

**Player and Parent Handbook**

**2018-2019**

**WELCOME TO EVERGREEN JUNIORS VOLLEYBALL CLUB**

EJVBC is committed to providing opportunities for young athletes at all levels of development to engage in quality, competitive volleyball experiences. The directors, coaches, and staff of EJVBC want to share the mission of creating and maintaining a program that has a POSITIVE effect on all of our athletes. Our goal is to help each athlete set an achievable goal, and help them reach those goals by instilling a personal internal confidence and commitment to support each other and work as a team.

Learning a lifelong sport, making friends outside of school, and enjoying the sport are all reasons players choose to get into volleyball. EJVBC is a competitive program dedicated to enhancing the athletic development of our players through the pursuit of excellence in volleyball.

EJVBC is proud of the players that have progressed and played at the college levels, many even receiving scholarships. The EJVBC directors strive to develop athletes, not only as players, but also as people learning lifelong teamwork and interpersonal skills, with the ability to handle pressure situations and to effectively use goal setting to accomplish anything in life.

**EJVBC MISSION STATEMENT**

EJVBC believes that any athlete, regardless of size or skill level, who wants to participate in a USA Volleyball Junior program, should be given an opportunity.

**COMMUNICATIONS**

We use **Team Snap** for all team communications from the club, coaches, and team parents. Soon after signing day, parents will receive an email invitation to join their team’s Team Snap group. Please make sure to accept this invitation so you do not miss any important communications.

Schedules such as practices, tournaments and food rotations are also managed at the team level with **Team Snap**. It’s a good idea to ***download the app to your phone*** to have the schedule and communication alerts handy.

**CLUB DUES**

*EJVBC is a non-profit 501c organization that relies* ***heavily*** *on volunteers, parents and board members and coaches to accomplish the club’s purposes and goals and keeping costs down to the minimum.* EJVBC has maintained a 501(c) non-profit corporation status since 2011. The IRS and Washington State hold these types of organizations to strict state and federal laws ensuring that we are not operating for the benefit of private interest and no part of our earnings may inure to the benefit of any private shareholder or individual. Any small profit we might make must go back into the organization to help our community in future seasons. The bulk of EJVBC’s funds go directly to coaching, gym rentals, equipment, administrative costs, and tournament entries.

Club dues for the 2018/2019 club volleyball season:

U12/13: $1,200

U14 and older: $1,565

***We offer three options for payment.***

Option 1: Payment in full by check or credit card at contract signing or parent meeting.

Option 2: Payment Plan – Initial payment of $450.00 will be due at the signing of the contract or parent meeting. The balance will then be split into equal installments of $223.00 until dues are paid in full.

Option 3: Payment Plan – Can be split into 6 equal installments from December-May. This payment plan will need to be set up for automatic payment through Team Snap.

Payment Methods:

* Payments by check or money order are payable to

EJVBC

PO Box 14155

Tumwater, WA 98501

* PayPal, credit card via EJVBC website
* Automatic payments through Team Snap
* Venmo @EJVBC

Each parent/athlete is required to meet ALL financial obligations to EJVBC once the contract and commitment letter is signed. ALL season dues are non-refundable. The club's budget is based on the number of participants on a team before the season starts, and the club has financial obligations to meet according to that budget. Unpaid accounts may also be denied USAV membership for the next volleyball club season. We appreciate that you keep your account current.

***Secondary Insurance Coverage***

As part of the athlete’s membership fees, all players are covered by a supplemental insurance policy that is carried by USA Volleyball. This is a policy that covers all club activities and injuries that may occur during a practice or tournament. ***The incident report form is on the PSRVB website*** that would need to be filled out and turned in to PSRVB for any injury requiring medical attention.

Please note that this is a ***supplemental policy*** you need a primary carrier, you may contact the USA Volleyball insurance company for additional coverage if needed.

**\*\*Club dues do NOT cover:** Any travel expenses or meals for players such as team cooler expenses, and apparel or accessories such as hair ties, ribbons, and gym bags, warm up pants, extra shirts, spirit wear, or whistles. **\*\*Uniforms:** Team uniforms are being provided by Cheval Rouge Sport – a custom uniform supplier headquartered in Tacoma, Washington. Jerseys, shorts and jackets are custom designed for Evergreen Juniors and produced in the USA. The cost of the package is separate from club dues and differs by team and package and extras that are selected.

**\*\*Spirit wear** (t-shirts, sweatshirts, and other items) will also available for players and fans. You will be responsible for upgrading and paying the\*\****USAV membership fee***and selecting the club that you have signed for.

***Uniform Ordering & Delivery:*** Players are responsible for ordering their uniform package using an online order system. At tryouts, representatives will have sample items available for sizing. Once a player has signed with the club, a catalog link, login and password will be sent to the player’s email. ***Players should order uniforms immediately after signing*** as there is a very short timeline between when the teams are set and the first tournament. Payment is due when the order is placed. Evergreen Juniors will supply final roster numbers to Cheval Rouge Sport by team. Uniform packages will be delivered directly to the team.

**\*\*Fundraising opportunities**: Tiffany Lash will be your contact person for fundraising questions and opportunities.

**COACHING**

For each team there will be a head coach assigned to the team. Some will have an assistant coach or a volunteer helper. Coaching philosophies are individualized to their coaching style, but all teams will contain all of our club philosophies. Our coaches are highly skilled and motivated. The majority are former collegiate players, or coach at the junior high, high school, or college levels.

Coaches are not limited to other certifications such has IMPACT certification, CAP I&II certifications, CPR and first aid. The safety of athletes on and off the court is of paramount importance to USA Volleyball. Coaches are background-checked and have annual SafeSport certification through USAV.

**All region coaches and staff are mandatory reporters for any abuse or misconduct to an athlete or vulnerable adult will be reported. USA Volleyball has ZERO TOLERANCE for abuse and misconduct**.

**TOURNAMENTS/COMPETITIVE GOALS**

Your athlete will compete in USAV/Puget Sound Region events as well as tournaments hosted by other USAV regions and club programs. Our competitive schedule consists of one-day tournaments, on either a Saturday or a Sunday. Some teams will choose to do two-day tournaments. Tournament days are long either way! You will leave early in the morning in order to arrive by 7 a.m. or 8 a.m., and if your team is playing well, be prepared to stay late into the afternoon or evening! For athletes, a blanket and pillow are helpful for a rest break. Teams are responsible to clean up their team areas, team bench areas or any area occupied by your team **BEFORE** you leave the facility. It is the responsibility of each team to know and comply with each facility’s rules regarding food items and team tables. The rules of each venue are posted on the PSR web site.

**Transportation/Travel:** Travel to and from tournaments and practices will be the responsibility of the individual players and their parents/guardians. The club does not provide transportation for club members. Coaches are not allowed to transport players who are not their own children. We recommend players and parents arrange carpools with other team members who are within the same area. If a hotel expense occurs during your season, these costs is not part of the club fees. If the coach incurs a hotel cost, it will be assisted and paid with fundraising monies or the cost can be divided between the athletes. During the stay in the hotel, the athletes are still held to the code of conduct signed with their membership.

**Team Parents:** Some teams will utilize a parent or parents on a volunteer basis only. These parents typically make sure that all players have rides to each tournament, encourage carpools, and make sure all families are aware of the location of each tournament. The team parent has various duties that are delegated out to other parents for smooth communication such as practices times, tournament location and times, food rules and tables, and other planning activities and communication.

**Meals:** Don't expect food sources at the facilities or nearby, and time will NOT permit the athlete to leave the facility. Players need food ready to eat during their snack and lunch breaks. Foods should be nutritious such as sandwiches, fruit, vegetables and water. All players are required to stay with their team at all times, as they are usually playing or refereeing with small amounts of time to rest and eat. ***Many gyms do not allow any food or drink other than water and the offending club will be penalized points for disregarding this rule.***

***Playing Time:*** Areas that will affect an athlete's playing time are as follows: attitude, skill, three missed practices in a row, position, and status of payment. We give equal practice time, **NOT** equal match playing time.

**\*\*Officiating:**

**Every Athlete will follow and take any reffing and scorekeeping certification that PSR requests for tournaments. All coaches are still responsible for each athlete’s performance in officiating.**

All tournaments are at least partially self-officiated. Officiating at tournaments is the shared responsibility of the entire team, including coaches. All players are required to help with the line judging, scorekeeping, score flipping, and down officiating. The coach may rotate officiating responsibilities. **No headsets or cell phones** are to be used during officiating assignments. This includes the use of cell phones at the scorekeeper’s table. Every athlete is expected and required to remain in the gym until the entire team is dismissed from the facilities. Failure to participate in officiating responsibilities could result in discipline from missing sets to dismissal from the team without refund of season dues.

**PRACTICE RULES/EXPECTATIONS**

We expect players who are punctual, who are in the proper frame of mind to work hard, and who pay attention to coaches and cooperate with teammates and coaches. Each practice session is very important to the development of our athletes and team development (chemistry). We know that not all players can show up to every practice. School commitments and other activities sometimes must take priority. It is important that you attend every possible practice though, and notify coaches when you cannot attend as early as you can in advance.

Commitment is vital to be part of the program. The club season is a great opportunity to improve individual volleyball skills if you are committed. If you are not committed, we recommend that you do not participate. If you work hard in practice, matches and scrimmages, you are likely to have a successful season. We expect the ***respect of both players and parents, and that they will follow the code of conduct the PSR has put out. This entails showing respect at all times to coaches, teammates, officials at tournaments and other parents. Be competitive, but not disrespectful toward other teams and/or clubs.***

Practice times are *generally* two times a week for two hours each. On occasions there may be extra or longer practices for specialty help or jump training depending on the age group. Out of courtesy to your coach, please contact them as soon as possible if the athlete is unable to attend. Get in a habit to arrive at least 15 minutes early to do stretching exercises so you are ready to practice.

Practices are open for viewing by parents. ***Only players, coaches and parents who have USAV membership with background check, and who have completed the safe sport course will be allowed to participate in practice sessions and/or be on the court, due to insurance purposes***. All practices are held at various schools and churches in the Lacey, Olympia, and Tumwater area. We are dependent upon them for scheduling, and throughout the season there will likely be occasions that practice time will need to be changed. We do our best to avoid this; however, school and city programs take precedence. We know that families are balancing many activities, and we will let you know as soon as possible of any necessary changes to the schedule. **We will follow school snow closures.** In the event that dangerous weather starts after school is dismissed for the day, the coach will make the decision one hour prior to the start of practice if it is cancelled. If you are unsure, please call your coach. Otherwise, if you are unable to reach your coach, please use your own judgment. No penalties will be given for missing practice due to dangerous weather conditions.

**\*\*TEAM Selection/Chemistry:** Our club believes that athletes should play with their USAV defined age group. Therefore, athletes should try out for their USAV defined age group. Occasionally a player may be asked to try out for an age group above their defined age group. Ultimately, it is our goal to have the athlete to play in an age group that will match their skills and abilities. We attempt to keep teams at a minimum of 10 athletes and a maximum number of 12 to a team. This is meant to make it fairly easy for coaches to utilize all players during tournaments. A player may also be moved to another team, which would allow the club to fill a team in a higher age group and prevent athletes from being cut from the lower age group who would like to participate in the club. Our goal is that no athlete will be cut if they have a desire to play club volleyball. In an unfortunate event that there are ***not enough athletes to fill a team that has appropriate like skill levels and age, then the team will be dissolved and there may not be a spot within the club for the athletes for the 2019 season.*** A very important part of a team's success is the chemistry that develops between the players. The unity, support, friendship, and effort with each other are imperative to success of the team. All players will be expected to contribute to the team chemistry and to be enthusiastic at both practices and tournaments. Ultimately, sports are supposed to be fun.

**Team changes during the season:** During the season, players will learn and improve at varying rates and achieve varying levels of expertise. Although not typical, at times a player has been asked to fill in during a tournament with another team which is on a volunteer basis only in which the athlete does not have a tournament that weekend with their own team.

**PARENT/COACH/PLAYER RELATIONSHIP**

To any successful youth program are the relationships between parents, athletes and coaches.   
EJVBC does not tolerate hostile, aggressive confrontations between a parent and any official, another parent, a coach, another athlete, or another team's representative (including coach, athlete or parent). Violation of this policy may result in the athlete being dismissed from EJVBC without refund.

Through the EJVBC, PSR and USAV codes of conduct, we encourage positive character traits like cooperation, self-discipline and work ethic. It is very difficult to attain these traits if the adults around them fail to also set these examples. ***Parents and coaches WILL and MUST refrain from criticizing opposing players, other parents, and especially any player on that team as well as any officials***. **You can be removed from a tournament if the tournament director deems that you are not following the PSR code of conduct.**

**For spectators on the side lines, we ask you to refrain from giving instructions to the players that may be contrary to what the coach may have asked of the athlete.** This can cause confusion for young players. Please leave the coaching to the coach and encourage the athletes to follow the coach’s instructions.

The coaches, directors and board members of our club have dedicated time, energy, and their best efforts to teach your child the sport of volleyball. Some, if not all, of their time is on a volunteer basis because of their love of volleyball. It is understandable that you or the athlete will not understand or agree with every coaching tactic, comment or suggestion that is made by the coach. This difference does not warrant criticism or rudeness. It is a rare fit between goals and priorities of the coach with the goals and priorities of every parent on a team. However, there is a mutual interest in the player’s development as an athlete and person. Coaches and parents can come to a better understanding of each other’s perspectives by helping their athletes learn how to cope with some of the frustrations that may arise.

Sports are an excellent opportunity to teach athletes about the realities of a highly competitive situation. They will be taught how to be a cooperative team member, 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.

Establishing a rapport with a coach is to display a high level of commitment to the activity. Players need to learn to display their commitment by arriving early/on time, staying late, doing extra preparation, being enthusiastic about the activity, and actively and publicly supporting their teammates.

**GRIEVANCE PROCEDURE**

As in all families and athletics, situations may arise where athletes, parents/guardians and coaches may not be in agreement with all decisions that are made. Knowing how to communicate with the coach or club director is imperative. Here are the steps for our volleyball family.

***U15 and up:*** Athletes are first encouraged to communicate with their coaches. High school age players need to be able to approach their coach directly.

***U14 and under:*** It is permissible for a parent to contact the coach to inform them that their daughter has a concern and to please meet with them. All aged athletes are expected to discuss issues concerning playing time or any other volleyball-related subject with their coaches first before escalation is needed.

***Our coaches are there for your child and are very willing to listen to your child’s concerns. If the coach is not aware of the concern, NOTHING at all can be done to alleviate it.***

The recommended time for a parent and/or athlete to meet with a coach is immediately after a scheduled practice.

Your daughter is to go to the coach directly for problems she made have. If she is unable to do that, then (for younger players only) a parent may contact the coach to let them know that player would like to talk with the coach and the coach will initiate the meeting.

It is inappropriate for an athlete or a parent to approach other EJVBC members about a problem the athlete or a parent is having with their coach, about objections over coaching, or administrative decisions. It is also inappropriate for players or parents to send emails or texts to coaches to question coaching decisions that have been made. Those emails and/or texts will not be addressed.

We believe in open communication and transparency. All issues and concerns are immediately addressed with the athlete's well-being in mind.

Parents are encouraged to communicate with the club director only after exhausting all the resources to resolve the problem.

Coaches are instructed not to discuss "coaching decisions" with parents/grandparents or family members. These "coaching decisions" include but are not limited to playing time, substitution patterns, team line-up decisions, etc. Coaches are not required to defend his/her thought process or conclusions at any time during the season except to the player. Coaches are not accountable to parents for coaching decisions; they are accountable to the club director.

**Grievance during Tournaments:**

Coaches are instructed not to engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed *to diffuse the situation by walking away and refocus on the team*. *Tournaments are times where coaches are focused on the team and should not to be put into a situation that takes the focus off the team*.

It is very important that players and parents alike understand that conversations are allowed and encouraged at any time throughout the season, as long as they are civil and polite. Good communication enhances trust and cooperation throughout the team family.

Parents utilize the **24/48 RULE:** This means that parents CANNOT approach a coach at a tournament regarding a coaching complaint. We ask that you wait at least 24 hours after the triggering event before contacting the coach, and then deal with the issue at hand in the next 48 hours or **forever drop it.** Cooler heads are inevitably more productive, and after a stressful day of competition, it is not uncommon for emotions to run high for all parties involved.

If a solution is not reached after all discussions are made, three more parties will be asked to join the meeting to resolve the situation. *Who will be asked to attend this meeting will consist of the parent, the athlete, the director, the coach, another coach, one board member and another parent. The situation will be discussed, and a plan of action will be established to resolve the situation to the best for all parties.*

All decisions and recommendations by EJVBC and the club director are final and not subject to appeal.

If a situation should ever arise where you believe your child is suffering emotional or physical harm from other team members or coaching staff, then report it immediately to the club director or any member of the board.

**Directors and board members**

Director…Donna Losey

Assistant Director…Jack Lizee, Human Resources

Board member…Tifany Lash, Fundraising

Board member…Kira Lash, Website

Board member…Sarah Lizee, Tryouts

Board member…Tamara Whitaker, Team Snap, Social Media

Board member…Chrissy Wing, Administrative

***CONTACT INFORMATION***

General information and questions: evergreenjuniorsvbc@gmail.com

Donna Losey: (360) 239-4546 (please text message for a faster response)

Let’s have a great season of volleyball!

**PLEASE SIGN AND RETURN THIS PORTION OF THE HANDBOOK**

**Participant and Parent Agreement & Consent**

I have read and understand the EJVBC player/handbook in its entirety. I certify by my signature below that I understand and agree to follow the policies and procedures set forth within the handbook.

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Print Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Print Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2018-2019 EJVBC Player/Parent Contract**

This agreement is made between **Evergreen Juniors Volleyball Club**, a licensed Club in the Puget Sound Region of USAV, a junior player, and a legal parent/guardian the junior player.

The club and its members will:

* Abide by USA Volleyball rules, regulations, and policies;
* Abide by USAV Participant Code of Conduct and ethics;
* Abide by Puget Sound rules, regulations, and policies; and
* Deliver volleyball education, training, and playing opportunities.

The player/parent/guardian will:

* Abide by USA Volleyball rules, regulations and policies which include the USAV Participant Code of Conduct;
* Abide by Puget Sound rules, regulations, and policies;
* Abide by the Club rules, regulations, and policies; and
* Pay club dues for the 2018-2019 season ($1,200 for U12/13 or $1,565 for U14 and older).

I certify that I am the legal parent/guardian of the player, and have the authority to agree and sign this contract and waiver on behalf of the player. I acknowledge that participation in this athletic activity can result in serious injury or death to participants and agree to hold harmless the Club and its members for any and all harm or injuries suffered during participation in Club activities, including but not limited to play and practice. I further agree to waive and release the Club from and all demands, claims, actions, lawsuits, liability and damages of any kind arising from participation in the Club activities.

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_

Parent/guardian Printed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_

Players Printed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_