

Edina Volleyball Association

Parent & Player Handbook



2010-2011

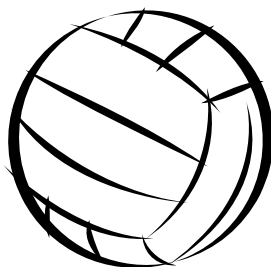
www.edinavolleyball.org

Player's Name _____

Team Information: _____

CONTENTS

| | |
|---|-----------|
| C O N G R A T U L A T I O N S ! | 3 |
| HOW TO BE SUCCESSFUL ON YOUR TEAM:..... | 3 |
| TEAM PLAYER EXPECTATIONS..... | 3 |
| EVBA PROCEDURES AND POLICIES | 4 |
| EDINA VOLLEYBALL ASSOCIATION PHILOSOPHY | 4 |
| SCHEDULE/ROSTERS/PLAYING TIME | 4 |
| COMPETITIVE TEAMS | 4 |
| PRACTICE PROTOCOL | 5 |
| PLAYER ABSENCES..... | 5 |
| MATCH DAY/TRAVEL INFORMATION/OFFICIATING DUTIES..... | 6 |
| ROLES & RESPONSIBILITIES | 7 |
| CHEMICAL/SUBSTANCE USE..... | 7 |
| ACADEMIC ELIGIBILITY..... | 7 |
| CELLULAR PHONE USAGE | 7 |
| SPORTSMANSHIP | 8 |
| PARENT’S CODE OF ETHICS:..... | 8 |
| PARENT SPECTATORS | 8 |
| PLAYER’S CODE OF ETHICS: | 9 |
| UNSPORTSMANLIKE CONDUCT POLICY: | 9 |
| CHAIN OF COMMAND POLICY: | 9 |
| LINE OF COMMUNICATION AND CONFLICT RESOLUTION | 9 |
| FORMAL GRIEVANCE / COMPLAINT POLICY | 10 |
| ADDITIONAL PROGRAM INFORMATION | |
| EDINA VOLLEYBALL ASSOCIATION FEES..... | 11 |
| EVBA INCLEMENT WEATHER POLICY | 11 |
| TEN COMMANDMENTS FOR PARENTS WITH ATHLETE CHILDREN—..... | 12 |
| LOCATIONS FOR PRACTICES, MATCHES AND TOURNAMENTS..... | 13 |



Congratulations!

You have been selected to play on one of EVBA's Junior Olympics/Club Volleyball teams. Through this procedure and policy handbook we want to make sure you and your parents are aware that with this honor come responsibilities. Your commitment to your EVBA team will provide you with a positive, rewarding experience and allow you to develop lifelong skills while being exposed to competitive quality volleyball. Welcome!

How to be SUCCESSFUL on your team:

1. Be coachable and communicate with your coaches and teammates

Accept criticism. Do not take it personally. Commit to the philosophy. Follow instructions. Execute the game plan. Talk to your coaches, not about them. Communication takes two people. Learn to separate – person/student/player.

2. Have great leaders, eager followers and role players

Lead by example all the time. Do what is best for the team. Give to other people. You must give in order to receive. Respect and respond to your coaches. Everyone will have a role. Accept yours.

3. Influence your opponent

Be the team in control – Set the tempo. Disrupt their offense with your defense. Control the net. Out-hustle and show more desire than your opponent. Make smart plays.

4. Be consistently motivated

Be a good practice player. Keep your focus and concentration. Be mentally and physically ready for every practice and every match.

Team Player Expectations

- ***Play and work hard***
Commit yourself to working hard. Accept it. You develop good habits in practice. Make it a habit. Do not settle for being average.
- ***Play smart***
Understand the game. Think quickly on your feet. Make good decisions. Outsmart the opponent. Have poise and maintain composure under pressure.
- ***Play for the TEAM first***
Put the team before yourself. Support team members in practice and in competition. Give to other people. Selfish teams self destruct. Understand the fact that you need each other – without a passer and a setter, a hitter is nothing.
- ***Play with a winning attitude***
Believe in yourself. You achieve what you believe. Do not let the fear of failures hold you back. Play with confidence. Avoid dwelling on mistakes. Talk positively.

“Anything you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon, must, absolutely must, come to pass.”

Winston Churchill

EVBA Procedures and Policies

Edina Volleyball Association Philosophy

EVBA believes in promoting the sport of volleyball, along with life skills learned through the sport of volleyball. Among the many life skills learned through sports, and in participating with our EVBA program are players working together toward common goals, working hard for group and individual success, as well as respect, honesty and integrity toward others and themselves.

Participation in Junior Olympic volleyball requires a high level of commitment of time, body and mind. We believe that this commitment has its place among priorities. Once practice and competition schedules have been finalized, players will be expected to make every effort to schedule their priorities to not conflict with their volleyball commitment.

Remember with the honor of being selected to an EVBA team come responsibility and commitment. Your efforts on the EVBA team will provide you with opportunity for a positive rewarding experience and allow you to develop lifelong skills while being exposed to competitive quality volleyball.

Schedule/Rosters/Playing Time

Each year, try-outs begin as soon as possible after the high school season. This is typically in November. Because the EVBA volleyball season is so pressed for time, our try-out schedule and practice times are set well ahead of time. We ask that families respect the schedule and have a commitment to the EVBA, and to arrange as many appointments, trips, etc. around the volleyball schedule. Due to limited playing opportunities, we limit the numbers of players we will allow on rosters to a maximum of 10 or 11.

All players are given a try-out before the teams are determined. This often is not enough time to fully evaluate the talents of individual players and to assess potential playing positions. For some age groups where we have more than one team, the teams may scrimmage together during the first two weeks and at that time final adjustments to the rosters may be made.

At EVBA, we think it is good for the development of players to occasionally play with a new group of players and coach. We may have players substitute for a team for a particular tournament for a variety of reasons including (a) enabling a team to have enough players, (b) adding a player at a certain position that the team needs, (c) adding a stronger player to a team to enable it to compete at a higher level. Other reasons could arise. It is expected that a player requested to assist another EVBA team will so do.

The EVBA expects that during a practice the players will focus on the instruction provided by the coaches and to attempt to perform at the best of their ability. It is a player responsibility to communicate with a coach if they are having difficulty with a concept or drill.

Competitive Teams

All teams are competitive. Coaches may use their discretion to allocate playing time to those players who contribute most to the team efforts. Coaches have the responsibility to communicate with the players about any issues that affect their playing time. All players will have some role with the team, but there will not be an emphasis on equal playing time. Playing time is earned, not given. Coaches may use their discretion to allocate playing time to players who are playing the best at each game. As

stated above, playing time is determined through evaluation of performances during practices and matches. All players get the same opportunities during practice to earn playing time.

As the teams progress through the program, our competitive teams change the focus from individual skills to team skills. The emphasis will focus more on team results such as consistent execution, constant improvement and teamwork.

Each team has its own practice start times. Athletes are expected to be dressed, have training needs addressed and have the nets set up. We want practice conditions to mimic game conditions. Therefore appropriate practice apparel is required and will consist of spandex, T-shirt, kneepads, athletic shoes and socks.

Practice Protocol

1. Be on time! Come *early* to be ready for the start of practice.
2. No Gum.
3. No Jewelry.
4. Practice Uniform -T-shirt, spandex, kneepads, athletic shoes and socks.
5. Hair – out of face.
6. Clothing –placed inside gym bags; Jacket/sweatshirt –folded or lay on top of bags.
7. Water bottles filled and restroom needs performed before the start of practice.
8. Water Breaks will be taken as a team. They are not a social time.

When you have quenched your thirst return to the court.

Picking Up Your Daughter

The coaching staff will never leave a player alone at a playing site – we will wait until someone responsible picks her up. Because of this, we appreciate in advance your consideration for being prompt in picking up your daughters. If players are not getting picked up in a timely fashion, they will not be allowed to travel to events with the team. The coach must be notified in writing, in advance, of any deviation from these procedures.

Player Absences

Players are expected to notify the coach as far in advance as possible if they are unable to attend a practice or a match. Any player who misses a practice or a match without an authorized excuse will be excluded from playing in the next match. If excluded, the player is expected to dress for and attend the match. Absences are authorized for the following reasons (but players must still notify the coach):

1. Illness / injury / family emergencies
2. Official school function
3. Religious education or services

Athletes who miss the practice prior to a power league or tournament with an excused absence must sit out at least one game of a match. If an unexcused absence occurs, the player will not be allowed to play in the first match. If missing practices become habitual, then the coach, athlete, and parent will meet to evaluate the athlete's commitment to the EVBA. During this meeting, they will discuss possible solutions, including dismissal from the EVBA.

Power League matches and tournaments are sometimes scheduled to be played on Sundays. We have no control over the Power League's established schedule. If a player misses a Sunday game or

tournament because of a religious conflict, however, and has provided prior notice to the coach of such a conflict, she will not be penalized by either loss of a game or match opportunity the following tournament date. Please give the coach and team enough notice to ensure an adequate number of players for that Sunday match.

Illnesses and doctor appointments related to an injury or current illness are legitimate excuses for missing a practice or match. If during the school day an athlete leaves school because of illness, please leave a message with your coach, send an email to your coach, or call your coach before practices and playing events.

If your daughter has an **injury** that requires medical attention, she will need a doctor's release to resume practice or play. A physician's note must be turned into the coach in order for your daughter to resume practice or play.

Match Day/Travel Information/Officiating Duties

When traveling, team members should dress in a warm up suit or sweatshirt. We also want the athletes to reflect their commitment to the program by how they present themselves. Players may purchase a warm up suit or sweatshirt for the season. Casual attire, blue jeans and clothing that is ripped, full of holes, or deemed immodest or inappropriate may not be worn. Attire should reflect well on EVBA, our community, and families.

Matches/Tournaments

When preparing for events, teams will arrive early and set up an area at the arena, which will serve as "camp." Playing shoes are not to be worn to or from events and should be carried in gym bags when not in use. Personal belongings must be placed in gym bags to prevent loss and theft. EVBA and its coaches are not responsible for lost personal items. We recommend all items of value remain at home.

Officiating, Line Judging and Scoring Duties

All athletes are required to assist with line judging, scorekeeping, and officiating. It is important that in fulfilling these duties athletes give their full, undivided attention to their assigned task. Keep socializing and distractions to a minimum when at the scorer's table. NO iPods and cell phones are to be used during these duties. In many tournaments, teams must line-judge after they have played a match. When this happens, no player on the team may leave until all duties are completed. In the event that an emergency occurs or other pre-arrangements (defined BEFORE the tournament, not after the last match you play) are made, coaches may dismiss players at their own discretion. Absent such an excuse, early departure from judging duties will result in disqualification from competing in the first match of the following tournament. Please remember, everyone wants to get home ASAP.

Travel Information

Players will be required to obtain rides from their family members to and from league and tournaments. Families may certainly arrange for car pools. In either case, coaches will remain at the playing site until the last team member has departed. Families and car pools must be diligent in their driving responsibilities to avoid having the coach wait excessively long periods of time for rides to arrive.

If we have won or lost, we are together to support, celebrate and learn together. The entire team will remain on court and in the building until all team duties have been fulfilled, and the coach has dismissed the team.

Roles and Responsibilities

Player and Coach

- Sometimes one of the most difficult lessons to learn is how to relate to the coach. The coach is the person in charge.
- The player's job is to be attentive and to understand thoroughly what the coach is trying to accomplish.
- A coach wants spirited players, players who are willing to sacrifice for the team. A coach does not want temperamental players who second-guess every move, and inwardly gripe about conditions that do not suit them.
- You are here to be part of the team and you want the team to be as strong as it possibly can be. You may not agree with the way the coach is using the team personnel. There is one way to change a coach's mind; show them on the practice floor, with a little more determination and by working even harder.

Player

- If you want to become the best, you have to work hard.
- Every time you walk into the gym, you must take responsibility for motivating yourself. You must always be ready for a concentrated effort at practice.
- There is always something that you can do to make the team a little more successful. You should, in fact, take pride in not letting your team fail.
- The very nature of volleyball demands cooperation at the highest level.
- It is mandatory, that for whatever period of time you are practicing, only 110% effort will do.
- When practice time approaches, you will go all out, work hard or stay home!

Chemical/Substance Use

The use of illegal substances is strictly forbidden. Players determined to be using illegal substances will be disqualified from participating in EVBA. EVBA supports the Edina Public School and the MN State High School League policies related to chemical/substance use.

Academic Eligibility

As an athlete, you will be expected to give priority to your schoolwork. However, your schoolwork should not be an excuse to miss a team event. The mark of a successful student-athlete is taking care of schoolwork in a timely manner to be sure neither your school nor your athletics suffers.

Cellular Phone Usage

Players may possess and use cellular phones. However, phones causing an interruption of team activities will result in a player losing the privilege of using a cellular phone during the season. Players may not use cellular phones during team events, but may use them to call home for rides. EVBA is not responsible for the lost or theft of personal items such as cellular phones.

Sportsmanship

Parent's Code of Ethics:

I hereby pledge to live up to the EVBA Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every match, practice or other youth sports event.
- I will place the emotional and physical well being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco-free environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the match is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- I understand that the EVBA reserves the right to dismiss at any time a player who by the conduct of their parent significantly creates problems for the team or after verbal warning continues to disrupt practices or matches.
- I will assign responsibility for my child to the coach if I am not present at matches.

Parent Spectators

Far more than the winning and losing are the lessons learned in the process of tournament play. We ask that your role from the sidelines and stands match that which we are developing through our program. Thanks for being part of EVBA Volleyball by conducting yourself within these guidelines:

- Keep POSITIVE support, encouragement, cheering and general hollering and yelling to a MAXIMUM on the sidelines. When players are working hard, they need and deserve everyone's best POSITIVE encouragement and support. They need to know you are there and that you support them.
- Just one word on criticizing players, coaches or referees. DON'T. Public criticism of players on your team hurts morale. This rule applies to situations involving your daughter as well. Let the coach be the "bad guy", you be there to listen and support. Criticizing the referee only hurts your team and the class organization in which you participate. Please represent EVBA well by keeping rude, loud and unwelcome comments to yourself.
- Leave the coaching to the staff. This is a game for the players. Coaches are on the bench to guide the players through the stress of the game. The players need only receive feedback from one person, the coach.
- Set an example. Do not break any tournament rules, by smoking in the undesignated areas, leaving a mess or drinking where it is not permitted.
- Remember that it is a GAME. Therefore, it is supposed to be FUN. Please remember that your attitude in the spectator area can affect the mood and success of the team. Any spectator who persists in inappropriate behaviors may be asked to leave the gym. Emotions run high in competition and feelings can be easily hurt. Be tolerant.

Player's Code of Ethics

I hereby pledge to live up to the EVBA Players' Code of Ethics:

- I will do my best at all practices and during all matches.
- I will listen to my coaches while at practices and at matches.
- I will practice good sportsmanship by treating all players, coaches, parents and officials with respect.
- I will not use profanity. I understand that I will be warned for the first offense and, at the discretion of the coach, can be suspended from play for the remainder of the current practice, current match or for the following match.
- I will do my best to help my parents get me to matches and practices on time.
- I understand that improvement comes from practice and sometimes I may decide to practice on my own, away from scheduled practices and matches.

Unsportsmanlike Conduct Policy

The EVBA reserves the right to dismiss at any time a player, coach or parent who violates the above codes of ethics or, by their conduct, creates significant problems for the team or disrupts practices or matches or creates a negative impression on the EVBA program.

Unsportsmanlike-like conduct by a player, parent or coach will not be tolerated.

First Violation

- Upon notification by the Board, the player, coach or parent shall be suspended from attending tournament play for one match.

Second Violation

- The player or coach shall lose eligibility in the EVBA for that sport season. No exception is permitted. A second violation by a parent will mean that parent shall not attend any EVBA practices or be in attendance at any sanctioned tournament match for the remainder of the sport season.

Cumulative Penalties

- Penalties shall be cumulative beginning with and continuing throughout the player's or coach's participation in the EVBA.

Chain of Command Policy

The EVBA expectation is that everyone within the organization will follow the established chain of command.

1. All players and parents with concerns or issues must first contact their team's coach.
2. The coach can chose to contact the representative of the Board of Directors or the club director for assistance.
3. If a board member is contacted first, they will only act as a sounding board; NO action will be taken if the coach has not been contacted.
4. See Line of communications and conflict resolution for further information.
5. See Formal Grievance and Complaint Policy.

Line of Communication and "Informal Conflict Resolution"

The line of communication will be strictly followed within the EVBA organization. The coaching staff believes that if all members, coaches, players and parents are conscientious in following the proper chain of communication, most problems can be resolved in a smooth and comfortable way.

The general line of communication and process for resolving a conflict on an "informal" basis is as follows:

If you or your daughter is having frustrations or problems of any kind it is very important that your daughter speaks to her coach as soon as possible.

If after speaking to the coach, your daughter does not feel like the problem has been resolved, then you as parents may contact your daughter's coach.

You may contact the coaching staff either by email or by phone.

It will be determined at that time if a meeting to discuss the matter should be scheduled or if it can be discussed by email or over the phone.

If after discussing matters with your daughter's coach you do not think things are better, then you should contact an EVBA Board member or the designated Parent/Team Representative.

Check the club website for the current contact. www.edinavolleyball.org

Parents may not approach the coaches before or after practices or matches about an issue or event which has developed into a conflict unless it is a meeting that has been scheduled.

If the matter is related to a specific incident or conflict, then the parents and athletes must wait until 24 hours after the specific incident before contacting the coach. See In event conflict arises.

Formal Grievance / Complaint Policy

Players and Parents

In the event a player or parent has a complaint regarding an incident which remains unresolved following informal efforts, they may file a formal grievance, as follows:

A. Any individual with a grievance not previously resolved in a personal conversation with the Head Coach shall present a signed and dated letter, detailing the incident, to the Head Coach. The Head Coach shall respond within two days of receipt of the grievance. The Head Coach will schedule a meeting, which will include the individual that submitted the grievance. The purpose of this meeting is to discuss and make a best effort to resolve the issue. The Head Coach shall keep and submit a copy of the original grievance and notes from the meeting to the President of EVBA or duly appointed "Grievance Committee", indicating the nature of the grievance and whether the matter was resolved.

B. In the event that resolution is not achieved at the meeting the President or a member of the Grievance Committee shall schedule a meeting with the Head Coach, the individual's parents and the individual that filed the original grievance within one week of receipt of the grievance. The EVBA representative shall keep detailed notes of the meeting and submit a copy of the original grievance letter, outstanding issue letter and notes from this meeting to the EVBA President.

C. In the event the parent remains dissatisfied with the President's or committee's decision, the parent may request that the matter be reviewed once more for a final determination by a quorum of the Board of EVBA. Any decision made by a quorum of the EVBA Board shall be final.

"Each of us, if we would grow, must be committed to excellence and to victory, even though we know complete victory cannot be obtained, it must be pursued with all one's might. The championships, the money, the color; all of these things linger only in the memory. It is the spirit, the will to excel, the will to win; these are the things that endure."
Vince Lombardi

Additional Program Information

“Success has always been easy to measure. It is the distance between the team’s origins and final achievement...” Michael Korda

Edina Volleyball Association Fees

The EVBA board consists of volunteers who make every effort to run this sports nonprofit organization as effectively and efficiently as possible while maintaining a quality program. The EVBA Board makes every effort to keep costs reasonable. Membership fees and profits from the sale of merchandise are put directly back into the program.

The program incurs a number of expenses throughout the year including:

- Tournament and power league registration fees
- USVB individual, team, and coach memberships
- North Country Regional Volleyball memberships
- Equipment Purchases
- Website Maintenance
- Coaching reference materials
- Gym Rental
- Player Uniforms
- Coaches’ Shirts
- Coaches’ Fees
- Team Handbooks
- Mailings and Marketing

EVBA INCLEMENT WEATHER POLICY

FACILITY CLOSURES AND CANCELLATIONS

Most indoor cancellations occur during the winter months. If the Snow Emergency Plan is in effect, all programs in schools are cancelled. If the Snow Emergency Plan is not in effect, the following procedure will be followed:

WEEKDAYS: If schools have been closed, all programs in schools are cancelled. If schools are dismissed early, all evening programs are cancelled. A school cancellation notice will be placed on the Edina School District’s website (<http://www.edina.k12.mn.us/>) as soon as possible for indoor usage for the remainder of the day.

WEEKENDS: Most tournaments and league matches are held regardless of the weather. Each team should confer by telephone tree and determine how many players will be able to attend a tournament or match when the weather is inclement.

MATCH/GAME TIMES ADJUSTMENT

Game times for tournaments and leagues may be adjusted in the event of inclement weather. Teams should refer to their league schedule for the Inclement Weather Policy for their specific tournament or league.

PARENTAL DISCRETION

Parents and guardians are encouraged to use their own discretion whether to allow their child to participate under questionable weather-related conditions. Be realistic about weather conditions. Leave plenty of time to get to your destination. *When in doubt, sit it out.*

When the weather is inclement and a player does not attend a practice or match, the player will not be penalized for an unexcused absence.

Ten Commandments for Parents with Athlete Children

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the gym or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often-critical instruction.
4. Teach them to enjoy the thrill of competition, to always be giving 100%, to be working to improve their skills and attitudes. Help them to develop the feel for competing, giving a maximum effort, for having fun.
5. Try not to relive your own athletic life through your children in a way that creates pressure; you dropped the ball too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage or attitudes of your children with other members of the team, at least within hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under this leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reaching.
10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped me in athletics."

Locations for Practices, Matches and Tournaments

Edina High School

6754 Valley View Road
Edina, MN 55439
Field House Door # 8

South View Middle School

4725 South View Lane
Edina, MN 55424
Main Gym Door #6 & #7
Middle Gym Door #1
City Gym Door #5

Edina Community Center

City Gym Door #
5701 Normandale Road
Edina, Minnesota 55424

Valley View Middle School

All Gyms Door # 1
6750 Valley View Rd
Minneapolis, MN 55439

Northern Lights

14050 Judicial Rd, Burnsville, MN
(952) 808-0110

Ralia Sports Center

8686 Valley Forge Ln N, Maple Grove, MN
(763) 391-6660
Alternate locations see website

Hopkins Activity Center

33 14th Ave N
Hopkins, MN 55343
(952) 939-1333
hopkinsmn.com