

Southern Oregon Volleyball Club

Player/Parent Handbook

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Parent/Coach/Player Relationship

We ask that parents refrain from criticizing opposing players, other parents, coaches or teammates. Please let the athletes follow their coaches' instruction and leave the coaching to the coach!

The coaches are giving their time, energy, and best efforts to teach your child the sport of volleyball. Understand that you will not agree or like every coaching tactic, comment or suggestion that is made by the coaches, but this does not warrant criticism or rudeness. Coaches need to be sensitive to the needs and goals of the player and their parents. In turn, the players and parents need to be understanding and supportive of the difficult job the coaches have.

Parents and coaches need to work together in teaching their children how to cope with the frustrations of being a member of a team. Sports provide an excellent opportunity to teach young people about the realities of highly competitive situations. They must be taught how to be a cooperative team member, how to balance team goals with their own, how to make use of both positive feedback and constructive criticism, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner.

If parents or players are concerned with something that the club or coach is doing we welcome your questions, but we ask they be handled in a specific way. Please understand that 95% of concerns are playing time and that most conversations start out with "I'm not that kind of parent and my daughter would be so embarrassed if she knew I was talking to you". So, to avoid this embarrassment, we ask for the following protocol to be followed:

1. If a player would like to discuss a concern with the coach we ask the player to approach the coach outside of practice or tournaments. The player can set up a time with their coach. Please do not just walk up to a coach during a practice or right after a match and expect that they can have a productive conversation when they are probably already consumed with something else. We want to hear the athlete's concern, so let's set up an appropriate time. Also, know that your coach cares about you and your success so approach the conversation as if the coach is on your side and that they have a good reason for what is going on.
2. If a parent would like to talk to the coach, please set up a time to meet with the coach to discuss the issue outside of practice or a tournament. Parents and players who confront a coach while they are angry are only likely to make the coach defensive. This is not likely to lead to a constructive resolution to the problem. Again, please go in to the meeting assuming the coach has the team's best interest in mind.
3. If, after time, a solution is still not reached, contact the Club Director and a meeting with the player, parents, coach and Director will be scheduled.
4. If the issue concerns your daughter's safety, please go straight to the Club Director as that is something completely different that we need to deal with ASAP.

What Athletes Need From Their Parents:

The single most important contribution a parent can make during a game is to model appropriate behavior. What parents need to model more than anything is poise and confidence. If parents expect their children to react to the ups and downs involved in a game with poise, then they must model it. If an athlete looked at her parents during the game, would she draw confidence, assurance, and poise from what she saw?

The second responsibility athletes say that they need their parents to fulfill is to focus on the team. This focus helps adults not only get attention off their individual child, but also off all the things that are not in parents control (i.e. the score, the referees, opponents', coaching, and playing conditions).

Thirdly, kids need only one instructional voice offering advice during the game...the coach's voice.

Release them to the game

Parents should get to know their child's coach and once trust is established one of the best gifts parents can give their children is to release them to the caretakers of their child's sport. If a parent feels the need to talk to the coach about a problem, they should allow the coach to choose an appropriate time and place. With regard to such problems, some concerns are appropriate, while others are not.

Appropriate concerns to discuss with a child's coach are:

- mental and physical treatment of your child
- ways to help your child improve
- concerns about your child's behavior

Inappropriate areas of concern that parents should not discuss with their child's coaches include:

- playing time
- team strategy or play calling
- other team members

Learning how to watch the game

There are only four roles during a game: spectator, competitor, official, and coach. Choose only one of these roles.

The closer the parents are in proximity, the more difficult it is to watch and keep everything in perspective. Judgement is involved in every sport, but not nearly as much in an objective sport, like swimming or track, as in volleyball where every referee's whistle could go either way and substitutions by coaches are frequent. Each whistle and every substitution can be questioned by anyone in attendance; thereby making it more difficult for an adult with emotional ties to the contest to remain poised and encouraging. Almost all parents believe that their child should play more or have a bigger role on the team. As such, it is very difficult for parents to be objective.

Players indicate that they love to have parents at games when they act appropriately. If they cannot adhere to reasonable standards of behavior concerning modeling, poise, and confidence many athletes' state that all factors considered, they would rather have their parents stay home.

After The Game

When it comes to recalling their least-enjoyable memory, many athletes will name “after the game” and often specifically “after the game in the car with my parents.” This situation is when the most confidence cutting, confrontation, and confusion occurs for the athlete. Unfortunately, some high school athletes do not want to go home after the game because they do not want to face the questioning or criticism. What they need most at these times is not another coach, but a parent (i.e. “just be my dad”).

Many athletes often indicated that conversations with their parents after a game have somehow made them feel as if their value as a person was somehow tied to playing time or winning or losing athletic contests. Most athletes desperately want their parents to give them time and space at the end of the game. The more competitive the athlete and the more competitive the sport, the more time and space the players need.

Parents should leave their children alone until they are receptive to interaction with them, and then when they do come, parents should give them quiet understanding, be a reflective listener, and bring them back to the bigger perspective. When parents stop and analyze the athletic experience for their children, the reasons they want they want their kids to play sports involve providing an opportunity to develop physically and emotionally and to enjoy themselves. The side benefit of playing sports is that kids are given a good opportunity to learn how to work and get along with others, to take risks in a public arena and survive, to learn to set and achieve goals by developing positive work habits, to learn how to succeed and fail with dignity, and to develop friendships that can last a lifetime.

Practice Guidelines

1. Players are required to be ready to begin practice at the designated start time. Please allow yourselves plenty of time to put on kneepads, shoes, ankle braces, etc. If players' want to socialize it needs to be done before practice – not during practice. Begin your practice mentally prepared!
2. Players may be asked to help with the nets, assist with shagging and counting volleyballs or putting the ball bins away after practice. Please be willing to assist when needed and offer help to coaches before and after practice.
3. If a player is going to miss a practice, is going to be late, or cannot participate, she MUST call the coach at least one hour before the scheduled practice time.
4. School related absences and tardies, including winter and spring sports, are excused absences only if the coach is told about them in advance.
5. If you are sick or injured and cannot participate in practice you are REQUIRED to attend practice and observe. If your illness or injury prevents you from attending and observing make sure the coach knows in advance.
6. Two excused tardies that fall between two tournaments equal one excused absence.
7. The consequence for an excused absence will be not having the opportunity to start the first set of the first match at the next tournament.
8. The consequence for an unexcused absence will be not having the opportunity to play in the first set of the first match at the next tournament.

Playing Guidelines

Southern Oregon Volleyball Club aspires to be a premier junior volleyball club providing a positive experience for all players in terms of practice, position, playing time and competition. It is often a difficult balance for our coaches to maintain a highly competitive environment and monitor playing time equally so that all participants feel a sense of fairness. To help find this balance, we have adopted the following guidelines:

All Teams:

1. Each team will practice 2 times a week throughout the season. Practice begins the first week of December for all teams. There will be a break for the Holiday and New Year and practices will begin again at the start of January.
2. Each team will be made up of 8-12 players.
3. No player is guaranteed a specific position. All positions are determined by the coach. The coach will assess the strengths and weaknesses of the team to determine where an athlete best fits the line-up.
4. There will be three descriptions used for the caliber of teams: Elite, Competitive, and Developmental. Based on the caliber of team, additional guidelines will apply. Athletes trying out for positions on these teams will be asked to fill out a profile indicating their level of commitment in order to determine whether they are willing to abide by the requirements of playing on a particular team. Elite teams are designated for the 18's, 17's, 16's and 15's only, and unless otherwise stated will be required to complete our longest season.
5. Club membership fees guarantee practice time and instruction by qualified, well trained coaches - NOT playing time in tournaments. Playing time is determined by the coach according to the level of the team the player is assigned.

Elite Teams:

1. An Elite team player can be specialized (setter, middle hitter, libero, etc.). It is possible that a player may only play through the front or back rows and be substituted out.
2. An Elite team player is expected to have an extremely high level of commitment to club volleyball. An Elite team member is required to be in attendance at all tournaments. Team competitions and practices should be her top priority over other extra-curricular activities, except in-season school sports.
3. Playing time will be determined by the coach in the competitive situation to allow the team to compete at its highest potential. Playing time is earned based on attendance, level of effort, training performance, and game performance. Where the development of each player's skills and competitiveness are a primary goal of this club, the success of the team will more than likely outweigh the concerns of individual players. Coaches will ensure that every player will play in each scheduled tournament subject to the above, unless disciplinary action is being taken.

Competitive Teams:

1. A competitive team player may be specialized, but all players can expect to receive some front and back row playing experience. Coaches will work with players to help develop all around skills. In some cases, a player may not have the physical characteristics to play front row or back row and the coach will discuss this specialization with the player.
2. A fair amount of playing time for every player will be the goal of this team. Effort and attendance at practice is stressed and playing time is directly related to practice performance (effort and success) and attendance. Competitive players can expect to play an average of 40% of games played throughout the season.

Developmental Teams:

1. The emphasis on this team will be the all-around development of the individual player. A positive environment in which the self-esteem of each individual player is enhanced and enjoyment of the game of volleyball is given.
2. Developmental team players can expect to play front and back rows.
3. Playing time will be maximized on the court for a growing experience in volleyball. Effort and attendance will be expected to allow for maximum playing time. Developmental players can expect to play an average of 50% of games played throughout the season.

Tournament Responsibilities

PARENTS

One-Day Tournaments:

1. Have your child, and any others who are driving with you, to the gym on time. Always leave extra time just in case, especially if you are going to an unfamiliar place.
2. Plan on a long day! Most tournaments begin at 8:00 AM, which means your team needs to be there by 7:15 AM or so. Tournaments can end in the afternoon, but many will not finish until 6:00 PM or later.
3. Make sure your child has enough food and water to last all day. It is helpful to have a lot of snack items in case there is only a small amount of time between matches. Because the players also need to officiate there may not be time for a large meal at all during the day.
4. Have your child double check before you leave to make sure they have all their uniforms, kneepads, and other volleyball items. It is a good idea to bring extra socks, kneepads, etc. for the afternoon bracket play.
5. **All players will stay until all refereeing, scoring and line duties are completed.** Any athlete that leaves before completing their duties will receive a Just Cause Warning which results in a one match suspension. A second offense will be Just Cause for dismissal.
6. When the day is done, pick up after yourself. Make sure the area where Southern Oregon was sitting is very, very clean!

Multiple Day Overnight Tournaments:

*When you (the parent) do not travel to the tournament:

1. Make sure your child has enough money to cover the following costs:
 - a. Food, including tip money and meals while traveling
 - b. Laundry
 - c. Gas
 - d. Spending and entertainment

Review the code of conduct before they travel. Be aware that we reserve the right to send a player home, at the parent's expense, if they violate club rules.

*When you (the parent) do travel to the tournament:

1. Please abide by the coaches wishes in terms of when your child is supposed to be in their room or with the team.
2. If you are taking your child somewhere, make sure the coach knows where you are going and that you will be back within the set limits.
3. Please make yourself available to help even if you are not the chaperone.
4. Make sure the coach and team chaperone know your room number or a way to get in touch with you during the tournament.
5. Please do not drink if you might be transporting players.
6. Be a good spectator and a good sport. We always want to leave a good impression behind. Remember, you are representing Southern Oregon Volleyball!

PLAYERS

For all tournaments, we request Southern Oregon players follow these guidelines:

1. Represent Southern Oregon Volleyball Club at all times in a positive manner.
2. Leave a good impression behind. That means cleaning your area when leaving a tournament site, behaving appropriately during the tournament, and treating other players, coaches, officials and tournament directors with respect.
3. Be on time for tournaments and meetings arranged by your coach or chaperone. A good rule is to be five minutes early, so even if your clock is different you will still make it on time!
4. Be responsible for your own belongings and volleyball gear. Always double check to make sure you have all your uniforms, shoes, kneepads, etc. before you walk out the door.
5. Always wear your Southern Oregon sweatshirt or t-shirt while participating in a tournament. It is important to look like a member of the club and show our club spirit!
6. **All players will stay until all refereeing, scoring and line duties are completed.** Any athlete that leaves before completing their duties will receive a Just Cause Warning which results in a one match suspension. A second offense will be Just Cause for dismissal.

At hotels and during overnight tournaments:

1. The buddy system is always to be followed. Two or more players need to be together at all times, even when you are just walking around the hotel. This should be followed any time you are outside of your hotel room without an adult present.
2. Keep your hotel room door locked at all times. Never, ever prop the door open while you are visiting teammates in another room or when you are hanging out in your room.
3. Be on time for all scheduled meals, meetings, and when loading to go to the gym. Make it a habit to be early!
4. Keep your hotel room picked up and your valuables secured.
5. Keep the chaperone informed of your plans. If you are leaving the hotel with your parents, relatives, or another players parents you need to make sure the chaperone knows where you are going and when you will return. The chaperone is responsible for you when you are not playing volleyball and responsible for your whereabouts.
6. Make sure to leave tips at restaurants and pay for gas when being transported by others.
7. Have fun but remember- **you are there to play volleyball first!**

CHAPERONE

Chaperones are needed for all overnight tournaments.

For the 14-and-under age group the chaperones will stay in the rooms with the players.

For the 16-and-under and 18-and-under age groups they will assist the coach as the organizing force for your team.

Chaperones will need to do the following things:

1. Communicate with the coach to learn time for meetings, meals, departure time for the gym, and lights out.
2. Inform the players of these times and help them to be on time.
3. Help arrange transportation to the playing site with the coach and the other parents. Usually the fewer cars transporting to the gym the better!
4. Be available to take or to help arrange for the players to get to a grocery store, restaurant, etc. for meals.
5. Launder uniforms, if necessary. Be sure to check on allergies before purchasing or using detergent. Also, make sure the player's number is visible on spandex before washing.
6. If the team is having a team cooler, organize parents for shopping, preparing food and carting the coolers.
7. In the hotel, please:
 - a. Keep the players informed of your whereabouts if you are not in your room. If you are gone, leave a note on your door as to when you will return.
 - b. Make sure you know where the players are, especially those without a parent at the tournament.
 - c. Remind the players to keep their room doors locked! Even if they are just next door they are never to leave their door propped open!
 - d. Remind the players to use the buddy system, even when wandering the hotel.
 - e. Be aware of where other chaperones, coaches and team parents are located.
 - f. Make sure the players are in their rooms when they are supposed to be and have lights off at the stated time.
8. Make sure the players are eating and drinking enough. They are working hard and need fuel, especially water. Try to make sure there is quick food available when there is little time between matches.
9. Have fun!

PLAYER CONTRACT

I agree to the following standards, expectations, and guidelines as a player and member of Southern Oregon Volleyball Club:

1. I agree that the judgment and assessment of my playing time and my role on the team is the responsibility of the team coach. I understand that my coach will consider my skill, attitude on and off the court, attendance at practices, and fulfilling financial responsibility to the Club in addition to the guidelines set forth by the Club concerning playing time.
2. If I am concerned, I will discuss the issue of my playing time and role with the team coach.
3. If a serious problem arises regarding the assessment of my role, I will discuss my concerns with my coach, in private, and if necessary, I will ask the Club Director to participate.
4. I will attend all practices according to announced schedules.
5. **I will notify my coach if I am ill or must miss practice for any reason.**
6. **I will give 14 days' notice if I must miss a tournament that was previously scheduled for more than 30 days.**
7. I will show good sportsmanship at all times-on the court, the bench, or at any Club activity.
8. I understand that the Club is not responsible for loss or damage of my personal property.
9. I understand that Just Cause for Warning is:
 - a. Missing more than one practice without notification.
 - b. Being tardy without notice or justification to more than one practice.
 - c. Missing a tournament without 14 days' prior notice to the coach.
 - d. Offensive language or behavior.
 - e. Harassment of others on and off the court.
 - f. Breaking curfew at out-of-town tournaments.
 - g. Failure to fully inform the coach of any physical condition which would impact a player's ability to play safely or without jeopardy to their own health and well-being.
 - h. Leaving any tournament prior to its conclusion or not fulfilling my team officiating duties at any tournament (2nd offense is grounds for Dismissal from the Club).
 - i. 1st warning: 1 match suspension, 2nd warning: 1 tournament suspension.
10. I understand that Just Cause for Dismissal is:
 - a. Being issued more than two warnings or reprimands.
 - b. Being found in the possession or under the influence of illegal drugs or alcohol while representing Southern Oregon Volleyball Club.
 - c. Assaulting another or initiating gross behavior or harassment.
 - d. Inappropriate relations with a coach.
 - e. Being found in possession of weapons.
 - f. Being found guilty of a crime of theft or property damage.
 - g. Failure to abide by a coach's decision or acting with flagrant disregard for one's own safety or the safety of others.

PARENT/GUARDIAN CONTRACT

I/We agree to the following standards, expectations, and guidelines of Southern Oregon Volleyball Club:

A. Parents are encouraged to support:

1. The player to live up to the commitment made as a member of this Club as more fully set forth in the Player Agreement;
2. The coaching staff of this Club;
3. The player's efforts and progress;
4. Open communication between player and coach;
5. The playing time/roles of the player overall (decisions pertaining to playing time/role is the responsibility of the team coach within guidelines set for each team);
6. By assisting the Team Parent whenever possible and as requested;
7. By accepting payment policy of this Club and adhering to its financial policies.

B. Payment Policy: In order to ensure the highest potential quality of junior volleyball development for all players and continue to maintain professional and economic standards, Southern Oregon Volleyball Club has established the following payment policy:

1. Each Player is committed for the full duration of the club season for her assigned team. If a Player is unwilling or unable to complete the club season she will still be responsible for paying dues to the Club.
2. Each Player must pay the amount required for participation on her team by the dates set on the Club website. Failure to pay amounts when due shall disqualify the Player from participation in all future tournaments until the default is cured.
3. If the Club is forced to file suit to collect amounts due, the Club shall be entitled to collect its reasonable attorney fees at arbitration, trial or appeal.

ALL SUMS PAID ARE NON REFUNDABLE

IF A PLAYER VIOLATES THE ACCEPTABLE CODE OF CONDUCT AND BEHAVIOR AT A TOURNAMENT, THE PARENT WILL BEAR THE FULL COST OF TRANSPORTATION TO RETURN THE PLAYER HOME, ALL AT THE DISCRETION OF THE COACH.

SOCIAL MEDIA CONTRACT

In an effort to foster good sportsmanship and to deter the need to enforce such discipline, Southern Oregon Volleyball Club recommends the following guidelines as best practices for the use of social media by Southern Oregon players. For the purposes of these guidelines, social media means any form of electronic communication through which users create online communities to share information, ideas, personal messages, and other content, including, by way of illustration and not limitation, social networking sites such as Twitter, Facebook, Instagram, and Tumblr.

Southern Oregon Volleyball Club respects the right of its players to use social media. However, it is important for our players to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. Southern Oregon athletes who use social media must remember that any information posted reflects on the entire Southern Oregon community and are subject to discipline for any inappropriate use of social media.

Best practice for social media use:

These guidelines are intended to provide a framework for Southern Oregon athletes to conduct themselves safely and responsibly in an online environment. As a Southern Oregon player you should:

- Be Aware that Privacy Settings are NOT Foolproof. Southern Oregon players are highly encouraged to use privacy settings on social media sites. However, everyone should be aware that privacy settings are not foolproof. Although social media sites provide their users with privacy improvement updates, the changes occur frequently and can get complicated. Even if you diligently monitor your privacy settings, it's best to assume that anything you post may potentially be seen by your club, your school, your parents and strangers.
- Avoid Posting Confidential Information. Be aware of the kind of information you are posting on social media sites. Posting information such as your date of birth, address, phone number, class schedule, social security number, bank account number, etc. is NOT recommended. Once such information is posted, it becomes the property of the social media site.
- Avoid Unprofessional Public Profiles. Any information you put on social media sites is considered public information and may be viewed by members of the public. Be mindful of the image you create for yourself online. Potential, current and future employers as well as college admissions recruiters may access the information you put on social media sites.
- Avoid Posting Illegal Activities. Photos posted via social media become the property of the social media site. You may delete the photo from your profile but the photo remains on the social media site's server. Internet search engines such as Google or Yahoo may still find that image long after you have deleted it from your profile. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties, such as the authorities, can use against you in the future.

While Southern Oregon Volleyball Club does not monitor student social media accounts, it has the right to act on information provided by third parties and to investigate a player's social media sites in the event of allegations of inappropriate online conduct. Finally, Southern Oregon Volleyball Club has a right to discipline players for any instance of inappropriate online conduct described below.

The following online actions are considered to be substantially or foreseeably disruptive to the Southern Oregon Volleyball Club community:

- Incriminating photos or statements depicting violence; hazing; sexual harassment; vandalism; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Bullying\Threats of Violence. While Southern Oregon athletes have a right to free speech, that right is NOT unlimited. Southern Oregon players should be aware that if their conduct is deemed inappropriate, such conduct may be subject to discipline, not only by our club, but also by law enforcement agencies.
- Derogatory language or remarks about teammates, coaches, other Southern Oregon Volleyball Club members or anyone from different clubs
- General inappropriate language of a profane or sexual nature
- Engaging in or indicating knowledge of cyber bullying and/or harassing another club member or coach
- "Liking" any of the above comments or photos on Facebook or any other social networking sites indicates your approval of such comments and thereby holds you to the same standard.
- "Retweeting" or marking a tweet as a "Favorite" on Twitter also indicates your approval of inappropriate comments and thereby holds you to the same standard.
- Other inappropriate behavior as deemed so by Southern Oregon Volleyball Club.

This document serves as your warning, and any offenses that occur will immediately result in the following consequences:

1st Offense – 1 match suspension

2nd Offense – Removal from team and club for the remainder of the season

Your signature below indicates that you understand this information and the attached discipline. Furthermore, you will continue to uphold the high standards and character that is expected of all of our players.