



## Player Handbook

The goal of the Tsunami Volleyball Club is to develop respect, discipline, commitment, skill, and a life-long love of and involvement in the sport of volleyball.

Tsunami teams, coaches, players, and parents will emphasize the spirit of volleyball - Competition, Camaraderie, Cooperation and Teamwork.

While we seek to develop technical and tactical volleyball skills, we further strive to instill exemplary values in our teams that will transcend volleyball.

**tsu•na•mi** \ (t)su-'näm-e\ n [Jp] : 1. a series of huge sea waves caused by disturbance of the ocean floor or by seismic movement. 2. a wave of excitement among the fans and players caused by a floor shattering spike. 3. a series or wave of attacks (shoots, slides, tandems, quicks, Xs, pipes) that cause severe damage to everything in its path.

### Practice

#### **Arrival and Departure:**

Players should arrive to practice 15 minutes prior to the scheduled start time. Players will ensure that nets are up, shoes and kneepads are on and muscles are warm prior to start time. Players should also assist in taking down the nets at the end of practice. Parents, please be on time to pick up players.

#### **Attire:**

All players will wear Tsunami practice tees and spandex to each practice. The entire club should be wearing the same tee. There are exceptions, but no player should ever wear another club or team's t-shirt, and at the coaches' discretion, players may be permitted to practice in Tsunami attire other than current season practice shirts.

Players should not wear jewelry to practice. Players should not change shirts in public, either at practice or during tournaments.

**Facilities:**

Please respect all of the facilities and equipment that we use. Please also make sure to clean up after yourself, and leave everything as it was.

All cell phones are to be off during practice.

**Attendance:**

Although we do not insist that volleyball be your top priority, we do insist that it be a priority. If you are to miss a practice, you must inform your coach as soon as possible. Please see the Commitment section for more details specific to each level.

Tsunami has the following guidelines that shape each team's attendance policy:

- 1) You are guaranteed practice time. Playing time is earned in practice.
  - Coaches evaluate the players during the practices on a weekly basis and play players based on their performance in practice, ability, attendance, skills, positions, situations, etc. We understand all players practice to play and we strive to play everyone but our first priority is for the teams to succeed at the highest level they are capable of. If you have any questions about your playing time, set up a time with your Coach to discuss the situation. If you are unable to resolve the problem with your Coach, please follow the Conflict Resolution guidelines.
- 2) Missed practice time should be made up. Tsunami suggestions include:
  - Attending the practice of another team (to be approved by Head Coach of both teams).
  - Attending optional clinics.

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*Commitment Level***Elite Teams:**

Elite teams will consist of around 11-13 players per team ages 12-18. The purpose of an Elite Team is to provide players with the highest level of competition available. Conceptually, this team will travel farther, more often, and to tournaments with a higher level of visibility. A high level of commitment is expected of all Elite Team participants.

Tsunami does not ban players from participating in High School sports. We respect your High School Spring and Winter sports seasons and are willing to help you effectively manage your time so as to be able to participate in both club volleyball and school sports. However, players that miss practices are

also missing the opportunity to improve, and their skill levels will not improve at the same rate as those players who are at all practices. This may have an impact on your playing time. Additionally, as the athlete ages, their commitment level expectations are raised accordingly.

**12 or younger Elite team:** Players are expected to attend all practices and tournaments, missing no more than 6 practices and/or 1 tournament, for non-emergency reasons during the course of the season. Regionals and National Qualifier tournaments are mandatory. An athlete who plans on participating in a school sport during Club season is required to meet with her coach at the beginning of the season to compare practice and tournament schedules in order to work out conflicts and plan that player's practice and tournament participation for the entire season. \*Any absences outside the original plan require at least one week's notice and may result in reduced playing time at the next tournament.

**13 or older Elite team:** Players are expected to make club volleyball a top priority. Players should miss no more than 5 practices. Tournament attendance is obligatory. Players should not miss tournaments for non-emergency reasons during the course of the season. An athlete who plans on participating in a school sport during Club season is required to meet with her coach at the beginning of the season to compare practice and tournament schedules in order to work out conflicts and plan that player's practice and tournament participation for the entire season. \*Any absences outside the original plan require at least one week's notice and may result in reduced playing time at the next tournament.

#### **National Teams:**

National teams will consist of around 11-13 players per team ages 12-18. The purpose of an National Team is to provide players with the highest level of competition available in the Southeast. Conceptually, this team will travel to tournaments with a higher level of visibility. A high level of commitment is expected of all National Team participants.

Tsunami does not ban players from participating in High School sports. We respect your High School Spring and Winter sports seasons and are willing to help you effectively manage your time so as to be able to participate in both club volleyball and school sports. However, players that miss practices are also missing the opportunity to improve, and their skill levels will not improve at the same rate as those players who are at all practices. This may have an impact on your playing time. Additionally, as the athlete ages, their commitment level expectations are raised accordingly.

**14 or younger Elite team:** Players are expected to attend all practices and tournaments, missing no more than 6 practices and/or 1 tournament, for non-emergency reasons during the course of the season. Regionals and National Qualifier tournaments are mandatory. An athlete who plans on participating in a school sport during Club season is required to meet with her coach at the beginning of the season to compare practice and tournament schedules in order to work out conflicts and plan that player's practice and tournament participation for the entire season. \*Any absences outside the original plan require at least one week's notice and may result in reduced playing time at the next tournament.

**15 or older Elite team:** Players are expected to make club volleyball a top priority. Players should miss no more than 5 practices. Tournament attendance is obligatory. Players should not miss tournaments for non-emergency reasons during the course of the season. An athlete who plans on participating in a school sport during Club season is required to meet with her coach at the beginning of the season to compare practice and tournament schedules in order to work out conflicts and plan that player's practice and tournament participation for the entire season. \*Any absences outside the original plan require at least one week's notice and may result in reduced playing time at the next tournament.

**Premier Teams:**

Premier teams will consist of around 11-13 players per team ages 10-16. The purpose of this division is to provide players with a solid volleyball foundation, a program in which they can grow their skills, and expose players to a higher level of competition. Premier teams will play tournaments in Atlanta, with occasional travel tournaments in locales like Nashville, Huntsville, Birmingham, Knoxville, and etc.

Tsunami does not ban players from participating in High School sports. We respect your High School Spring and Winter sports seasons and are willing to help you effectively manage your time so as to be able to participate in both club volleyball and school sports. However, players that miss practices are also missing the opportunity to improve, and their skill levels will not improve at the same rate as those players who are at all practices. This may have an impact on your playing time. Additionally, as the athlete ages, their commitment level expectations are raised accordingly.

**14 or younger Premier team:** Players are expected to attend all practices and tournaments, missing no more than 8 practices and/or 1 tournament, for non-emergency reasons during the course of the season. Regionals and the Big South tournaments are mandatory. Any athlete who plans on participating in a school sport during Club season is required to meet with her coach at the beginning of the season to compare practice and tournament schedules in order to work out conflicts and plan that player's practice and tournament participation for the entire season. \*Any absences outside the original plan require at least one week's notice and may result in reduced playing time at the next tournament.

**15 or older Premier team:** Players should miss no more than 6 practices and/or one tournament for non-emergency reasons during the course of the season. Regionals and the Big South tournaments are mandatory. Any athlete who plans on participating in a school sport during season is required to meet with her coach at the beginning of the season to compare practice and tournament schedules in order to work out conflicts and plan that player's practice and tournament participation for the entire season. \*Any absences outside the original plan require at least one week's notice and may result in reduced playing time at the next tournament.

\*Tsunami reserves the right to dismiss any player at any time following a full review by the Tsunami Board of Directors. (Reasons for dismissal include but are not limited to: inappropriate and/or abusive actions toward other players, coaches, fans, or officials, nonpayment, excessive unexcused absences).

### **SAFETY:**

If a practice must be missed, or you are running late, you **MUST** notify your coach as soon as you are aware. Please program his/her cell number into your phone. If we expect ten players to show up, and only nine arrive, we will come looking for the tenth. This is for your safety and our sanity.

If players are driving to practice, they should coordinate with other players to arrive together. Tsunami will post coaches at the entrances whenever possible. At departure time, players are to leave in groups. There is to be no loitering outside any of our gym facilities. If a parent is not present at departure time, players are to wait inside.

Please use common sense. We have had no safety issues in the past and we choose to keep it that way.

## **Tournaments**

All tournament schedules are determined once teams are formed. Most teams attend between 7-9 tournaments per year. Elite Teams will attend 2 or 3 National Qualifiers (Big South and one or two others), Premier Team will attend one National Qualifier (Big South) and SRVA Regionals. All teams will have an option to attend a National Championship (USAV or AAU). Select teams participate in one-day tournaments in Atlanta, and may play in one or more two-day tournaments in Atlanta, depending on the age group.

Tournaments will be selected by a committee as soon as the Region schedule is available. **Once set, please make these dates a priority.**

Each player is required to attend either a refereeing or score-keeping clinic. At tournaments, each player is required to contribute to the team “work schedule” on an equal basis. This means that each player will remain with the team until all work assignments are completed. Early departure from tournaments is not allowed without permission from the Head Coach, even if you are not “working” that match.

Support your teammates at all times while on the team bench whether you are playing in a particular match or not.

### **Uniforms:**

**Please bring all uniforms and uniform pieces to all tournaments.** Players are not to wear jewelry to tournaments. Players should not change shirts in public, either at practice or during tournaments.

### **Nutrition:**

A Player’s performance on Saturday and Sunday is affected by dietary habits during the preceding two days. During Club season, please limit simple carbohydrates (candy, sugar, colas, white bread, etc). Also, players should consume plenty of protein (milk, fish, beef, chicken, soy, etc) and complex carbohydrates (whole wheat, grains, fruits, legumes [peas and beans], and other vegetables). On the day before a tournament, please drink ample amounts of water and try to eliminate all sugary beverages.

Also, use sports drinks (Gatorade, PowerAde, etc) as a supplement to water. These beverages have their place in elite athletics; however, they should not be your primary source of hydration because they contain high amounts of sugar.

### **Rest:**

In order to perform at the level your coaches expect and teammates deserve, players should get a minimum of 6 – 8 hours of sleep the night before playing. Sleep deprivation affects your ability to perform physically as well as your ability to think quickly. During overnight travel, curfew will be 11:00 pm on all nights prior to a match. Any violation will result in loss of playing time during the first match.

## **Conflict Resolution**

While conflicts between players, parents, and coaches can be minimized, they cannot always be avoided entirely. It should be understood that most conflicts arise due to lapses in communication.

In the event a conflict arises during the season, all efforts should be made to resolve the issue within the framework of the team. This means the player should approach the coaching staff of her team. We feel this is a vital step in the maturation process of the player. This is also vital in establishing and maintaining team unity.

All players, parents, and coaches should avoid impromptu meetings when emotions are high. To this end, please refrain from initiating conferences at tournaments. Please approach the coaching staff prior to, or after practices. Email or text the coach to ask for a meeting time that is convenient to the team practice.

Should the player and coaching staff be unable to come to a resolution, the player and parents should then approach the coaching staff.

If additional mediation is necessary, all parties will submit a written statement via email to the Club Director, Jeff McClellan for Cobb and South Teams ([Jeff@Tsunamivolleyball.com](mailto:Jeff@Tsunamivolleyball.com)), Dustin Choe for North Teams ([DChoe@Tsunamivolleyball.com](mailto:DChoe@Tsunamivolleyball.com)), EJ Hunt ([EJHunt@Tsunamivolleyball.com](mailto:EJHunt@Tsunamivolleyball.com)) or Matt Wilson ([Matt@Tsunamivolleyball.com](mailto:Matt@Tsunamivolleyball.com)) The Club Director will schedule a meeting with the Parents and the Coach. If the issue is still unresolved the Club Director will meet with the Board of Directors and concerned parties to hear the issues and come to a binding decision.

## **Finances**

Tsunami Contact: Heather Stanton – [Heather@tsunamivolleyball.com](mailto:Heather@tsunamivolleyball.com)

Players/Parents are financially responsible for their hotel, transportation, and food costs associated with practices and tournaments.

### **Payments:**

Parents should pay fees on time so that Tsunami can meet all financial obligations involved in operating the club. There are many costs (tournament entry fees, uniforms, balls and carts) that must be paid in the beginning of Tsunami's season.

**Tsunami Auto Debit Payment Plan.** Reference the Teams and Fees Tab on the website for the Teams and Fees sheets. There, you'll find the cost of each team and the scheduled payment amounts and dates due. You will register to make the initial payment via our Auto Debit option on the website under the Team Payments Tab. With this option, you are able to track your payments via your account/profile on the website.

Additional inquiries can be directed to [payments@tsunamivolleyball.com](mailto:payments@tsunamivolleyball.com)

**NOTICE:** Any player who has not met the financial obligations by the posted dates will not be allowed to participate in practice or tournaments until any outstanding fees have been paid. If a player is unable to play due to a season ending injury, previously paid fees will not be refunded. However, Tsunami will attempt to be fair if this situation occurs.

## Travel

**Tsunami Contact: Heather Stanton** – [Heather@tsunamivolleyball.com](mailto:Heather@tsunamivolleyball.com)

For this season the Club Travel Coordinator will reserve blocks of rooms for all club travel where more than one Tsunami team is attending a tournament. The Travel Coordinator will communicate **to** the Team Parent/Team the travel plans, hotel choices, and etc via email. The Travel Coordinator will provide all hotel information to the Team directly. The team members are responsible for booking the hotel room from the block. The Team Parent will coordinate all ground transportation, meals and etc. for the team.

Stay to Play Tournaments: Simply put, your team must stay at designated hotels in order for you to be able to play in that tournament.

It is expected that teams will arrive the evening prior to the tournament start time. Special circumstances must be addressed with the coach. All hotel blocks will be set up with a check in date of one day prior to tournament play.

The Travel Coordinator will make arrangements for all hotel rooms for all tournaments and qualifiers (she will negotiate and set up contracts, but will not book individual rooms).

Team Parents will coordinate:

- Flights. Tsunami does not book flights for teams
- Transportation to and from Airport

### Head Coaches Responsibilities:

- Designate Team Parent(s) to handle travel planning
- Provide rooming list for Club Travel Coordinator for tournaments and qualifiers when necessary.
- Communication to players and parents:
  - All travel times (when to get there if driving, what time to meet at the airport and where, etc.)
  - Tournament Schedules
  - Directions
- Last minute issues with travel arrangements. Contact Heather at 404-661-0836

## Parents

Research shows that the home team wins about 60% of the time because of the emotional support a team receives when it plays in front of its own fans. We want our players to have a portable home team advantage that they can take wherever they go.

Tsunami has always been a leader in positive sportsmanship. This year will be no different.

- 1) Please cheer for your players.
- 2) Please do not cheer against any other club.
- 3) Please do not yell at the referee. Only the Head Coach and the team captain have any reason to question a referee.
- 4) Please do not attempt to coach your child. Allow the coaching staff to do their job. Understand that your player may need to play “out of position” to strengthen the team. A positive spin by you can go a long way in helping your player adjust to a new role. Stay positive, and help your player flourish.
- 5) Please behave in a manner that you want your child to imitate.
- 6) Please do not approach the coach during a tournament with issues concerning the performance of your child or any other player on the team. Please refer to the Conflict Resolution for guidelines.

As a parent, there will be times when you want to correct and criticize your player at practice or at tournaments. Research has shown that a “Magic Ratio” of 5:1 (praise to criticism) is ideal. When the ratio drops below that, players begin to be emotionally drained. Help us keep the “Magic Ratio.”

In professional sports (which is entertainment), there is only one goal—to have the most points at the end of a contest. However, in youth sports (which is education), there is a **second goal**: to produce young people who will be **winners in life**.

Here’s what defines a winner:

Winners:

- 1) Make maximum effort
- 2) Continue to learn and improve
- 3) Refuse to let mistakes, or fear of making mistakes, stop them

\*\*Some concepts on this page paraphrased from [www.positivecoach.org](http://www.positivecoach.org).



