

Classical Volleyball Team

Parent/Player Handbook

Version 4.18.

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Our Vision

For an organization to be effective, it must have a clear vision. This vision guides the day- to-day operations of the Classical Volleyball Team, but more importantly, it defines our vision for our athletes.

The objectives of our team are:

1. To maintain a competitive and recognized club:

- To identify, attract, develop and promote athletes.
- To involve our athletes in the support of our programs that give back to our community.
- To maintain a quality program with continuous growth for athletes leading to participation in volleyball at the College, University and National levels.
- To help participants succeed with team and personal skills needed to become a contributing member of Classical High School as well as their community.

2. To promote and enhance the development of youth through participation in the sport of volleyball:

- To create and maintain an environment that develops character and promotes leadership, responsibility, and accountability among all of its members.

3. To promote school pride and develop character through teamwork, practice, and competitive play.

The expectations for players/parents are outlined in our “Codes of Conduct for Athletes, Coaches and Parents.”

Our motto is: Developing character through the pursuit of excellence.

Principles

1. We are a school based organization committed to training and developing athletes through competitive participation in the sport of volleyball.
2. Our mission is to develop character through the pursuit of excellence in all we do, from our athletes, to our coaches, our parents and our administration.
3. We are a group of coaches, parents, and athletes supported by a strong administrative structure with clear areas of accountability and channels of communication.
4. We are committed to developing the whole athlete through the latest coaching techniques and philosophies consistent with RIIL, NFHS, NERVA, USA Volleyball, and the national framework for Long Term Athlete Development (LTAD).
5. The definition of “success” will vary for each team and at each age level, but in general it’s achieved by the development of each **individual** athlete on the team to his or her maximum potential within the season, and by the **team** competing and finishing to the best of its ability.
6. We provide our athletes with access to Local, Regional and National programs and competition.
7. We provide experience and guidance to families whose son or daughter may be qualified to pursue post secondary athletic opportunities.
8. We expect coaches, players, and parents to always encourage good sportsmanship.

Athletes - Responsibilities

We expect each and every athlete to conduct themselves in an exemplary manner. The responsibilities of a player are outlined in the Athlete Code of Conduct in Appendix B.

Failing to abide by the Code of Conduct can be grounds for an athlete’s dismissal/suspension from the team as determined by the coach.

Parents - Responsibilities

Parents too are an important part of the ‘face of the team’ and their behavior has a profound effect on the perception of our team within the volleyball community. The responsibilities of a Parent are outlined in the Parents’ Code of Conduct in Appendix C.

Failing to abide by the Code of Conduct can be grounds for an athlete’s dismissal/suspension from the team as determined by the coach.

Coaches - Responsibilities

The primary role of the Coaches is to develop the abilities of our athletes and to build cohesive teams. In doing so, they must:

- Lay ground rules for the team including team goals, expectations of athletes, expectations of parents, and consequences when athletes or parents do not meet team behavior standards identified in our Codes of Conduct
- Develop each of their athletes to their ultimate potential, from the perspectives of technical skills, physical ability and mental preparation
- Exhibit hard work and a dedication to peak performance
- Provide exemplary leadership to the team, including promptness and attendance at all team functions, respect of team members and team image (i.e. dress, sportsmanship, language and general attitude)
- Demonstrate and work to develop in our volleyball players a positive attitude both on and off the court
- Develop technical skills of our athletes, according to the high school expectations at each age level
- Promote appreciation for the sport and respect for all teams
- Be honest, firm, fair and equitable in dealing with all team members
- Plan and conduct all team practices and tournaments including both the physical and mental aspects of competition
- Meet with team and individual athletes as required to develop a cohesive team environment
- Maintain open communication with the team members on team activities, issues and concerns
- Maintain coaching, CPR, AED, and first aid certification. Complete background check, and keep a current knowledge of the rules as designated by NFHS, NERVA and USA Volleyball

Equipment

Each year the team budgets for the equipment and uniforms needed by each team for the season.

Equipment wears out regularly and the team monitors this and includes it in their ordering plans.

This includes nets balls, ball carts, and first aid kits, med kits, and other material used in the daily routine during the season.

Now that you are involved...

You are now a parent member of our team. **Welcome!** Your involvement in the development of our athletes is important as it shows your support and encouragement of your daughter's efforts.

Other than your financial assistance, your daughter(s) will need your support throughout the season with:

- **Rides to and from practice**
 - o **-Prompt pickups after away games.** When the game is over we inform our players with the time until arrival back at Classical. Please be waiting at Classical for the bus. We are pretty accurate with the return time. There have been multiple incidents with parents picking up their daughter 10, 15 even 60 after the bus returns. Coaches have families too and this extra time adds to their already 12 hour work day.
- **Accompaniment to tournaments and support at tournaments**
- **Development of an understanding of the challenges of playing a sport at a high level while balancing school commitments**
- **Being an active cheerleader and team supporter.**

You are welcome to watch practices and encouraged to cheer really loud at games and tournaments.

Your enthusiasm often makes the difference with motivation and on court performance. We hope to see you there!!!

Team Effort

Volleyball is the ultimate team sport. A team can rarely score a point without the coordinated effort of three or more team members. And so it is with the support structure for the team. The most successful teams are those that have a parent organization that makes it easy for the team to go about its business of learning and playing volleyball.

This organization can help with Senior Night, team events, dinners, etc. If you are interested please approach us.

Meals, Snacks and Water

Everyone should share in this role. Although the meal preferences for teams may differ, they share one thing in common – teams, either individually as parents or as a whole, must ensure they provide the foods, snacks and water the team needs for the duration of the tournament. For a one day tournament this is often 8 hours of play. It is typical to be on the court at 9 am, and to be starting the final match of the day at 5 pm So nutrition and hydration are extremely important factors, and depend on team organization.

If the team and the coaches can focus on their play and on recovery after matches, they

will perform better. Having parents running out to find food between matches is disruptive and does not provide the athletes with the nutrition nor the downtime that they need. Unlike other sports, a volleyball tournament may not provide much time between matches to feed the team. Therefore teams should determine in advance how they will provide food, snacks and water during a tournament.

This is something the parent organization can help organize. There are generally 1-2 tournaments a season for both JV and Varsity.

There are two typical models. Some teams designate three parents to provide food for each tournament, on a rotating basis:

- One parent provides lunch
- One parent provides snacks for the day
- One parent provides water and ice.

Other teams decide that each parent will provide food, snacks and water for their son or daughter, for the duration of the tournament.

Each system works, as long as expectations and requirements are understood in advance and parents/coaches communicate.

Even a grueling single-day tournament can be an eye-opener, in terms of the food that an athlete needs, so teams should draw on the experience of veteran parents and be prepared.

Team Fundraising and Sponsorship

The girls volleyball team participates in an annual fundraiser. The yearly fundraiser increases the funds in the school's volleyball account.

We use the funds for many different things including: *Uniforms, volleyballs, carts, equipment such as the spike machine, senior gifts, team dinners, tournaments, and other general items that are needed.*

Web Site

The Club will maintain(s) a web site for general communications of all members – at providencevolleyball.net. The site is visited frequently by the athletes and their families and provides information to current and incoming players during the off season.

TEAM APP- the main way we communicate upcoming events, changes, and important information is through the "Team App". All players and parents should download and use this free app.

Clothing

The team policy is that uniforms and clothing provided for our teams is for players and coaches only. Uniforms are to be returned in good condition and should be washed in cold or warm water and if dried on low heat. Please remember to turn the jersey inside-out when washing to preserve the lettering and numbers.

Issues and Concerns

This is an elite level program. The goal of every team is ultimately to play to win the our Division Title and The Division I State Championship, or to at least finish to the best of our collective ability and skill level.

Practice Rules

1. Coaches determine whether or not practices are opened or closed. Generally, we have an open door policy, but there may be times that we need to create a very focused and distraction free atmosphere.
2. Scheduled practice time is the START time and not arrival time. Varsity daily practice starts at 3:05pm. Plan on arriving at least 5-10 minutes prior to the start of each practice. This will allow players the time needed to equip themselves properly and depending on the facility, set up and/or take down of equipment may be required by each player. Athletes who arrive late may be asked to meet with the coach after practice.
3. Volleyball shoes are to be carried into the practice and tournaments and only worn during playtime. This is to ensure our practice surfaces remain clean and safe.
4. Horseplay by athletes or coaches at practice or during tournaments is strictly prohibited.
5. All athletes are expected to attend every practice. Illness serious enough to keep the athlete home from school, genuine family emergencies, or academics are exceptions for missing practice. Regardless of the reason, if an athlete misses practice, her playing time may be affected. It is expected that for the brief 10 week season, that players make volleyball a priority in their lives and not let other hobbies, clubs, or other commitments interfere with the practice and game schedule.
6. If an athlete cannot be at practice, the athlete is expected to call/text the coach. It is the athlete's responsibility (not the parent's or teammates) to reach the coach **before** the practice starts.

Tournament Rules

All athletes are expected to take the bus to the tournament site. Busses generally need to leave by 8:00am and players should be there 5-10 minutes prior to departure. Players should stay in the gym, and be ready to warm-up at the scheduled time. Remember earlier is always better and nothing is worse than being on the clock with players missing.

Athletes are not to leave the tournament site before notifying the coach.**
Except in cases of a true emergency, an athlete who has an officiating

assignment may not leave a tournament before the assignment is complete.

Officiating

Officiating is the shared responsibility of the ENTIRE team. All athletes are required to learn to keep the scorebook, line judge, score keeping, score flipping, and officiating. Each coach or captains will determine a rotation for their team to follow for officiating assignments. Team members may not use electronic devices, eat, or engage in activities that will be distract from their duties as part of the work team.

****NOTE; EVERY PLAYER IS REQUIRED TO STAY UNTIL THE END OF THE TEAM'S OFFICIATING RESPONSIBILITY. PLEASE DO NOT ASK THE COACH IF YOU CAN LEAVE EARLY. YOU ARE EXPECTED TO STAY WITH YOUR TEAMMATES UNTIL THE ENTIRE TEAM IS ABLE TO LEAVE.**

Playing Time

It is not inferred nor implied that a player will or will not be guaranteed equal playing time on any team or in any event.

The coaching philosophy at the varsity level is that a player's instruction during practices is the team's primary concern. Playing time is determined by the player's attendance, performance, attitude, and effort during practice times. Moreover, it is solely to the discretion of the coach.

The "coaching decision" is not up for debate or question. Athletes are encouraged to ask what they can improve upon to get more playing time.

Playing time is earned through focus and hard work at practice, in weekly physical training, and demonstrated ability on the court. Regardless of the roles that evolve over the season, all players and parents are expected to remain positive and committed to the Individual goal of having each player develop to his or her maximum potential and the team goal of finishing to the best of its ability.

Off-Court Issues

Athletes are representatives of the Classical Volleyball and as such project our School and program to the community.

Our athletes that wear their Classical Volleyball clothing to school and in the community are acting as representatives of the School. We expect our athletes to conduct themselves in an exemplary manner at all times, consistent with our motto ***building character through the pursuit of excellence.***

When on the court athletes are accountable to their coaches. When off the court athletes are accountable to their coaches and to the School. At all times athletes are required to uphold the high standards of the School, both during the season and during summer months when participating in school-sanctioned activities.

Our athletes our required to sign our Athlete Code of Conduct, which covers behavior

both on and off the court. Inappropriate behavior off-court can be grounds for removal of a player from the team. This is at the discretion of the head coach or Athletic director.

When Dealing with Player Concerns

Players are expected to resolve their concerns directly with the coaching staff. When a player is selected for a team his or her role on the team is communicated to them. If a player has an issue (e.g. playing time, role, etc.) he or she should talk to the coaching staff.

Unless a player has been physically or morally harmed, the athlete is encouraged to make every effort to resolve issues with the coaches before involving parents. As this is the environment that the athlete will experience at higher levels (university or college, national or international) it is in each athlete's best interests to develop the ability to resolve issues on their own. "What do I need to do to earn more playing time?" is the appropriate way to discuss playing time issues.

PARENT INVOLVEMENT

Please keep in mind that common sense is the rule, The coaches are people too but their main concerns are the well being of the player and the success of the Team. Respect the coaches' and the athletes' time. Meeting with a coach during a practice or interrupting a coach during a practice session or immediately after a game is disrespectful of the entire team. **Meetings with coaches must be scheduled so as not to impact other players.** Coaches will refuse requests for meetings that are not outside team time.

Direct confrontation, especially when emotions are high, is counter-productive. The "24 hour rule" should apply. Please do not talk to coaches about volleyball-related issues within 24 hours before or 24 hours after a tournament or game.

PRIVACY/GOSSIP

It is inappropriate for an athlete or parent to approach other parents about a problem the athlete or parent is having with the coaching staff, about objections to coaching decisions, or about disagreement with a disciplinary decision. This also includes commenting on social media. (Facebook, twitter, instagram, etc)

Asking uninvolved parties to take sides in an issue is unfair to the third party and the team. For the psychological health of the teams and the team as a whole, issues need to be handled between the parties involved and in the proper manner.

Any member who is approached and asked to listen to or express an opinion about matters between two other parties is strongly encouraged to refer the complaining party to take the matter up with either the coach or Athletic Director. (Mr. Palazzo)

Any member who, as a third party, hears remarks or stories about Classical, its players or coaches, or its policies that cause the member to be concerned, is encouraged to contact the coach and/or the Athletic Director immediately to determine the facts, or to alert the coaches to a situation of which they may be unaware.

APPENDIX B – Athlete Code of Conduct

Classical Girl's Volleyball Team Athlete Code of Conduct

As a member of the Classical Volleyball team you are expected to conduct yourself in a manner that demonstrates good sportsmanship and a respect for others at all times. It is essential that you support your fellow teammates, coaches and team, to the best of your ability.

As an athlete you will be expected to adhere to the following standards of behavior throughout the volleyball season:

Good sportsmanship is always the first priority.

Respect your fellow teammates and coaches, and support them to your utmost in your team's endeavors.

Understand your role on the team, as explained to you by your coaches, and execute that role to the best of your ability.

Respect all officials, opposing athletes and coaches, and spectators, and use only appropriate language.

Abide by, and accept gracefully, the decisions of officials, no matter which team those decisions may favor.

Demonstrate appreciation for and applaud good play and never make derogatory remarks about officials, coaches or the athletes of any team.

Respect and care for the facilities in which practices and competitions are being held, and listen to those in authority.

Be aware of and abide by the regulations of the RIIL and NFHS.

Exhibit the same standard of behavior when out in public, as you do on the court. Realize that when off the court, especially when wearing team clothing, you are a representative of Classical Volleyball.

I understand and agree to be held accountable for adhering to the Athlete's Code of Conduct as described above. I understand that if I fail to follow the guidelines in this document, that I may be suspended or dismissed from the team.

Signature _____ Date: _____

Printed Name: _____

APPENDIX C – Parent Code of Conduct

Classical Girl’s Volleyball Team Parent Code of Conduct

As a parent/member of the Classical Volleyball Team, your daughter is expected to conduct themselves in a manner that demonstrates good sportsmanship and a respect for others, as well as themselves at all times. Similarly, it is essential that you, as their parents, also display and model behavior that is consistent with the highest ideals of good sportsmanship.

As a parent, you will be expected to adhere to the following standards before, during and after any practice or competition:

Be prompt in dropping off and picking up your child. Coaches should not have to wait for you when the bus returns from away contests. Your child will call/text you the time of arrival. You should be there 5-10 minutes prior to that time.

Good sportsmanship is always the first priority.

Respect all officials, coaches, athletes and spectators.

Abide by, and accept gracefully, the decisions of officials, no matter which team those decisions may favor.

Respect and care for the facilities in which practices and competitions are being held, and listen to those in authority, and respond politely to the requests of event organizers.

Be polite and courteous as a spectator, and only use appropriate language.

Refrain from any behavior which might distract the players or interfere with the progress of a match.

Demonstrate appreciation for and applaud good play and never make derogatory remarks about officials, coaches or the athletes of any team.

Be aware of and abide by the contents of the club Parent/Player handbook.

Should concerns arise resulting from a practice or competition, abide by the “**24 hour rule**”, that is, coaches may not be approached regarding such concerns until at least 24 hours has passed since the circumstances giving rise to the concern.

I understand and agree to be held accountable for adhering to the Parents’ Code of Conduct as described above. If I fail to do so, my daughter may be suspended or dismissed from the team.

Signature _____ Signature _____

Name: _____ Name: _____

Date: _____ Date: _____