount play time as it is at the discretion of their coach. Players and NOT their parents should discuss any concerns regarding their time on the court directly to their coach. Volleyball matches deal with with rotations, a coach cannot determine how quickly or slowly rotations occur which can affect how long a player is on the court for.

## Practice Rules

- **Schedule.** The team practice schedule is set at the beginning of the season. On occasion it is necessary to make a change or emergency cancellation. All players are responsible for checking emails and the website to identify schedule changes.
- **Arrival and Departure.** Players are responsible for arriving 10-15 minutes prior to the start of practice and be ready on the court when practice is scheduled to begin.
- **Player Attire.** Players must wear athletic shorts, knee pads(optional), and athletic sneakers at all practices. Nonathletic street shoes are not to be wore during practice or tournaments. Team captains will generally decide which color shirts are to be worn at any specific practice and communicate that to the team. **No jewelry may be worn during practice or tournaments; regardless of USAV rules.**
- **Illness and Injury.** Players who are ill and/or contagious should not attend practice. Players who are injured but not contagious should attend practice even if their participation is limited. There is still much to be gained from watching practice and listening to the coach's instructions. Coaches should be notified immediately about a player's illness or injury. Any major injuries will require a doctor's note to return to full practice participation.

## Tournaments

### General Rules

- The team is responsible for cleaning up their bench area, scoring table after each match or work assignment, and camp area at the end of the day as appropriate. Please **DO NOT** leave any garbage behind as it negatively reflects the Warriors VBC and the host and/or facility can assess a fine to the club. If a fine is assessed to the club due to a team leaving trash or damaging property, the club will equally divide the cost of the fine amongst each member of that team.
- Bags are to be stacked neatly at bench areas or the team camping area, and neatly out to the way of participants or spectators.
- Players must behave appropriately and treat people with courtesy and respect at all times. This includes chaperones, drivers, officials, opponents, waiters, guides, etc. Be sure to always say "Thank you!" People will acknowledge your good behavior and form positive opinions of Warriors Volleyball Club. Set the example.
- Players must follow all instructions given by Directors and coaches. Remember, these people are on the trip to ensure you stay safe.
- **Players may only leave the team with the permission of their coach or club Director. Once you join the team you may not go alone or leave the facility with any parent, even your own, until the tournament is over or the team is dismissed. Your team coach or club Director must be notified and acknowledge that it is ok for that player to leave. Leaving without a coach/director acknowledge can result in loss of future playing time.**

- Check in with your coach upon arrival and before leaving the tournament. Players may not change who they are traveling home with unless their parent has spoken directly with the coach or director.
- Teams generally have to work the first match after losing in the play-off rounds. **ALL players on the team must stay until the team is finished** and the coach dismisses the team. Staying together until dismissal is a part of the commitment and team experience.
- Players are forbidden to possess or use alcoholic beverages.
- Players are forbidden to possess or use drugs other than those prescribed to them by a doctor.
- Players are forbidden to possess or use firearms or weapons of any kind.
- Players are forbidden to possess or use any tobacco products.
- Coaches are not allowed to give players any medication.

## **Injury, Illness, and Medication**

- Coaches at each game will have a first aid bag and medical release forms for each player. In the event that the parent or guardian is not in attendance, Warriors VBC and its representatives reserve the right to seek emergency care for the injured or ill player, including ambulance assistance or hospital care, as may be deemed necessary under the circumstances at the time.
- Warriors VBC is not responsible for any fees or bills that may be incurred during the instance that a Warriors staff member must call 911 or a medical professional to attend to the care of your child.
- Players taking medication are responsible for doing so when traveling, however, parents must inform the coach and the designated chaperone as to what medication the player is taking and how it is administered. Medication should be brought in its original labeled container.
- Coaches are not allowed to administer any medication to players
- Medications are not to be shared under any circumstances.
- Players who have inhalers **MUST** have it with them at all times, even if they don't expect they will need it.
- Players who are ill or "coming down with something" should not attend team activities as they may be contagious and their coach should be notified immediately.

## **Day Tournaments**

- Wear your spandex, jersey, socks, and team warm-ups
- Bring and pack your Warriors VBC team bag with **ALL** playing jerseys, knee pads, volleyball shoes, and anything necessary while at the tournament.
- **Pack your own healthy meals**, snacks and water. Most venues do not have food concessions, and if they do it is usually unhealthy and greasy.

- **DO NOT** bring candy, soda, cookies, or other sugary foods. They will drain you and players tend to “crash” towards the latter part of the day (i.e. playoffs)
- You must be dressed in your WVBC warm-ups upon entering and leaving the venue.

## **Travel Tournaments**

### **What to bring**

- Money for meals.
- Extra spending money (optional) for a t-shirt or other item. Please note that at many tournaments there are t-shirts, sweatshirts/pants, and various other volleyball-related stuff for sale. It is expensive and one shirt can cost at least \$25.00. Plan spending ahead of time.
- Toiletries and feminine hygiene products.
- All Uniform pieces, including all team jerseys and warm-ups. Please mark player’s uniform pieces with their name as these items can easily get mixed up.
- Casual clothes for each day.
- Homework. You will have downtime.
- Pack all non-volleyball related items in a suitcase separate from your duffle bag that you will bring to the venue each day.

### **What NOT to bring**

- Any expensive or heavy electronics. Expensive jewelry.
- Candy, cookies, soda, or sugary junk food.

### **Hotel Rules**

The hotel’s rules and policies will be strictly enforced and all players are expected to abide by them.

- Remember that there are other guests in the hotel. Do not slam doors and keep the noise level to a minimum. Do not group in the halls or block any areas in the lobby.
- Hotels are a public place and you are expected to dress appropriately in all public areas, including the halls.
- Any inappropriate behavior will result in immediate communication with your parents. This can lead to loss of future playing time (refer to player code of conduct).
- Players room with their parents unless a “team” room is setup by their parents. All parents of players in a “team” room must be in agreement to this.
- Players are strongly advised to be in bed at a reasonable hour to get enough rest and be prepared for the tournament.
- Teams are to meet in area designated by your coach each morning, ready to go.

- Travel to and from the venue will be arranged by the coach or director (i.e. carpool, taxies, uber, etc).
- Use garbage receptacles and keep your belongings neat and organized. We are guests in the hotel and want to be invited back again.
- **While in your room, observe the following:**
  - Keep your door locked at all times.
  - If someone is at the door, look and ask who it is before opening the door.
  - Conversations and laughter should be kept to a minimum so as not to disturb others.
  - Be aware of emergency information.
  - If you damage hotel property, your entire room is responsible for payment. The club is not responsible to pay for any items damaged in your room.
  - Keep all valuables in safe and secure place.
  
- **Male coaches are not permitted in any girl's room without another female adult present. Fathers, male siblings, and any other males are not permitted in a girl's room that is not their immediate family without a female adult present.**

## Player Sportsmanship

Warriors Volleyball Club promotes sportsmanship above all else. All players who choose to play with the club are asked to bring their best sporting behavior to the court and to abide by the Warrior code of conduct.

- **Good sportsmanship means:**
  - Treating all opponents with fairness, courtesy, and respect
  - Not reacting in a negative way to any situation or player regardless of the circumstance. Retaliation will be handled the same as instigating a conflict.
  - Enthusiastically sharing in the responsibilities of the team.
  - Following the coach's directions without argument or a bad attitude.
  - Offering encouragement and support to your teammates.
  - Giving feedback to the coach and teammates in a constructive way and receiving feedback with an open mind in turn.
  - Respecting the other team's efforts. If an opponent out-performs you, accept it, learn from it, offer no excuses and move on. If you or your team out-performs and opponent, enjoy the victory, but do not gloat, belittle, or minimize the opponent's effort.

- The following are behaviors which are **not permissible**:
  - Challenging the game officials by arguing about calls once the dispute is settled or questioning their ability to call a game.
  - Swearing at another player, coach, or official (or in general)
  - Intentionally pushing, shoving, or making physical contact with another player on or off the court.
  - Making comments to instigate an altercation with another player.
  - Pouting or making excuses when you make a mistake. Learn from it and continue to play.

**Warriors VBC will not tolerate players who cannot follow the code of conduct. These players will be swiftly suspended or removed from the club.** There will be absolutely no refunds of any kind given if a player is removed from a team and/or the club for a code of conduct violation.

## **Team Captains**

Each team will have a captain and or captains. Coaches decide how many and who to appoint. Team captains play a crucial role on the team and, in addition to their playing skills, take on numerous responsibilities, including:

- Attending any captains' meetings
- Relaying important information to the team
- Organizing team bonding activities
- Acting as a positive influence on the team both on and off the court, offering encouragement and support to ALL team members equally.
- Leading, both on and off the court!

Do not accept the role as a team captain if you are unsure that you can devote the extra time and energy to do the job well. There is no shame in saying it is not in your or the team's best interest for you to lead.

# PRACTICE FACILITIES

St. Theresa School- 300 Dalmeny Rd. in Briarcliff, NY, is the primary practice location for the Warriors Volleyball Club. We expect all players to comply with the following rules:

- Only plastic water bottles and sport bottles are permitted in the court area.
- No food is allowed in the court area.
- No gum or spitting is permitted on playing surfaces or on any surface.
- **NO SMOKING** is allowed in the facility.
- **NO ALCOHOL** is allowed in the facility. Players suspected of being under the influence of alcohol or any illegal substance will be removed immediately.
- **NO PETS** are allowed in the facility.
- Trash shall be placed in the containers provided for this purpose.
- The player's footwear must be NON-MARKING rubber-soled sports shoes and they must be kept off of the walls.
- No foul, abusive, racial language or inappropriate physical behavior will be tolerated. Any participant exhibiting such behaviors will be ordered to leave the facility and could be in violation of the code of conduct rules.
- Possession or use of any type of weapon is strictly prohibited.
- Conduct within the school gym should be in the spirit of good sportsmanship on the court. Players with poor sportsmanship may be asked to leave the facility immediately.
- Warriors VBC is not responsible for lost, stolen, or damaged property.
- Any person causing damage to the rented facilities shall be held accountable to reimburse WVBC, in full, for all repair/replacement expenses from such conduct.
- Any person injured during a WVBC sanctioned activity must file a report with a Director or coach within 24 hours of the incident.

