

# NUF VOLLEYBALL HANDBOOK

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# What is Club Volleyball

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 1<sup>st</sup>. 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 Pavilion gymnasium located at **5251 Kentucky Avenue located on the campus of Decatur Central**. The practices range from 90 minutes to 2 hours. All teams will practice during the week and on Sunday's this season if necessary.

## 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 November 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?

**School commitments 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?

All NUF teams are 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 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 have an open-door policy at our practices we invite parents to sit in on a practice, just bring your own chair. You are welcome to sit in the gym however, no noise is welcomed noise as far as practices go.
- We are enforcing a 1-2-3 penalty system this year. Meaning if your daughter misses 1 practice without a legitimate excuse that is a first-time warning. Missing 2 practices without a legitimate excuse is a meeting between parent and coach. Missing 3 practices is automatically dismissal from the club with **NO REFUND**. Per month will this be enforced.
- 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 at the last minute, 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 three (3) unexcused absences during the season prior to coaches/director review.
- 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 including practice.
- Anything deemed as criminal activity.
- If a player quits the volleyball program.
- If player has more than 3 unexcused absences (subject to coaches/director review)

**Note: Money will NOT be refunded if an athlete is expelled or suspended. You will be required to PAY THE ENTIRE AMOUNT OF CLUB IF YOU ARE RELEASED FROM NUF VOLLEYBALL CLUB.**

## 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 my 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 at a tourney. Approaching a coach at a tournament in any harsh manner will be dealt with by the Club Director.
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 December 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 may be asked to assist in overseeing the administration of the team such as: coordinating travel, arranging lodging, organizing fundraising, coordinating with Marsha, etc. I have been known to ask a parent or 2 to help me with certain tasks such as passing out jersey's, organizing a special event from time to time.
- Teams will practice two/three times a week depending on the teams. I say that because we may have a team that can only practice 2 times a week. However, if we have extra gym space and from time to time, we do, it's not uncommon for me to ask if a player and/or team to extend their practice times for a day.
- Player re-alignment/movement is often suggested but may not lead to a player being moved. We leave the option of a player who may be excelling in her area to play UP on a team. However, in doing so, it may be required to list that player for the remainder of the season on that roster. If so, the parent's will be notified of the move 2 weeks in advance to allow for consideration of practice time or rideshare.

## 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.
- If a significant other attend a tournament, your 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 and 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.

## Payment Schedule and Cost

The fee is based on:

- Coaches Travel Fees
- Tournament fees
- Practice times
- Membership
- Equipment cost
- Facilities rental
- Coaches' stipend
- 2 sets of uniforms

**YOU MUST PAY THE FULL AMOUNT DUE TO AVOID LOSS OF PLAYING TIME. FAILURE TO PAY THE FULL AMOUNT WILL BE SUBJECT TO COLLECTION FEES AT THE END OF THE SEASON**

### Payment Dates for \$1850

Monday December 15- 20 2024	\$400
Monday January 6-10 2025	\$400
Monday February 10 -14 2025	\$375
Monday March 10 -14, 2025	\$325
Monday April 14 -18 2025	\$225
Monday May 12-16 2025	\$125

**Tryout fee is due the first day of tryouts!**

**\$100.00 tryout fee for all athletes**

\$50/2 for players that are related

**REMEMBER YOUR TRYOUT FEE DOES NOT GO TOWARDS YOUR PAYMENTS FOR CLUB FEES**

**\$25 REFUNDABLE if you choose not to accept the position. If you leave the club voluntarily after 3 weeks there will be no refund of money.**

***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**

**NUF Volleyball Club - \$1850 FOR 18u – 12u**

**ALL AGES WILL PAY THE SAME AMOUNT!!**

**The 12U team this year at NUF will play in 12U and 13U tournaments. If we have a legitimate 12U player she may try out for 13U but please keep in mind, we release players that are NOT qualified to play at the level of competition for the age group indicated.**

**There are no hidden fees within my club**



