



PROGRAM OVERVIEW

Vikings Volleyball (VV) is a 501c nonprofit organization established to provide an opportunity for girls in the North Branch area to play the game of volleyball, with emphasis on sportsmanship and teamwork, in an atmosphere that is positive and constructive. This handbook covers the Policies and Procedures of the program, along with the players, parents, and coaches that participate in them.

VV is governed by a volunteer board. For additional details see the NBAAA website (www.northbranchsports.org) under the Volleyball Board page.

Mission Statement:

Vikings Volleyball is dedicated for developing student-athletes in the elements of competition, dedication, sportsmanship and teamwork.

Philosophy

The philosophy of the Vikings Volleyball Program is to allow each participant of the program an opportunity to improve basic volleyball skills (pass, set, hit and serve). We are also responsible for developing student-athletes in the elements of competition, dedication, sportsmanship and teamwork.

- **Competition-** A successful team is defined by the improvements a team makes day to day, week to week and game to game. We hope to teach our athletes to be humble winners and gracious losers.
- **Dedication-** Each athlete will be expected to attend each practice and competition. They will also be expected to perform in the classroom and also follow the NBHS rules.
- **Sportsmanship-** Is exemplified in the individual who recognizes the talents of others, both teammates and opponents, and applauds the efforts of both.
- **Teamwork-** Requires each person to understand that they are a part of the whole group and each member must work together to accomplish a goal. It also involves recognizing our skills, our limitations, and contributing as best we can.

PLAYER POLICIES AND EXPECTATIONS

Player Eligibility: VV is currently offered for girls in 4th – 11th grade who either reside or attend school in North Branch Independent School District 138. Deviation from the eligibility guidelines requires approval by the Board of Directors.

Players are expected to:

1. Provide proper equipment (knee pads, shoes)
2. Attend practices and development events on a regular basis. Volleyball is a team sport. Teams only get better when they practice together.
 - a. Arrive 15 minutes early to practices. (Set nets, dress, warm up)
 - b. Notify coach at least one day in advance when you can't attend. (Excessive absences will affect play time.)
3. Work hard, learn and HAVE FUN.
4. Demonstrate team concept - recognize and value everyone's contribution.
5. Be coachable: Learn to accept criticism without alibi, and do your best to improve. Talk to your coach if you have questions or concerns.
6. Be supportive of teammates, coaches and officials.
7. Remain mentally "into" the game whether playing or not.
8. Motivate yourself and teammates, strive for excellence and work for the success of the team.
9. Attend a referee and scoring clinic annually. Participate as referee, scorer, and line judge at competitions with teammates.
10. Participate in fundraising events.
11. Players are asked to remain on the team bench at all times during a game. Conversations with non-players and parents should be avoided during the game. The job of all players is to watch the game, learn from watching other players and be engaged during the game so they are prepared when asked to go into a game.

Players' Code of Ethics:

- I will make every effort to attend every practice and game.
- I will do my best at all practices and during all games.
- I will listen to my coaches while at practices and at games and make every effort to try to do what they are asking of me.
- 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 game or for the following game.
- I will do my best to help my parents get me to games and practices on time.
- I understand that playing on a team is a privilege and that if my actions are detrimental to the team or the association I can be removed.
- I understand that improvement comes from practice

Player Time Commitment: The VV Board strives to have teams practice 2 nights a week for 1 ½ to 2 hours per practice during the start of the season and less towards the conclusion. There will also be weekend league play and tournaments. Times for practices can range anywhere from 6:30 pm. – 10:00 p.m. during the week for all age groups depending on available gym space and coaches preferences. VV rents gym time from the North Branch School District and competes for gym time with school sporting practices and events, Community Education programs, in-house and traveling basketball, adult recreation programs and other community groups. The school calendar and extracurricular activities directly impact gym space availability.

Absences: Players or their parents are expected to notify the coach directly (please do not ask another player or parent to give the coach a message, except in the case of an emergency) as far in advance as possible if they are unable to attend a practice or a game. Any player who misses a practice or a game without an authorized excuse, or without notifying your coach, may be excluded from playing in the next game at the discretion of the coach. If excluded, the player is expected to dress for and attend the game.

Student Athletes: VV believes it is very important for our players to be the very best student athletes they can, student comes first. That said, players who do not meet the school's minimum grade guidelines are expected to sit out of games until the grades meet minimum standards. VV expects players to conduct themselves in an appropriate manner at school. Players who receive SLC, detention, or in school suspension may be benched for a match. The burden for informing your child's coach of these matters rests with the player and parents. No participants will be penalized or disciplinary action taken against them for legitimate religious absences from practice or games.

Substance Abuse: Regardless of the quantity, a player shall not: 1) use or have a beverage containing alcohol; 2) use tobacco; or 3) use or consume, have in possession, buy, sell or give away any other controlled substance (including steroids.) The rule applies to any portion of an activity season. It is not a violation for a player to be in possession of a controlled substance specifically prescribed for the player's own use by his/her doctor. If a player is found breaking this policy, the player will be dismissed, with no refund.

Opt out of playing/Drop out: After tryouts teams will be selected by 10pm the following day. After being notified of making a team you have 24 hours to notify Vikings Volleyball Director if you are no longer going to play to receive any refund minus your try-out fee. Any player leaving the program or deciding not to play after that will not be eligible for any refund without board approval.

PARENT EXPECTATIONS

Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
- I will make every effort to ensure my child is at every practice and game.
- 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 not coach my child or any other player during practice or a game, unless asked to do so by my child's coach.
- I will demand a drug, alcohol and tobacco-free environment for my child
- I will remember that the game 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 VV reserves the right to dismiss at any time a player and/or their parents who by their conduct significantly creates problems for the team/program or after verbal warning continues to disrupt practices or games.
- I will assign responsibility for my child to a responsible adult if I am unable to be present at a game(s).

Parents are expected to:

1. Encourage your daughter and give positive statements about her play.
2. Show respect for players, coaches, other parents, opponents, officials, and the program.
3. If a problem or concern arises, notify the coach, the parent rep. or the program director. It is recommended you wait a minimum of 24 hours "cooling down period" after an incident before contacting a coach to express concerns. Under NO circumstances shall a parent approach during competition or when other players or parents are present. Vikings Volleyball encourages you to have the first contact with the coach themselves. The parent, player, and coach will often resolve the conflict and learn from the experience. We highly recommend you contacting the coach directly, however if you are uncomfortable contacting the coach directly, contact the Program Director or Assistant Program Director. Contact information is available on the website.
4. Model community values.
5. Parents are invited to participate in the officiating/score-keeping clinic.
6. Assist with team activities; driving, fundraising, etc.
7. Assure players arrive on time (15 min. early for practice), and are picked up in time.
8. Parents are encouraged to attend competition events.
9. Contribute to the team a minimum of 6 hours of scheduled volunteer time for each child playing or forfeit their \$100.00 volunteer deposit.
10. Be allowed to participate in board meetings during the initial open forum on the Agenda if you email the Program Director 48 hours prior to the meeting the new business info you would like to have addressed.

****Positive adult role models allow athletes to grow and accept challenges****

COACHING

Coaching Philosophy and Requirements

The most vital component in accomplishing the goals stated above is GOOD COACHING. A successful youth coach will temper the ideal with the practical, will have a sound knowledge of volleyball, and will be able to teach the players of this age in an appropriate way. He or she must have ample time to devote to the program, and should have previous volleyball experience.

The VV Board has established four priorities for our coaches:

1. To teach the fundamentals of volleyball
2. To build character and self-esteem
3. To encourage team unity
4. To enforce the policies set forth in this handbook uniformly

Coaches should encourage team building and support team unity during practices and games. We encourage coaches to develop the talents of all the players. While coaching to win is acceptable if done properly, winning should not be overemphasized at the expense of the mission and goals of the program. All coaches selected must understand the philosophy of the VV program, as outlined in this document, and coach in accordance with it. It is the Board's responsibility to ensure all coaches are aware and understand the mission and goals of the program as outlined herein.

Coaches Responsibilities:

A coach is responsible for the operation and conduct of his/her team. He/she is the teacher of skills and a developer of players, socially, morally, psychologically and physically. The coach is responsible to the VV Board of Directors. These responsibilities include:

- The coach (or team manager appointed by the coach) is responsible for maintaining communication with families regarding practices and game schedules, as well as changes to stated times.
- Enforce common rules regarding care of equipment and facilities which include the following: 1) restrain the players from damaging the gyms and property; 2) cleaning gyms from debris such as water bottles, pop bottles, etc.; 3) safeguard all facilities and equipment utilized; and 4) put away all VV equipment at the end of practice.
- Team coaches will maintain a minimal medical supplies inventory which is provided by VV. If no emergency medical personnel are available, the coach or his/her assistant should follow recommended medical procedures. However, in any and all situations, the parent has the ultimate responsibility.
- Coaches will refrain from the use of tobacco products during game and practice situations. Coaches will also refrain from the use of alcoholic beverages prior to and during games and practice situations.

A coach who continually violates the VV guidelines shall; 1) first be addressed by the Program Director 2) if no improvements, the coach personally meets with the VV Board; 3) if steps one and two fail, the coach may be dismissed by the VV Board and a suitable replacement named.

Coaches and Assistant coaches are expected to:

1. Attend practices, tournaments, clinics and development events with players. (Repeated missed practices will affect pay)
2. Show concern for player safety and well-being.
3. Be consistent and fair; establish trust.
4. Be organized and prepared for all practices, matches, and events.
5. Model behavior that is consistent with the Vikings Volleyball mission, philosophy and values.
6. Teach and provide volleyball knowledge to the best of your ability.
7. Increase knowledge/skills through clinics and other resources.
8. Attend periodic coaches meeting.
9. Encourage open, two-way communication with parents and players.
10. Submit to and pass a background check



PLAYER / PARENT HANDBOOK SIGN OFF SHEET

I have read the above and agree to the statements put forth by Vikings Volleyball. I promise to follow these guidelines and rules to the best of my ability. I also accept any consequences put in place by Vikings Volleyball for violation of the above policies.

Date_____

Player (printed name)_____

Player (signature)_____

Parent (printed name)_____

Parent (signature)_____

Coach (printed name)_____

Coach (signature)_____