



Stars and Stripes Beach Volleyball Club

Summer 2021

Player/Parent Handbook

Mission Statement

Our goal is for Stars and Stripes Beach Volleyball athletes to develop their love of beach volleyball while focusing on their core skill development and decision making.

We challenge our athletes to grow as people and as players. Stars and Stripes aims to empower young athletes to become leaders on and off the court.

Our Commitment to You

We know that by participating in Stars and Stripes, you are making a significant commitment of your family's time, money and energy. We appreciate each and every one of our players and families who dedicate their resources to Stars and Stripes.

In return, we pledge to wholeheartedly use our best judgment in making decisions that use our time and funds in the best interest of the club and its players and families. We hope to cultivate a culture of respect, communication, and love of beach volleyball as our players train to reach their goals.

Contact Information

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Communication Expectations

- If there is an issue with a parent, player or policy, please contact the club to discuss a resolution.
- As much as appropriate, **the player**, instead of the parent, should bring up any issues.
- The club will not discuss other athletes or issues with parents/players who are not involved.
- Parents are encouraged to direct other parents who may have an issue with another parent, player or policy to the club staff.

Tryout Expectations

- All players must try out to be considered for the SAS program.
- At the club's discretion, alternate tryout arrangements may be made with a player on a case by case basis due to extenuating circumstances.
- Coaches will evaluate a player's skill level, athletic potential, coachability, attitude, and behavior when making selections for the team.
- A roster spot for Summer 2021 does not guarantee a roster spot for the year-round 2021-2022 team.

Practice Expectations

- **This team is designed for athletes to be at every practice in order to see the most progress as a player.**
 - We recognize that distance and other commitments can make attending every practice a challenge.
 - It is imperative that you RSVP YES or NO on the SportsEngine app by noon the day of practice (preferably earlier) so that we can adjust the practice plans and the number of coaches accordingly.
 - For example, if you know that you can never make a Tuesday practice, please go through the entire calendar and RSVP NO for each Tuesday so you don't have to worry about it each week. You can always change it later.
- **Work hard at every practice.**
 - Athletes are expected to respect the coaches and team by staying focused and on task during explanations, drills and game play.
 - Athletes who are unable to focus, are not engaged, are disruptive or are putting forth little effort will be removed from practice at the discretion of the coaches.
 - Limit your cell phone use during practice.
- **Players will be spread across the courts available according to skill level so that all athletes can be challenged.**
 - Players do have the ability to change courts with progress.
 - Athletes, not parents, are encouraged to ask the coaches what they can work on in order to move to the next court.
- SAS reserves the right to exclude a player from practice if the agreed upon payment schedule is not followed.
- Practice attire should consist of a tee/tank that covers the midriff when arms are down and full coverage shorts/spandex. Bathing suits/sports bras are not permitted at practice.
- Parents are welcome to stay during practices. Please refrain from interacting with your daughter and her teammates during practice.

Tournament Expectations

Stars and Stripes is proud of the reputation we have developed with tournament directors, club directors and college coaches across the country!

Our athletes and their families are friendly, supportive, and exhibit good sportsmanship when we compete. We expect to continue this tradition with the Summer 2021 athletes as we gain additional players.

- Parents and players will behave in a positive manner to their partners, opponents, officials/referees, coaches and tournament staff. The club will address any negative behavior with the player or parents, if necessary.
- Tournaments are optional and players are responsible for arranging their own partnerships.
 - Entry fees and travel costs are the responsibility of the player/family.
 - Families are free to make their own travel and lodging decisions for events.
- Be a great teammate when we are at tournaments.
 - Warm up with your teammates at the beginning of the day.
 - In between your matches, cheer on your teammates!
 - Stick around after you are done for the day to cheer on whoever is still playing.
 - Participate in the team activities outside of volleyball.

Coaching at Tournaments

- SAS coaches may be present at a tournament you compete in, however there is no guarantee of coaching at tournaments for Summer 2021 athletes.

Recruiting Expectations

- SAS is proud of our year-round athletes who have committed to play beach volleyball at the collegiate level!
- Consider trying out for the year-round team if you are interested in recruiting guidance and using the Connect Beach Volleyball platform to house your profile, videos and messages to college coaches!

Player Responsibilities

- Academic work is important. You are a student-athlete. If you are in the recruiting process, your grades do matter.
- Remember all your social media is public and permanent. There is always a way for other players, parents, school officials, SAS coaches, college admissions officers, college coaches and future employers to see your social media interactions regardless of the settings on your account. **Do not post anything** you would not want any of these people to see.
- All communication between players and coaches via text/social media should be volleyball related at all times.
- Exhibit self control with foul language.
- There will be zero tolerance for drug and alcohol use.
- Stay positive about your club and your teammates.
- Display good sportsmanship - win and lose with grace, play hard, have fun, show respect for opponents, coaches, parents, and referees - even when you disagree with them.

Parent Responsibilities

- Encourage your child to talk with the coaches/staff if they have an issue This will foster independence and develop a sense of responsibility.
- If your player says something negative about the club, coaches, or other players, replace it with a positive perspective. Parents' attitudes toward all aspects of the program are often reflected in the player's attitude.
- Respect our coaches' time. They may need to leave right after practice, so if you need to speak to a coach, ask them if they have the time and respect their answer. They also may direct you to another SAS staff person who might be better suited to discuss your specific question.
- Display appropriate behavior during tournaments. Don't be 'that parent' - you are an example for your daughter. Cheer positively for SAS players, avoid coaching from the sidelines (it's not allowed in beach volleyball anyway), and leave the referees alone (even if they mess up the score or a call).
- Make an effort to be part of the SAS volleyball family.
- Help your daughter navigate the natural difficulties of being a teammate/human -
 - Celebrate successes
 - Learn from losses
 - Achieve mental toughness
 - Cooperate with other players
 - Apply positive and constructive feedback
 - Be a good partner in victory and in defeat
 - Deal with the different personalities that coaches and players have
 - Promote independence and instill responsibility