



# NORTHERN FAUQUIER VOLLEYBALL CLUB

## 2018 - 2019 Club Handbook

### **Club Philosophy:**

We believe in positive coaching to instill and develop confidence, leadership, teamwork and sportsmanship in every one of our athlete's, both on the volleyball court and in life's court.

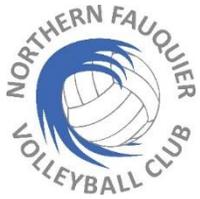
We focus on praising our players for everything from hard work at practice to being true team players, leaders and for their successes. We focus heavily on building up their confidences through positive reinforcement instead of intimidation as a means of motivation.

We provide the best opportunity for our athletes who love the game of volleyball and wish to excel on the court, and prepare them for an ultimate goal of competing at the collegiate level.

We focus on developing fundamental and technical volleyball skills to maximize individual talents, instructing smart decision-making and tournament game strategies, complementing the teams' specific abilities, and forming the most competitive team they can be.

We foster an environment in which our athletes receive positive instruction, experience challenging competition, and learn valuable life skills, including commitment, collaboration, adaptability, interpersonal communication, leadership, individual and team contributions, and sportsmanship--all of which will help them beyond the volleyball court.

Sportsmanship and integrity are required above all else – respect for themselves, their teammates, parents and coaches, their opponents and referees – ALWAYS!



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### **Coach's Responsibilities:**

- To promote exceptional sportsmanlike behavior, inside and outside of the gym
- To act as a positive role model for players both on and off the court
- To balance hard work, fun, and discipline
- To provide a positive and trusting environment for all players
- To teach proper technique, develop and expand athletic skills to all players
- To teach and apply proper game strategies
- To communicate clearly, to each player, her role on the team
- To prepare players for any and all situations that might occur when playing in a match
- To motivate players to compete at a high level due to strong work ethic and responsibility to their teammates

### **Expectations, Rules & Responsibilities:**

As a member of the club, it is critical to understand that you represent yourself and the club, coach, family, and the Northern Fauquier Volleyball Club community at all times. Whether you are on or off the court, we expect all players to maintain a positive image that reflects highly on all of the activities and responsibilities described in our handbook.

### **Player Expectations:**

We expect a high level of commitment from our athletes – to themselves and to the team. We seek athletes who have the desire and dedication to put in the time and effort necessary to be the best volleyball player they can be, and consequently, the best their team can be.

- To attend all practices and tournaments as much as possible. Players must be present to learn correct form, learn their team's system, and build team chemistry and cohesion. We understand players may have occasional outside obligations, and we will work with you on those.
- If a player will miss practice or a game, either the player or parent must notify the coach as far in advance as possible.
- Be a team player; the team comes first, always and no matter what.
- Have a positive attitude at all times; encourage and support your teammates to the best of your ability whether you are on the court or on the sidelines.
- Demonstrate strong club/team spirit and pride.
- Be a leader on and off the court.
- Stay focused, mindful, and display a strong work ethic at every practice and tournament.
- Always show respect to all teammates, parents, coaches, opponents and officials.
- Do not provide, use, or condone the use of tobacco products, vaping, alcoholic beverages, or recreational drugs. The use of any illegal substance at any NFVBC event will not be tolerated.
- Clean up after yourself (gyms, hotels, restaurants, schools, etc.)
- Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team successes.



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### **Practice Rules:**

- Players should be at practice at least 15 minutes early so they have time to change, put on braces/shoes/kneepads, and be ready by the time practice is scheduled to start.
- Come to practice mentally prepared and leave all else at the front door.
- If a player is going to miss a practice, they or their parent must inform their coach directly. Telling a teammate to tell the coach is not an acceptable method of communication.
- No walking - run or jog everywhere!
- Focus on the techniques and your effort to improve during every drill. Don't just go through the motions.
- Do not speak or distract teammates while the coach is communicating with the team or drills are being run. Socialize during breaks.
- Practice the way you want to play at tournaments. All of your habits and foundations for your play are created during practice.

### **Tournament Rules:**

- Check in with coaches before leaving the playing facility, hotel, lobby, pool, etc. Players must always travel or be accompanied by at least one or more teammates.
- Abide by all rules set by the coaches or chaperones at all times.
- Local tournaments: Tournaments can last an entire day, and players are expected to stay for the duration of the tournament, until every player on the team can leave. If the team has to stay and work a match after finishing the last match of the day, then all players must stay, including the ones who are not scheduled to work. No player is allowed to leave until the coaches dismiss the team at the end of the tournament.
- Overnight tournaments: Players are expected to check into the hotel the night before the first day of a travel tournament if the start time for her team is in the morning of the following day. The player's hotel cost is included in the fees. All players will be rooming together on overnight tournaments and room assignments will be made by the coaches. Each team will be assigned a curfew on overnight tournaments. Players are expected to respect their teammates' room space, belongings, sleeping arrangements and lights-out time. Failure to follow the above and abide by the curfew will affect tournament playing time.
- Parents are expected to pay for their own hotel arrangements.
- **Property Damage:** If a player causes damage to any property at the lodging during travel or at a tournament site, she will be personally responsible for damages.
- **Officiating/Work Teams:** Officiating is the responsibility of the entire team. Each team is required to provide a work team at all tournaments. All players who are not yet certified will be required to take the Scorekeeper and Referee clinics and become certified. Players who are already certified as a Scorekeeper or Referee will need recertification for the new season. Coaches will maintain and provide the rotational work assignments and schedule.



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- Any player found in possession of alcohol, tobacco, illegal drugs or engaged in inappropriate or unlawful behavior will be immediately released to the custody of her parents. If a player is not accompanied by her parent or legal guardian, a parent or guardian must come to the tournament site to pick her up and take her home. Inappropriate behavior includes actions described under the SafeSport program (<http://safesport.org/>). This will be grounds for dismissal from the club.

### **Playing Time:**

- When assessing the amount of playing time, make sure that the comparison is being made among players that play the same position. For example, there may be only two middle hitters on a team and three outside hitters and two setters. One outside hitter and one setter must sit out, since only two outside hitters and one setter are in the game at a time. Yet the two middle hitters play all the time. We give everyone an equal opportunity to contribute their individual skills and abilities to the team during pool play matches. Those skills and abilities may include to contribute as hitting in the front row, serving or playing defense in the back row or playing "all the way around". When teams advance past pool play, this is the time to reward those players that have excelled when given opportunities earlier in the day.

### **Parent Responsibilities:**

- Please support you daughter and support the team she made a commitment to whether you agree with a coach's decisions and strategies or not. Please understand the coaches will make decisions at any given point, based on what they believe to be in the best interest of the team as a whole, the team's goals, and not with the interests of a single player in mind.
- To provide or arrange transportation to and from tournaments, as well as practices.
- If you will not be accompanying your daughter to a tournament, be sure to give her enough money to cover food costs and entertainment.
- Aggressive or hostile confrontations between a parent and any coach, official, player, or other parents will not be tolerated.

**Communication** – As with most things, communication is key.

- Please do not wait until the end of the season to communicate concerns that you feel are important. If there is a problem please follow the **Problem Resolution Protocol**.

### **Problem Resolution Protocol:**

1. Identify the issue with your daughter.
2. The player will set up a time before or after practice to speak with her coach about the problem and develop solutions.
3. If there is still confusion and/or the problem has not been resolved, the parent, player, and coach will meet to discuss the problem and develop alternative solutions if the previous ones did not work. Please allow 24 hours after a tournament before contacting the coach. Please do not attempt to have this meeting during or immediately after a tournament or during practice.