



Our Mission

VA Juniors Volleyball Club provides technical and fundamental training to young female athletes in an effort to promote the development of the sport of volleyball. VA Juniors strives to instill the importance of competition, sportsmanship, leadership and hard work in their players and coaches.

Our Philosophy

VA Juniors strives to offer the best in volleyball instruction with a positive competitive experience for junior athletes in the Metropolitan area at the local, regional and national level. This competitive athletic experience will teach the values of hard work, teamwork, motivation, discipline and enhance social, mental and physical health. VA Juniors coaching staff remains dedicated to their athletes to provide a solid foundation for a successful future, both on and off the volleyball court.

Our Values

- Aim to make decisions based on what is best for our athletes, coaches and club.
- Listen openly and share whole and complete information.
- Train athletes to excel at a high level of competition.
- Maintain a coaching philosophy throughout the club based on positive reinforcement, hard work, and motivation.
- Number of teams will not exceed number of quality coaches available.
- Mentor and educate our athletes through the college recruiting process.

Club Volleyball Overview

Club volleyball has become a phenomenon, providing the community's athletes a chance to refine their volleyball skills and compete in an organized fashion at local, state and national levels. Club volleyball starts after high school season with tryouts kicking-off November 1 (you can usually check with club web-sites around the first to middle of October of each year for their specific tryout schedules and formats) and ending by the second week of November. Athletes

are selected for teams based on athleticism and volleyball skill. Team placements and commitments are made in November, generally before Thanksgiving, with first practices beginning as early as the first week of December.

A club program may be comprised of one team or several teams at different age levels youth (ages 5–12) and Club (ages 10–18). Most club volleyball programs compete from January through May, with post-season (National Championship) play continuing through early July. Teams play on weekends in local tournaments across their region. Additionally, teams may travel to multi-day tournaments requiring an overnight stay with many of these scheduled over holiday weekends.

VA Juniors VBC is affiliated with USA Volleyball (USAV) as a member of the USAV Chesapeake Region. USAV is the National Governing Body for the sport of volleyball in the United States and is recognized by the Federation International de Volleyball (FIVB) and the United States Olympic Committee. USAV, through its Rules Interpreter, implements FIVB rules for its members. USA Volleyball hosts the prestigious US Junior Olympic Volleyball Championships, which many clubs strive to qualify for throughout their club season.

VA Juniors VBC serves the volleyball community in the metropolitan area particularly Fairfax, Loudoun, Prince William, and Fauquier Counties. We participate in single day and multi-day tournaments during the course of our season with the goal of qualifying for USAV Nationals at the end of the season. However, our approach first and foremost is to ensure our athletes are nurtured, coached, and conclude the season as more well-rounded athletes, volleyball players, and citizens than when they began the season.

In order to participate in try-outs and be a member of a VA Juniors Team, players must do the following:

- Complete CHRVA Juniors member registration (www.chrva.org) – must have this before trying out for any club in the CHRVA region as it needs to be presented at tryout registration
- Obtain CHRVA Juniors Referee Certification (www.chrva.org) – must receive by December of each year following November tryouts
- Obtain CHRVA Juniors Scorekeeping Certification (www.chrva.org) – must receive by December of each year following November tryouts

Sportsmanship

Good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect. Players learn the basics of sportsmanship from the adults in their lives, especially their parents and their coaches. Kids who see

adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and to behave with dignity — whether they win or lose a game.

Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully. Displaying good sportsmanship isn't always easy: It can be tough to congratulate the opposing team after losing a close or important game, but the kids who learn how to do it will benefit in many ways.

Unsportsmanlike Conduct

VA Juniors reserves the right to dismiss at any time a player, coach or parent who violates VA Juniors' Code of Conduct, or who by their conduct, creates significant problems for the team, disrupts practices and/or matches, or creates a negative impression of the VA Juniors program. Unsportsmanlike behavior by a player, parent or coach will not be tolerated. Please reference the Parent and Player Codes of Conduct for more details.

Lines of Communication and Informal Conflict Resolution

While we enter each season hoping for it to be smooth with no issues or conflicts that often does not occur. As a result we must have a grievance process to support a mature, thoughtful, deliberate, and timely resolution. The lines of communication will be strictly followed within the VA Juniors VBC. If all of the involved parties are conscientious in following the below stated grievance process, most problems can be resolved in a smooth and comfortable manner.

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. Approach the coach (face-to-face, e-mail, or phone call) to ask for a meeting time to be set.
- Expect meetings to be at a location other than a tournament.
- If after speaking to the coach and allowing the agreed to time to elapse from initial discussion with the coach to seeing resolution your and daughter does not feel like the problem has been resolved, then she should feel free to speak with the club director.
- If the matter is still unresolved from initial discussion with the club director and established time for resolution, the parent may contact the coach either by phone or e-mail.

At no time should a parent approach and discuss any such issues with a coach on the day of a tournament. VA Juniors' staff will comply with a 48 hour cooling off period and we expect the same courtesy. It is important, however, that if the issue relates to bullying, harassment, personal safety, or other discriminating behavior for your athlete or other athlete, then reaching to a member of the club leadership is permissible and necessary.

The parent or athlete *SHOULD NOT*:

1. Confront a coach during a practice or during tournaments.
2. Expect meetings to be set during practice or tournament participation.
3. Attempt to "compare" or evaluate another athlete.
4. Use profanity towards the coach.
5. Harass or threaten the coach.
6. Discuss their concerns with any other parents or players until a resolution has been reached with the coach.

Formal Grievance/Complaint Policy

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:

Any individual with a grievance not previously resolved through the channels of Informal Conflict Resolution described above shall present a signed and dated letter, detailing the incident to the Head Coach and the Club Director. 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 and the Club Director. The purpose of this meeting is to discuss and make the best effort to resolve the issue. The Club Director shall keep and submit a copy of the original grievance and notes from the meeting to the President of VA Juniors or duly appointed "Grievance Committee", indicating the nature of the grievance and whether or not the matter was resolved.

In the event that the resolution is not achieved at the meeting, the Club Director or 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 VA Juniors 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 VA Juniors' President.

In the event that the parent remains dissatisfied with the Club Director's or committee's decision, the parent may request that the matter may once again be reviewed by the President of VA Juniors. Any decision made by the VA Juniors' President, will be final. **At no time should the President of VA Juniors be contacted regarding a grievance before the proper channels of Informal Conflict Resolution and Formal Grievance Procedure have been completed.**

How to be Successful

1. Be coachable and communicate with your coaches and teammates. Accept constructive criticism. Do not take it personally. Commit to the club philosophy. Follow instructions. Execute the game plan. Talk to your coaches, not about them.

Communication takes two. Learn to separate—person/student/player.

2. Have great leaders, eager followers and role players. Lead by example all of the time. Do what is best for the team. Give to others. 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 on and off the court. Be mentally and physically ready for every practice and every match.

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 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 more determination and by working 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.

Always give 110%

Listen to your coaches while at practice and at matches. BE COACHABLE!

Understand that improvement comes from practice, including time on your own away from scheduled practices.

Parent

Far more than the winning and losing are the lessons learned in the process of practice and tournament play. We ask that your role from the sidelines and stands match that which we are developing through our program. Thank you for being part of VA Juniors 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 a 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 player as well. Let the coach be the "bad guy", you be there to listen and support. Criticizing the referee only hurts your team and organization in which you participate. Please represent VA Juniors well by keeping rude, loud, intimidating 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 tournament rules.

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 with inappropriate behaviors may be asked to leave the gym.

Emotions run high in competition and feelings can easily be hurt. Be tolerant.

Match Day/Travel Information

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 and 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. VA Juniors and its coaches are not responsible for lost or stolen personal items. We recommend all items of value remain at home. Players are expected to wear VA Juniors gear (warm-ups, sweatshirts, or other outerwear with VA Juniors logo) when not on the court playing. This will allow parents and coaching staff to easily locate you and promotes our club throughout the venue. While wearing VA Juniors gear please remember your behavior is also on display and we need you to be polite, respectful, and positive.

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. **All players will be expected to participate in CHRVA Referee and Scorekeepers Clinics and take the applicable tests to promote certification.**

Keep socializing and distractions to a minimum when at the scorer's table. NO iPods and cell phones are to be used while performing these duties. NO eating at the scorer's table once a match has begun. Players are expected to wear VA Juniors gear while performing these duties vs. other attire. In many tournaments, teams must work after they have played a match. When this happens, no player on the team may leave until all duties are completed. In the event of an emergency or other pre-arranged agreement (defined prior to the tournament) is made, coaches may dismiss players at their own discretion. Please remember, everyone wants go get home ASAP.

Travel Information

Players will be required to obtain rides from their family members to and from practices and tournaments. Families may certainly arrange for carpools. In either case, coaches will remain at the playing site until the last team member has departed. Families and carpools must be diligent in their driving responsibilities to avoid having the coach wait excessively long periods of time for rides to arrive. Whether 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. All travel and accommodation costs are the responsibility of individual families. Players will stay with their families at tournament hotels as a team unless other arrangements have been made between families.

VA Juniors Inclement Weather Policy

Facility Closures and Cancellations

Most indoor cancellations occur during the winter months. Practices and tournaments will often be held as scheduled even in the event of inclement weather. Practice and tournament facility closure due to inclement weather will be at the discretion of the facility, club management, or tournament site management.

In the event of inclement weather that results in a facility closure an announcement will be made on the VA Juniors Website, the VA Juniors Facebook page, e-mail, and the VA Juniors team page.

Tournament Times Adjustments

Match times for tournaments may be adjusted in the event of inclement weather. Any tournament start time adjustment announcement will be made on the VA Juniors Website, the VA Juniors Facebook page, e-mail, and the VA Juniors team page.

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.

Tentative Tournament Schedule

Jan 2nd 3rd - ACPL Power League Seeding Tournament @RVC (13's, 14's, 15's, 16's)
Jan 16th 17th 18th - MLK Lancaster/ Monument Richmond (13's, 14's, 15's, 16's, 18's)

Feb 6th - ACPL #1 (13's, 14's, 15's, 16's, 17's)
Feb 13th 14th 15th - Cap Classic (12's, 13's, 14's, 15's, 16's, 18's)

Feb 27th 28th 29th - Colorado Crossroads (16's and 18's)

March 11-13 12-15s MEQ - St. Louis, MO (14's and 15's)

March 18-20 15-18s MEQ - Indianapolis, IN (16's)

NEQ 1 - March 18th - 20th (Friday-Sunday) (12's, 13's, 14's, 15's, 18's)

*** 12 National & American**
*** 13 Open & American**
*** 14 Open, USA, & American**

*** 15 American & Select**
*** 18 Open, USA, & American**

ACPL #2 - DATE TBD

NEQ 2 - March 25 - 27 (Friday - Sunday) * EASTER*** (16's) * 15 Open & USA**
*** 16 Open, USA, American, & Select**
*** 17 Open, USA, & American**

April 9th 10th – 15s, 16s, 17s Regionals (15's, 16's)

***April 15th, 16th, 17th - Southern California Qualifier (18's) or similar tournament.**

April 23rd & 24th – 11s, 12s 13s 14s Regionals (12's, 13's, 14's)

May 14 ACPL #3 (13's, 14's, 15's, 16's)

Memorial Day Tournament TBD

June 4-5 Power League Championships (13's, 14's, 15's, 16's)

Included in Player Fees

- Uniform Package - Three jerseys/Travel Bag /Three Practice T-Shirts/Warm-ups
- Tournament Registration Fees
- Gym Space for Practice
- Coaches Stipend, Hotel and Travel expenses
- Equipment

NOT INCLUDED IN PLAYER FEES

- Hotel accommodations and airfare for players at travel tournaments. Players will be staying with their parents at all travel tournaments and parents are responsible for making flight arrangements.
- AAU Nationals
- USAV Nationals

Liability Statement

I hereby grant permission for my child to participate in the VA Juniors VBC league during the 2015/2016 season. I accept full responsibility for her conduct and release and hold harmless VA Juniors and their staff and officials of any liability for accident or injury. I further grant permission for emergency first aid to be administered and, if deemed necessary, I grant permission for said youth to be transported to an emergency room, and authorize medical staff there to provide treatment.

Fees and Dues Agreement

Any player/family who falls behind in payments will not play until their account is brought current. Families will also be responsible for late fees, for any late payments, and any legal fees incurred by VA Juniors Volleyball Club, if necessary to collect delinquent payments. If a family remains delinquent in payments and the small claims division has to settle the matter the family will be charged a \$300.00 administrative fee plus any additional legal fees incurred by VA Juniors. Late fees will be charged at \$25/month per payment. Returned check fees will be charged \$35 per occurrence.

