



Volleyball Cape Breton (VCB) Parents Guide and Contract

The role that parents play in the life of a volleyball player has tremendous impact on their experiences. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us at anytime.

1. Please let the coaches' coach:

Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for her and her performance usually will suffer.

2. Support the program:

Get involved, please volunteer. Help out with fund-raisers, car-pool, anything to support the program. The program represents our organisation and we promote teamwork and unity in all aspects of the club.

3. Be your children's best fan:

Support your child unconditionally. Do not withdraw approval when your child performs poorly. Your child should never have to perform to win your approval.

4. Support and root for all players on the team:

Foster teamwork. Your child's team-mates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn from the performance of their team-mates.

5. Encourage your child to talk with the coaches:

If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming an elite player. By handling the off-court tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.

6. Understand and display appropriate game behaviour:

Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of her abilities, a player needs to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If she starts focussing on what she cannot control (the

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condition of the court, the referee, the opponent, even the outcome of the game at times), she will not play up to her ability. If she hears a lot of people telling her what to do, or yelling at the referee, it diverts her attention away from the task at hand.

7. Monitor your child's stress level at home:

Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life. There is a thing as too much. Academics come first for our program, volleyball is second. If they participate in other sports burn-out can occur and this will affect all aspects of their lives. If your child exhibits general disinterest or a lack of motivation, please discuss this with the coaching staff immediately. Your child's best interest and well being is our main priority.

8. Monitor eating and sleeping habits:

Be sure your child is eating the proper foods and getting adequate rest and hydration.

9. Realities test:

If your child has come off the court when her team has lost, but she has played her best, help her to see this as a "win." Remind her that she is to focus on "process" and not "results." Her fun and satisfaction should be derived from "striving to win." Conversely, she should be as satisfied from success that occurs despite inadequate preparation and performance.

10. Keep volleyball in its proper perspective:

Volleyball should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive volleyball days are over. Keep your goals and needs separate from your child's experience.

11. Be On time:

It is important that your daughter arrives to practice at least 20 to 30 minutes early for practices at the coaches request to help with setup and maximization of precious court time.

12. Have fun:

That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging.

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PARENTS CODE OF CONDUCT

Through submitting the membership application for my child, I have accepted the Terms and Conditions of membership whether I have read them or not, and I am therefore subjected to the Association's rules, and to the rules and regulations of the organizations to which VCB belongs.

- I will be responsible for my child at every practice and game. VCB is not responsible for unsupervised players.
- My child plays volleyball for her benefit, not mine.
- I will not give instructions to players -- that is the coach's role.
- I will never question the referee's judgment, integrity or honesty.
- I will support all efforts to eliminate verbal and physical abuse from the game of volleyball.
- If I am upset about something, I will wait **48hrs** before discussing the issue with the team coach and will do so in a private and constructive manner.
- I will not approach the team Coach prior to or during a session
- I will show respect for all players, all coaches, all officials and all spectators at all times
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game.
- I will never take part in a practice, game or team event while under the influence of drugs and/or alcohol.
- I will make my child feel like a winner by offering praise for competing fairly and doing their best.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Children learn by example. I will applaud good plays by both my child's team and their opponents.

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- I will make sure that my child arrives for practices and games at the time designated by the coach, ready to begin.
- I will not take part in any form of bullying, whether that be to a parent, player, team coach, referee or VCB representative. Bullying in any form, whether in person, electronically (any form of social media) will not be tolerated.
- I realize that the team can be penalized for my behaviour. I will obey a request by a referee or from the team's Coach to leave the vicinity of the court.
- I realize that failure to abide by the Code of Conduct may result in my removal of myself, and potentially my child, from the vicinity of the playing court and potentially further sanctions by the club.

DISCIPLINE

Infractions that occur during the game are governed by the Volleyball Canada (VC) Rules of the Game and will be decided by the referee. There may also be further action by the VCB discipline committee and Volleyball Nova Scotia (VNS). Certain serious infractions may result in a discipline hearing convened by the Volleyball Cape Breton and or VNS and could lead to a worldwide suspension from volleyball, and/or a fine being levied by the VNS or VCB. Payment of the fine is my responsibility.

I am responsible for reimbursing the Club for any fines payable by the Club due to my actions or inactions. CONSEQUENCES If for any reason the Code of Conduct is not followed by the parent(s), any [one or more] of the following steps may be taken by VCB:

- Removal from VCB social network pages
- Request the parent not attend team events
- Remove the player from the team

*Volleyball Cape Breton will not tolerate the denigration or abuse of any of our coaches, athletes or officials. Failure of a parent to abide by the above noted rules and guidelines may result in that **parent's** child being no longer welcome with Volleyball Cape Breton.*

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Volleyball Cape Breton Parents Contract

(Please sign and return to team Coach)

Childs Name: _____ Team Name: _____

Parent's Names: _____

Signatures: _____

Date: _____

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