

NUF VOLLEYBALL HANDBOOK 2017/18

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What is Volleyball Club?

Is club volleyball only for the college bound athlete? Certainly not! While our program begins in the fourth grade, college scholarships are often the furthest thing from the minds of our young players. Learning a lifelong sport, making friends, and having fun are often the reasons young girls get into volleyball. We are proud of the number of girls from NUF who have received college scholarships from Division 1, 2 and NAIA schools. We are equally proud of our athletes who go on to college and play volleyball recreationally and just for fun.

How are the teams divided and number of teams in each age group?

The teams are divided by the ages of the player's birthday as of September 1st. The players are then put onto teams for example from 1 thru 3 in each age bracket (15-1, 15-2, 15-3). Remember only three players from the same **high school** can play on a team. We will select the teams by using four categories: 1) age 2) skill 3) position 4) school

Where and when do teams practice?

The teams will practice during the week at the DELC gymnasium located at 5650 Mann Road. The practices range from 90 minutes to 2 hours. The times are set by the access to the gym. All teams will practice during the week **no weekend practices**

How long does a club season last and who will the teams play?

NUF volleyball teams can play teams within our own club and other club volleyball teams from around the country. During the season our teams can travel to out-of-town weekend tournaments as well as playing close to home. The tryouts for team selections will begin in November. The season starts Jan and will continue through either the last week of April, May or run through June depending on the team selection.

What if a club activity conflicts with a school activity?

We feel that school commitments should come first. For instance, there is no penalty for missing a practice for a track meet. However, a player who tries to attend her volleyball practice after her activity will get much more out of the volleyball program than one that doesn't come to practice at all.

The higher the level of play an athlete wishes to achieve is directly related to the dedication, effort and commitment that the athlete makes to the volleyball program.

What is the difference between the traveling teams?

There is no NUF traveling teams. It takes a strong commitment to play travel volleyball. The NUF teams are a great experience for all skilled players. Players on the NUF team must go to every tournament unless it interferes with a school function. NUF teams compete in two, sometimes three day tournaments. The club experience is a must in order to compete intercollegiate, especially for those hoping to obtain an athletic scholarship. If we travel out of town overnight it will be relayed too you through communication at least 2 weeks prior to the event.

Practice Rules

- We do not have closed doors at our practices we invite parents to attend our practices.
- Scheduled practice time is the start time, not the arrival time. Please plan on arriving at least 15 minutes prior to the start of each practice. There could be a consequence for arriving late to practice and competitions if we see a pattern.
- All athletes are expected to make every effort to attend every practice. Only when a pre-arranged school activity interferes, an illness serious enough to keep the athlete home from school or a genuine family emergency are legitimate excuses for missing practice. Regardless of the reason, **IF AN ATHLETE MISSES PRACTICE, HER PLAYING TIME MAY BE AFFECTED.**
- If an athlete cannot be at practice, the athlete is expected to **contact the coach**. It is the athlete's responsibility to reach the coach **before practice starts** or club director

Examples of UNEXCUSED absences are;

- Kings Island, baby-sitting, homework, job, dances, vacation with a friend **without notifying your coach before practice.**

Attendance Policy

The NUF Volleyball program will enforce the following practice and tournament attendance policy for every athlete. That does not dictate that the athlete cannot play another sport during their participation with our volleyball program.

- The athlete will be allowed two (3) unexcused absences during the season prior to coaches/director review.
- For every (4) practices missed the athlete will sit out a match in a future tournament.
- Missing more than ½ of a practice counts as an absence. Flexibility will be extended to school functions. **Remember to inform the coach in advance.**
- All absences from practices will be evaluated by the coach/director with proper documentation on case-by-case basis.
- Missing a tournament counts as 1 absence.

Note: Please note that a poor attendance record may directly affect an athlete playing time.

Please call your coach if you are unable to make practice (BEFORE PRACTICE)

Cancellation for the weather (snow) will be posted on all media outlets:

www.nufvolleyball.com or twitter account and face book

Tournaments are never canceled!!

Expulsions and Suspensions

While it is not the intent of this volleyball club to suggest that there will or could be problems, the integrity of NUF volleyball club should be foremost in our minds. Suspensions have been identified where appropriate in this document. The coach and the Director will evaluate all situations. Fairness to all is our objective; use your common sense in all situations.

- Smoking, alcohol or drugs at any time during a NUF Volleyball function.
- Leaving lodging premises without notifying the coaches or without a chaperone.
- Having boys in your room or public display of affection.
- Approaching a coach, the director, or athlete of any other club member in an inappropriate manner at any NUF Volleyball function.
- Anything deemed as criminal activity.
- If a player quits the volleyball program.
- If player has more than 4 unexcused absences (subject to coaches/director review)

Note: Money will NOT be refunded if an athlete is expelled or suspended.

Parent/Coach/ Player Relationship

Volleyball can teach many important traits, such as the spirit of cooperation, and the regard for friendship; but it is difficult for these and other desirable traits to take root in young players when the adults around them fail to set a proper example. We ask that parents refrain from criticizing opposing players, other parents, coaches or teammates. In spectator enthusiasm, parents are often prone to provide several instructions to the players that may be contrary to those of the coach. This could leave the players feeling confused and upset. Please let these athletes follow their coach's instructions and **leave the coaching to the coach!**

Parents must align themselves with the coach 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 women about the realities of highly competitive situations. They must be **taught how to be a cooperative team member**, how to make use of positive feedback and constructive criticism. They must learn how to cope with adversity, how to achieve mental toughness and how to be also be a gracious winner.

If a player has a concern with a coach, parents have the responsibility to teach their child the appropriate steps to remedy the problem. The following steps must be taken if any player has concern with a coach or playing time.

1. The player should discuss the concern with the coach and try to arrive at a solution. None of the coaches should be considered unapproachable. They are all very willing to listen to a player's concern and try to arrive at a mutual solution. **Do not wait until the end of the season to voice your concern.**
2. If, after time, the concern is not resolved the player and parents may make an appointment to speak with the coach. Please do not approach a coach to discuss a concern during practice, or a tourney.
3. If after time a solution is still not reached contact Marsha and she will set up a meeting with player, coach, parents.

TOURNAMENT INFORMATION

The location and number of tournaments varies with the age level and skill level. A two-day tournament is considered 2 playing dates. Tournament play begins in late January and continues through beginning of May. Teams wanting to compete in Nationals continue to practice and play in June.

A continual source of frustration for players and parents alike is the issue of playing time. The reality is that equal playing time cannot be guaranteed. It is our goal to have 9-10 players on a team. Based on position, a player may play back row and rotate out or play front row and rotate out when reaching the back. It is important for players and parents to understand that the goal of the NUF team is to compete at the highest level at tournaments and go to the next level. This may result in reduced playing time for some members of the team. If it is the player's belief that they are not being treated fairly and playing an appropriate amount, it should be discussed with the coach first and foremost. If the issue cannot be satisfactorily resolved at this level, it should be taken to the director, Marsha. Only in the most extreme cases should the parents get involved.

Team Structure

- There will be a *minimum* of nine athletes per team for NUF Teams with the option to add players to teams that are going to Nationals.
- A volunteer team parent will be in charge of the administration of the team such as: coordinating travel, arranging lodging, organizing fundraising, coordinating with Marsha, etc
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- We do offer private lessons
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- Teams will practice two/three times a week.
- **Player re-alignment/movement**

Athletes Conduct at Tournaments/Practice Site

It is the intent of NUF Volleyball Club to be a leader in the volleyball community. It is also our intent of to lead by example, which means the athletes need to lead by example! These guidelines are set forth to protect the INTEGRITY of you, the athlete, and the coaches. Please be aware that all circumstances are not accounted for below, and in the event of any unforeseen circumstances, the Director will enforce appropriate action.

- **Equal Playing time is NOT guaranteed.** Coaches evaluate athletes during training on a weekly basis. If you have a question about your playing time, set up a time with your coach to discuss it.
- “Conduct unbecoming to a Lady” will not be tolerated. This covers a wide variety of circumstances, for example the use of foul language or rude gestures towards other athletes, parents, or coaches.
- For safety reasons you may not leave the playing site at any time without notifying the coach and obtaining his/her approval. A parent or player must accompany you.
- In the event that a significant other attends a tournament, It should be understood that your first priority is with your team. **There will be NO public display of affection (PDA) at practice or at a tournament.**
- Proper nutrition is required. Tournaments are an all-day affair. It is your responsibility to bring your own food, liquids and cooler to a tournament.
- Teams are responsible for officiating and score-keeping during the tournament. Each team needs to have one person certified in score-keeping or down officiating.
- No team member is permitted to leave the tournament site until all officiating responsibilities are completed.

Travel

- Parents shall provide transportation to and from tournaments. Athletes are not permitted to drive unless they are a licensed driver.
- The coach could select time and location of departure when traveling to tournament if carpooling is considered.
- When staying at overnight locations, athletes must travel in pairs when walking around the lodging premises.
- Curfew will be observed as established by the coach.
- Boys and significant others are not permitted in the rooms or hallways of the athletes. The only exception to this policy is relatives to the athlete. **Violation of the policy will result in immediate expulsion from the club.**

PARENT REP RESPONSIBILITIES

One of the important ingredients to a successful volleyball season this year will be the parent representative. Each team has a parent rep. who serves as the liaison between the coach and the parents. The responsibilities for the Parent Rep are listed below. If you are interested in serving as the parent rep for your daughter's team, please let your coach know or call Marsha.

Job Responsibilities of a Parent Rep:

1. Acts as a liaison between the coach and the players' parents. Communicates regularly with the coach and informs the team of practices, tournaments, schedule changes and any other information that need to be disseminated to the team.
2. Serves as the team representative to the NUF management team. Attends meetings as Club Director or Parent Rep Coordinator calls them. There are usually three meetings; one preseason, one during the season and one postseason. Any information presented at the meetings is then communicated back to the team parents by the parent rep.
3. Assists in the ordering and dissemination of team uniforms and apparel.
4. Acts as the point person for any complaints and concerns relative to the team. Refers concerns and complaints to the coach and Club Director. Scheduling concerns should be addressed to Marsha.
5. Prepares a team roster for all parents with names of players and parents, addresses, phone numbers, school affiliations and any other pertinent information. When travel begins, cell phone numbers are great to have.
6. Assists in making travel arrangements for overnight tournaments. Assists coach in distributing tournament information to team. Coordinates hotel accommodations with other parent reps traveling to the same tournaments. Often times a parent rep. will ask another parent to assist with making hotel arrangements.
7. Distributes mid-season and end-of-the-year evaluations to the team and parents.
8. If volunteers are needed for locally hosted tournaments, the parent rep. will help recruit parents from their team to assist.
9. **THE PARENT REP. IS NOT AN ASSISTANT COACH AND IS NOT INVOLVED IN ANY COACHING DECISIONS REGARDING LINEUPS, PLAYING TIME, ETC.**

Payment Schedule and Cost

The fee is based on:

- Tryout Fee
- Coaches Travel Fees
- Tournament fees
- Practice times
- Membership
- Equipment cost
- Facilities rental
- Coaches' stipend
- Uniforms

Tryout fee is due the first day of tryouts!

\$100.00 tryout fee for all athletes

\$50/2 for players that are related

\$75 REFUNDABLE if you choose not to accept the position. If you leave the club voluntarily after 2 months there will be no refund of money.

Paid in Full by December 31st receive a \$100 discount

Payment Dates Package 1 Package 2

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|-----------------------------|-------|-------|
| Monday December 11-15, 2017 | \$360 | \$325 |
| Monday January 8-12, 2018 | \$400 | \$325 |
| Monday February 5-9, 2018 | \$180 | \$225 |
| Monday March 5-9, 2018 | \$179 | \$225 |
| Monday April 2-6, 2018 | \$178 | \$200 |
| Monday May 1-4, 2018 | \$178 | \$175 |

Pay tryout deposit - you can do this by cash or bring a check made out to *Marsha Shoemaker*

You cannot participate until the *tryout fee* is paid in full

T-shirt with name and school you attend- we will have tape available to add your name to your shirt if needed.

NUF Volleyball Club - \$1475

There are no hidden fees within my club

If prior arrangements were not agreed upon before the schedule payment is due, the player will not be able to practice or go to tournaments until the amount is paid.

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