

SNAKE RIVER JUNIORS VOLLEYBALL CLUB



2016-17 Parent/Player Handbook

Introduction

Snake River Juniors is a member of the Evergreen Region Volleyball Association. The club is managed by a volunteer Board of Directors. This player/parent handbook is designed to educate you about our club, our coaching philosophy and how to be successful within Snake River Juniors (SRJ).

Philosophy

Snake River Juniors Volleyball Club supports the idea that participation in any sport is good for the physical, mental and social development of young people. Thus, we will not encourage our players to give up another sport in order to play volleyball. We feel strongly that it should be up to players and their parents to choose the sports and activities in which an individual should be involved and we will not interfere with those choices. However, we do require a high level of commitment to the club and your team. Conflicts will, no doubt, occur for multi-sport/activity athletes, but we will stay flexible and help out as much as possible to make your daughter's overall experience successful. We encourage the use of time management skills in order to schedule school, volleyball, and other activities. The Snake River Juniors Volleyball Club philosophy regarding player growth and development is simple; **one must play to improve.**

Mission Statement

Snake River Juniors Volleyball Club is committed to providing opportunities for young athletes at all levels of development to engage in quality, competitive athletic experiences. Snake River Juniors Volleyball Club is dedicated to the idea that any athlete, regardless of size or skill level, who wants to participate in the USAV Junior Volleyball Program, should be given that opportunity. A competitive athletic experience can instill a good work ethic, enhance social development, contribute to mental and physical health, and teach values of personal responsibility, self-discipline, self-motivation, and teamwork. The mission of Snake River Juniors Volleyball Club (SRJ) is to foster the growth and development of youth volleyball in and around the Lewis-Clark valley. The goals of SRJ are to:

1. Introduce volleyball to youth in order to develop interest, enjoyment and skills;
2. Provide technical, cognitive, and social training supplemental to school athletic programs;
3. Promote the advancement of highly skilled players who have the desire and potential to play volleyball at the collegiate level.

Board of Directors

The nominated and elected volunteer Board of Directors directs and oversees all activities within Snake River Juniors Volleyball Club. Board positions and members for the 2016-2017 season are as follows:

LaToya Harris – Club Director

Michael Collins - President

Samantha Skinner – Vice-president/Chaperone Coordinator

Christina Metcalf – Treasurer

Pam Snyder – Secretary

Kelly Harwick – Coaching Coordinator

Sage Stoddard – Facilities Coordinator

Janell Teichmer – Communications Coordinator/Webmaster

Adam Van Vogt – Tournament Director

Melissa Thompson – Uniforms/Apparel Coordinator

Pre-season

Information Sessions

Snake River Juniors offers two meeting nights in the fall (typically in October) prior to club tryouts where parents can come to hear information about the club, try-outs and the upcoming season. The meeting dates, times and location will be provided in handouts distributed to area schools and volleyball coaches and will also be posted on our club web-site, club Facebook, and in the local newspaper.

Tryouts

Snake River Juniors will hold open tryouts each year to select players for our U12-U18 teams. Our tryouts will comply with Evergreen Region policies that include player pre-registration, tryout date guidelines, and tryout fees. Each year brings different players along with restrictions on the number of teams that Snake River Juniors Volleyball Club can support based on gym space and coaching availability.

Tryout Preparation:

- Download and fill out all the needed paperwork before you come to the tryout. Print the tryout form which contains the state required head injury consent information (concussion form). These forms are available in the FORMS section of www.evergreenregion.org and also on the SRJ website.
- Pre-register for a tryout period membership. The tryout membership fee is payable online through Webpoint at www.evergreenregion.org.
- Be sure to get there early. Thirty minutes before the scheduled start time is best.
- Great effort turns heads and is remembered. Avoid being tentative in your play but know the difference between being aggressive and playing recklessly.
- Let the lead tryout coach know if you are trying out while injured or have to leave early for whatever reason.
- Talk to us before or after tryouts if you have any questions. We value the opportunity to answer your questions.

Playing Up:

Younger players may try out for an older division. Players wishing to be considered for an older division will need to attend the tryout session for their age group as well as the tryout session for the older age group.

Following tryouts it will be at the discretion of the lead tryout coach to determine if a player is able to play for an older team than their natural age group. Players need to demonstrate the following during tryouts in order to be considered for an older team than their natural age group:

- Superior skill level
- High "volleyball IQ"
- Physical and mental maturity

Other try out factors will also be considered such as the bigger picture based on numbers of players, teams, etc.

Age Group Classifications:

U12 & Under: Will turn 12 (or under) on or after September 1 of this year

U13: Will turn 13 before next September 1

U14: Will turn 14 before next September 1

U15: Will turn 15 before next September 1

U16: Will turn 16 before next September 1

U17: Will turn 17 before next September 1

U18: Will turn 18 before next September 1

The Selection Process:

Teams will consist of a minimum of 10 and no more than 12 athletes. We will have multiple coaches evaluating players during our tryouts. Each year during tryouts we consider every athlete as a prospective player of Snake River Juniors Volleyball Club. Returning Snake River Juniors Volleyball Club players will be expected to tryout and will be evaluated on the same scale as all tryout participants. We will evaluate as best as we can during the duration of the tryout. Selection will be based upon the following criteria:

- A player's performance during the tryout - skill level, effort, competitiveness and interaction with other athletes and coaches.
- A player's athletic potential
- A player's ability to receive feedback for improvement – "coachability"
- Evaluations of players during the past club season, camps or the current high school season
- Being in good standing with the Snake River Juniors Volleyball Club and USA Volleyball
- Children of board members and coaches are treated no differently than other players

Notification and Commitment Meetings:

Team rosters will be posted on the Snake River Juniors website 24 to 48 hours after tryouts have been completed. Player commitment to the team will be formalized on the scheduled commitment day by players attending a commitment meeting, paying initial club fees, meeting their assigned team and coach, and completing USAV membership registration indicating Snake River Juniors as the selected Club for the 2015-16 season.

Location and times will be posted on the club website. We have several tasks that need to be completed during this meeting as listed below.

- Complete and turn in paperwork which includes:
 - USAV Medical History and Release Form
 - USAV Letter of Intent
 - USAV Parent/Spectator Code of Conduct Form
 - Parent Code of Conduct Form
 - Player Code of Conduct Form
- Payment of full team fee or 1st half deposit.
- Sizing of player equipment
- Meeting with your team's head coach

Movement between Rosters:

Occasionally we might move an athlete from one team to another as needed to complete a roster. We will not move an athlete from or to another team until we have discussed the move with the head coach, athlete, and the parents.

Multi-Sport Athletes:

Snake River Juniors Volleyball Club accommodates athletes who choose to play additional sports or participate in additional activities. These accommodations do not go without appropriate consequences. We encourage players to communicate early and often with their head coach regarding missing practices or tournaments. Consequences will be addressed case by case. No two players are the same and no two cases are the same.

Scorekeeper Clinic

Every player and coach is required to attend a score keeping clinic. Snake River Juniors will host a scorekeeper clinic in January. Date, location, and times will be posted on the club website. The clinic is free for players or adult chaperones that wish to attend. If players are not able to attend the scheduled club clinic then they need to contact the club director to find out information on make-up clinic options. Players will not be put on a roster until they have attended a scorekeeper clinic.

In-season

Practice

Snake River Juniors team practices will start in February after the completion of high school basketball seasons and as soon as the club is given the green light for use of the school gymnasiums. Team practices are usually 2 nights a week and 2 hours in length, typically Monday-Wednesday or Tuesday-Thursday. Additional practices may be scheduled in preparation for major tournaments. There are times when our practice schedule will change based on school events. The club will make every attempt to reschedule gym time during that week rather than losing a practice. It is important to remember that school activities and events will always take precedence over anything else when it comes to gym time.

Standards of Conduct

There is a lot more expected of our players than just their volleyball skills. Players are expected to participate in all practices as scheduled. Failure to do so may result in less playing time. It is the player's responsibility to notify their coach if they cannot attend a practice. Players are expected to sign up for the full season and to make all tournaments. Players are expected to consistently work on their own to raise the levels of their physical condition. All players will sign a code of conduct form as part of their membership with USA Volleyball. The following standards must be observed for one to continue as an active member of Snake River Juniors Volleyball Club; violation of standards marked with (*) mean suspension or dismissal from Snake River Juniors:

1. *Alcohol and drugs including marijuana are prohibited at all times.
2. *Smoking is prohibited.
3. *As a representative of Snake River Juniors Volleyball Club player's actions and behavior should always be such as to reflect positively on the player, their team, and Snake River Juniors Volleyball Club.
4. Players must be on time for all team commitments. Early is best.
5. Players must call their team coach when they are going to be late or absent from a practice or tournament.
6. All players are expected to pursue all physical conditioning activities and drills unless excused by a doctor or the coach.
7. Players must report all physical injuries or illness to their head coach immediately.
8. Players prohibited from supervised practice are expected to actively pursue physical conditioning and skill improvement on their own.
9. All equipment must be properly cared for, keeping in mind that the equipment is the property of the host school. Players are expected to help set up and take down equipment at each practice. Players are also to assist in accounting for volleyballs.
10. All players must abide by the rules established for practice and tournament facilities, both locally and in other cities.
11. Players are expected to help as requested during Snake River Juniors Volleyball Club hosted tournaments and are not excused after any tournament until released by the tournament director and coach.
12. Each player will keep their coach informed of their presence at tournaments.
13. Each player is expected to treat all other players, teammates, coaches, referees and fans with courtesy and respect.
14. If players are involved in a dispute, they must immediately work out problems between them. If they are unable to resolve their problem immediately, they must meet with the coaches until their problems are resolved. Problems between players must never be left unresolved.

Practice Rules:

Our focus with practice is to create a safe and eager learning environment. To achieve that, certain rules are required by all teams as detailed below:

- Every practice is important. It is expected that each player will exercise good time management skills so that scheduling conflicts are kept to a minimum.
- All athletes are expected to make every effort to attend practice. If a player must miss a practice, a telephone call or text (not email) to their head coach is expected at least 4 hours before practice. Only after attempting and failing to reach your head coach, can a player contact a teammate to relay the message to the head coach. Advanced notice is expected if the missed practice is due to vacation, school function or another event scheduled in advance.
- Missing practice may result in loss of playtime based upon whether the absence was excused and the expectations set up by the coach at the parent meeting.
- Excused absences are for family or school events in which the player cannot control the scheduling of that event (concerts, plays or games).
- Players who can only attend a half hour or 45 minutes of a practice because of another event should still come to practice. It is much better to get some practice time rather than miss the whole practice.
- Injured athletes who can attend school are expected to attend practice to support their team and be available to help where they can, even if they cannot physically participate in practice. Players with fever or stomach flu (diarrhea and/or vomiting) should not come to practice.
- Scheduled practice time is start time. Please arrive early enough to be dressed and completely ready for practice by start time. This usually requires arriving not less than 15 minutes before start time.
- All practices are open and parents are welcome to observe practices at any time. Parents may not coach or offer instruction to their daughter or another team member at any time during practice. Parents are not permitted on the court unless requested by the coaching staff.
- There should be no jewelry worn at practice. Please leave your jewelry at home.
- Players are required to take proper care of practice equipment, keeping in mind that the equipment is the property of the host school.

Playing Time

Playing time, for many players and parents, is a central concern that can distract from our focus on the team's success and can often create divisions within the team. Snake River Juniors has a playing time philosophy that progresses by age and skill level for each team. Playing time is very important to us. It is important to apply the skills and fundamentals taught in practice in match situations. Only then can a coach and player truly realize which skills the player is proficient at and which skills require more training. Your club membership fees go toward practice time and instruction by qualified, experienced coaches NOT playing time in tournaments. We will guarantee a "fair" amount of playing time for every player, not an "equal" amount. More playing time is earned by being at practice and working hard to improve, as well as executing skills when given the opportunity to play. In any case, every player will have an equal opportunity to COMPETE for playtime within their position during practice and at tournaments. A player's time will be affected by any of the following:

- A player's practice attendance, practice intensity, and practice productivity
- A player's ability to perform at the necessary level for a skill or position
- How a player's attitude adds to or detracts from the chemistry or performance of the team
- A player's past performance during the tournament or the last week of practice
- A player's effort and work ethic
- The importance of the match
- The needs of the team in the present as well as later in the season
- Not being in good standing with respect to team fees

Some generalizations can be made with regards to playtime issues.

- It is our goal that all players have some on-court role every tournament. There may be exceptions with players recovering from injuries, problems with adherence to team rules/policies or when teams are trying to win a bid/move to the gold bracket of tournament play in a multi-day tournament.

- Playtime is generally more equal at the younger age groups (Youth, 12s and 13s).
- Playtime will vary by position with some positions playing all the way around the court and some playing only front or back row.
- Playtime is more equal during pool play than in tournament play.
- Playtime may be more equal earlier in the season as coaches are exploring different lineups and identifying starters.
- Playtime may be more equal in one-day local tournaments compared to multi-day tournaments, qualifiers or Regional tournaments.
- Position and time on court are determined by the needs of her current club team, not her history from past seasons or the current needs of her school team.

All playing time is decided by the coaches and is not negotiable. Coaches have the right to play whomever they think is best suited for a position and who helps contribute to the team's development and success. Here are some suggestions on how to talk with your coaches about playing time.

- Avoid language that is demanding or accusatory. Instead ask, "What can I do to play more..."
- Avoid seeking to talk to your coach when you are emotional. We seek to utilize the 24-hour rule if at all possible.
- Parents may participate in the conversation with the coach but the player should always be present when discussing playtime issues.
- We will not discuss other players on the team but will focus on what you, the player, need to do to have opportunities to play more.
- While email or a phone call can start a discussion we prefer that all playtime discussion to be in-person with the coach and the player and scheduled before or after practice.

Tournaments

Most tournaments that Snake River Juniors teams enter take one day, either a Saturday or a Sunday. The typical one-day tournament schedule starts at 8:00 AM with pool play consisting of three or four matches followed by bracket play in the afternoon. A few tournaments (Pacific Northwest Qualifier, Yakima Jamboree, and Emerald City Classic) involve two days of pool play, followed by single elimination bracket play.

Parent Guidelines:

- We strongly recommend that players get a nutritious meal and have a 10:00PM curfew the night before a tournament.
- Parents are responsible for the transportation of their daughter to and from tournaments. Snake River Juniors recommends that athletes do not drive themselves to and from tournaments. Car-pooling can be arranged with other teammates and is encouraged. Please be considerate and either arrange a ride exchange or contribute toward the cost of gas. Please inform coaches of ride arrangements for tournaments.
- Many gyms prohibit food or drink other than water in the court areas. Teams may be penalized by the tournament site director if parents or team supporters ignore this rule.

Player Rules:

- If a player knows that she will miss a tournament, be late or have to leave early from a tournament it is her and her parent's responsibility to notify the coach as soon as a conflict is identified.
- All athletes are required to be in the gym, ready to warm-up, at the scheduled start time set up by their head coach. Usually this will be when the gym opens, one hour prior to the start of the first match.
- Players are expected to avoid displaying negative emotions during matches. Arguing with the officials will not be tolerated.
- All athletes are required to stay at the tournament until the team has been released by one of the coaches. We play as a team, and we will leave the event as a team.

Officiating:

All USAV tournaments are at least partially self-officiated. Officiating at tournaments is the shared responsibility of the entire team, including coaches. All players are required to help with the line judging, scorekeeping, score flipping, and down officiating.

- The coach may rotate officiating responsibilities but will often only use the most experienced scorekeepers.
- No headsets or cell phones are to be used during officiating assignments. This also includes cell phones at the scorekeeper's table.

Team Area & Cooler:

Upon arrival, the team will identify a team area where the girls can leave their bags and hang out between playing and officiating. The area may be a room, table or simply a spot in a hallway. Either way, the team area represents our club and should be kept neat and organized at all times. Most girls will bring some type of blanket and/or pillow, homework, a book, an mp3 player or other items to help pass the time between matches. Remember, the team area is not secure and valuables should be left at your own risk. Also, be sure to properly dispose of any trash and leave the area as we found it when the tournament is over.

Most tournaments do not offer concessions. Snake River Juniors Volleyball teams may organize a team cooler with items assigned for each player to bring to that tournament. The food will be kept in the team area and everyone associated with the team will be welcome to use the team cooler.

Post-Season Play:

Teams may attend tournaments beyond the regular season schedule based upon consensus of parents and players. The actual costs attributed to a more extensive season would then be divided among those involved and would be in addition to regular club dues.

Snake River Volleyball Tournament

Snake River Juniors Volleyball Club hosts the Snake River Classic Tournament in early March each year. This tournament helps support the club. Families have two responsibilities for this tournament:

1. Players and families are expected to help set up for the tournament.
2. Snake River Juniors teams must stay to the end of the tournament day. After their last match our teams will assist where needed with officiating for out of town teams and will also help clean up.

Travel

Snake River Juniors travel policy places the responsibility of most aspects of travel to tournaments and supervision of athletes on their parents. Parents are responsible for all costs for travel and meals for themselves as well as their daughter.

Chaperones:

The chaperone position is required for all USAV teams and they are listed on the team roster. The chaperone must attend the coaches meeting at the beginning of the tournament and those persons are responsible for our players' behavior when the coaches are not present at the team cooler area. Snake River Juniors does not task chaperones to be responsible for player travel to tournament sites or for player behavior while at hotels nor are chaperone travel expenses covered by the club. Chaperones are now also required to sit at the scoring table when the team is scheduled to handle referee and scoring duties.

Hotel Policies:

- Our policy is that players will stay with their parents when traveling requires the team to stay in a hotel. If a player will not have a parent at the tournament then the parent should make arrangements with another female parent or guardian on the team to stay with that family. In no case will a player stay in a room by herself.

- While not a requirement, we prefer to have the team stay together in the same hotel if a family will be using a hotel. If that family has friends or other family in in that community they can stay with them if they desire to do so.
- All players are expected to be in their rooms and in bed at curfew. Unless a coach has designated a specific time, the default curfew will be 10:00 pm.
- Though your hotel is your temporary home, it is also the temporary home of many others. You must respect the needs of others by keeping your voice down throughout the hotel.
- No boys, who are not relatives, are allowed in your hotel room at any point, for any reason.
- Athletes may not leave the hotel area at any time without permission from their parent or the parent that they are staying with. Athletes should never be alone. Use the buddy system.
- An athlete found in violation of the USAV Code of Conduct (use of drugs/alcohol or possession of weapons) will be sent home immediately at the expense of the parent or guardian.
- An athlete who damages any property at a hotel or lodging will be personally responsible for damages.

Driving Policies:

- As a general rule, players who are 17 years or older may drive to tournaments in the immediate valley area. Outside of these areas, players are required to be driven by a parent or guardian. We do realize that this is not always possible and communication with the head coach is required for exceptions to this rule.
- At no time may a player ride with a coach of the opposite sex unless traveling with the team or a portion of the team and with another adult.

Finances

Team Fees & Billing

Team Fee:

Team fees vary within the club and compared to other clubs based on team level and the tournament schedule for that team. Your daughter's team fee includes:

- Admin/Director Fee – covers registration for staff, equipment, website, tax preparation, etc.
- Coaching Fee – covers coaching stipends for head and assistant coaches.
- Gym Fee – covers costs for practice gym (when needed)
- Travel – covers hotel, and fuel stipend for coaching staff (not for players).
- Uniform –jerseys

Your daughter's team fee does not include the following expenses:

- Any travel expenses or meals for players
- Team cooler expenses
- USAV membership for players
- Apparel or accessories such as spandex, kneepads, shoes, or socks

Fees for the 2016 club season are as follows:

- All U12 teams will have a base fee of \$275.00 covering 4 tournaments
- All 1's teams (U14, U16, U18) will have a base fee of \$450.00 covering 6 tournaments
- All 2's teams (U14, U16, U18) will have a base fee of \$350.00 covering 5 tournaments
- All 3's teams (U14, U16, U18) will have a base fee of \$300.00 covering 4 tournaments
- The costs for a team to attend any additional tournaments beyond the covered number of tournaments will be based on the total costs for that tournament (including tournament entry fees, coaching fees, coach's mileage expense and hotel expense) divided by the total number of players on that team. These cost will be in addition to the set club fees and billed separately. The players and parents will be required to sign a statement committing to the additional tournaments and the charges for those tournaments.

Billing and Payment Policies:

- **Responsible Party** - The parent or guardian who signs the participation agreement and the USAV Letter of Intent is liable for any and all fees, dues, and charges for goods and services incurred by the participant. By signing the agreement, the responsible party accepts liability and agrees to be bound by the terms of the agreement. The agreements for all sibling participants, regardless of which parent or guardian signs as the responsible party, will be treated as one account for the purposes of this liability.
- **Late Fees or Returned Item Fees** - A \$30.00 late fee will be assessed to any account if the payment is not received within 15 days of the stated due date. In the event a check or credit card draft used to pay fees is returned to Snake River Juniors Volleyball Club or refused for payment regardless of the reason for refusal, a \$30.00 service fee will be assessed to the participant's account and a cashier's check or money order will be required for all further payments.
- **Refunds** – If the participant becomes disabled or so severely injured while playing or practicing with the club that she cannot practice or compete for more than 2 months then a refund will be given. The responsible party will still be required to pay all incurred costs prior to injury to include USAV membership and uniforms. The club will return any unused portion of prepaid fees to the responsible party within 10 business days.
- **Statements** - Participants will receive email statements of amounts payable for fees and services used by the participant.
- **Payments** – Accounts may be paid by credit card, check, money order or certified funds. Checks should be made out to Snake River Juniors. Please write the players name in the memo line on any checks. Under no circumstances should payments be given to coaches. Cash should never be mailed.

Payments should be mailed to the club treasurer:
Snake River Juniors Volleyball Club
350 Reservoir Drive
Lewiston, ID 83501

Payments made with a credit card will incur a 4% transaction fee to cover the processing charged to Snake River Juniors Volleyball Club.

Payment Schedule

- The first ½ of the club fee is due and collected at commitment night held in November.
- The second ½ of the club fee is due and collected at the mandatory rules and scoring clinic in January/February.
- Payment arrangements can be made with the treasurer but all fees must be paid in full prior to the first tournament.
- Fees not paid in full prior to the first tournament will result in the player not being eligible to participate in any tournaments until the fees are paid.

General Information

Supplemental Insurance Coverage

As part of their individual membership fees, all players are covered by a supplemental insurance policy that is carried by USA Volleyball. This is a liability policy that covers all club activities and injuries that may occur during an event. An event can be either practice or a tournament. The policy also insures players against any loss that may be incurred while traveling to or from an event. Please note that this a

supplemental policy and all Snake River Juniors participants are required by USA Volleyball to carry individual health insurance to participate.

Website

Our club website (www.srjvolleyball.com) has a lot of information and resources. Important club information will always be posted on the website and contact information is listed for the various board members. Parents will be asked to sign a release to post player names and pictures on the club website and Facebook page.

Facebook

The club has an official Facebook page that athletes and their parents can “like” or “friend” for information and updates on team related matters, photos, area volleyball information and other pertinent information.

Club Communications

- The primary way that you will receive communication from your coach or the club director will be through email. If a last minute change occurs with a practice or with a tournament we will try to text out that information or use our chaperones to call parents directly.
- It is critical that you provide the club with all email addresses where you want information sent as well as cell phone numbers for both parents and the player. If changes occur, please inform the club communications coordinator.
- Parents and players are expected to communicate with coaches by text about anything occurring within 4 hours. We also recommend following up any important verbal notifications with an email as a confirmation and reminder.
- All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Volleyball Code of Conduct regarding athlete protection.

Grievance Policies

- SRJ coaches should not be considered unapproachable. They are very willing to listen to a player’s concern and try to arrive at a mutual solution. Until the coach is made aware of the concern nothing at all can be done to alleviate it.
- Please don’t let problems fester as it only makes things worse for everyone in trying to resolve issues. There is little that can be done to rectify a situation that is not brought to our attention until the end of the season. It is much better to have open lines of communication about problems as soon as they arise.
- **Procedure steps** - If you as a parent, or your athlete as a participant on a Snake River Juniors team, have concerns about Snake River Juniors Volleyball policies or actions here are the procedures to follow:
 1. The athlete should talk to the coach about the matter. It is understood that younger ages may sometimes need the parent to be the first contact with the coach.
 2. The parent should talk to the coach.
 3. The parent should talk to the Club Director.
 4. The parent may request, in writing, that the Snake River Juniors board review the matter. The board may, at its sole discretion, review or refuse to review the matter. The board will not review coaching decisions, training regimes or skill development.

