



Board of Directors:

Director: Amy Thier

Treasurer: Renee Tangen

Communications: Holly Hagen

Registrations: Bekah Zahrbock-Haag

Secretary: Erin Heinrich

Fundraising: Bri Srnsky

Parent Coordinator: Nancy Rossland

Concessions: In Review



Practices:

Check the website: www.moorheadjuniors.com for practice schedules under your team. Schedules will also be available on Sports Engine.

Arrive early (at least 10 minutes before scheduled practice) this gives your daughter time to:

- Get gear on
- Set up nets (under coaches supervision)
- Get extra reps in

Please promptly pick up your daughter when your scheduled practice ends. Coaches have to stay around until everyone is picked up.

****As soon as you know you will not be at practice or a tournament, let your coach know! This is very important for their planning and preparation****



Practices Continued:

Moorhead Juniors will not hold practices when Moorhead schools are closed.

- Breaks:
 - March 13-15 (Spring Break)
 - April 1 (Easter)
- Emergency closures:
 - Weather
 - Flooding
- Director of Moorhead Juniors Volleyball will make all final decisions on:
 - Participating in tournaments
 - Practice

****Please watch your email or the Moorhead Juniors website for any cancellations****



Tournaments:

- How to read a schedule
 - When/where does my daughter play?
 - Pool play/tournament play
 - Coach will tell your daughter when to arrive at tournament
- What to expect
 - Time frame (All day event)
 - Stay at tournament until coach lets you Leave.
 - Officiating (your athlete)
- Things to note: Cover letter
 - Admission fee
 - Chairs or no chairs (Seating is very limited, please move out of the way if your athlete is done playing on the court assigned)
 - No outside food or beverage
 - NO CELL PHONES at the scoring table
 - Be respectful- we are representing Moorhead.

16s Pool A – Orange Court Fieldhouse

A	MHD 16-1
B	WF Volt 16 Spark
C	Black Ice 15s
D	PCS 16s

16s Pool B – Black Court Fieldhouse

A	Alexandria 16 Red
B	WF Volt 16 Energy
C	Moorhead 16-2
D	WF Volt 16 Charge

16s Pool C – White Court Fieldhouse – Start 9:00 a.m.

A	Black Ice 16s
B	Kindred JO 16s
C	WF Volt 16 Force

18s Pool A – Court 1 Main Gym

A	MHD 17s
B	Northside Knights Gray
C	Fargo North
D	Roseau 18s

18s Pool B – Court 2 Main Gym

A	Summit 18 Premier
B	PCS 18s
C	Black Ice 17s
D	Northside Knights Maroon

4 Team Pool Play			
Teams	Start Time	Officials	Warm Up
A vs. B	8:00 a.m.	D	10 (2/4/4)
C vs. D		A	10 (2/4/4)
C vs. A		B	5 (1/2/2)
B vs. D		C	5 (1/2/2)
D vs. A		B	5 (1/2/2)
B vs. C		D	5 (1/2/2)

Playing Time:

12s group: Playing time in pool play will be as equal as possible by position. Tournament play will be competitive and will not be equal playing time.

14s group: All athletes will participate in a match during pool play, but it may not be equal playing time in pool play or tournament play.

16/18s group: All playing time is up to the coach and will not be equal.

****If your daughter has an unexcused absence or is late without communication - her playing time will be less.****



Player and Parent Code of Conduct:

Reminder that parents and players signed off on this at the beginning of the season. Please remember these important points:

- Moorhead Juniors players and parents will conduct themselves in a sportslike manner at all times.
- Players and Parents will display a positive attitude towards coaches, teammates, other players, parents, referees and fans.
- Players will abide by club rules regarding the:
 - drug/alcohol policy
 - Social media policy (all forms)
 - If you are questioning on whether or not it is appropriate, do not post it!
- Let coaches, coach and handle tournament scoring/rules.
 - <https://youtu.be/u2LR4c3JsmU>



If Questions or Concerns Arise:

Please do not approach the coach until:

- You discuss the issue with your child so you fully understand the situation.
- Do not approach the coach before, during or after the tournament in regards to a concern.
- Allow **24 hours** after an incident for a cooling off period.
- If it is a minor issue, no matter what age, we would like your daughter to **communicate** with the coach. (This will help your athlete with problem solving techniques as they get older)
- If the athlete feels they cannot talk with the coach, please set up a meeting by emailing mhdvolleyball@gmail.com and we will discuss a time where the parent/player/coach and director can all be present. (We encourage that your daughter leads the meeting, but you will be there for guidance and support) **No meeting will be held unless your daughter is present.**

For all communication, please provide contact information so that the club can respond appropriately.

***Communication** is key for success and we want our athletes to feel like they can **communicate** effectively with all adults.



Gear:

Tournament Days

Jersey

**Volleyball-NO BALL HANDLING IN
HALLWAYS**

Spandex

Knee pads

Shoes (that have not been outdoors)

Whistle

Practice Days

Spandex or shorts

**Volleyball-NO BALL HANDLING IN
HALLWAYS**

T-shirt

Knee pads

Shoes (that have no

Scheels Coupon:

- February 17th-25th
- 20 % off gear ONLY available at Moorhead Scheels and online



North Country Region Volleyball:

Boys 14 and younger on girls teams:

Added 5/30/18

Junior Boys/Junior Boy Club may play with and/or against Junior Girls/Junior Girl Club up to the age of 14 and under. If a Junior Boys Team plans to compete against a Junior Girls Team or a Junior Girls Team has a Junior Boy on the team, the Club Director or Coach **MUST** contact the tournament director of the event. The tournament director may accept or deny the request.



Officiating Clinic:

Once a course has been completed, the appropriate certification will be automatically awarded. A list of certifications is visible in a member's NCR-USAV account in their Credentials tab. A member who has completed the 2024 Junior Athlete Officiating Training online training will have the following certifications in the Credentials tab:

- Junior R1 Training
- Junior R2 Training
- Junior Line Judge Training
- Junior Scorer Training
- Junior Asst. Scorer / Libero Tracking Training

*Course work takes approximately **2 hours** to complete*

In Person clinic will be held **February 20th from 7pm-9pm at the Moorhead Career Academy.**



Parent Coordinators:

- A communicator and coordinator of various things throughout the season.
 - Ex. sending out tournament schedules, communicating hotel block information, practice changes and collecting jerseys/coaches backpacks at the end of the season
- Organizing team bonding opportunities
- Tournament Game Day Bags:
 - Snacks, drinks, motivational quotes
 - Something to get them excited/fired up
- Fulfills your volunteer hours for the season!

If interested, please see the sign-up sheet after the meeting



Volunteer Hours:

- Our Policy: Each player must have one parent/guardian volunteer a minimum of **3 hours**. A \$200 check was collected at the beginning of the Juniors season and if the 3 hour minimum is not met the check will be cashed. If the hours are met or exceeded the check will be shredded.
- For these tournaments to run smoothly you **MUST** get your required amount of volunteer hours in:
 - March 2nd Moorhead Madness
 - April 6th and 7th Volleyfest
- Signup Genius
 - Link will be emailed out to all guardians
- Parent Coordinators will not have to sign-up



Fundraising:



Option 1: Sell \$200 Worth of Product Items:

We are selling Clubs Choice products. Each player is required to sell \$200 worth of product if you select this option. Clubs choice packets will be handed out first night of practice.

March 4th- Turn in packets. Drop off TBD

Option 2: Buy Out

If you wish not to sell these products, you may elect to do the buy-out option of \$80 and do not have to turn in packet.

- Packets will be given out at the end of this meeting.

April 2nd- Pick up items

Every player must participate in one of the options.



Things to Complete:

1. Officiating Training
2. Direct Club Assignment Membership acceptance
3. Get gear ready for the season (Scheels coupon)
 - a. Jerseys will be handed out this evening or on the first day of practice.
4. Verify your sports engine email
 - a. This will allow you to receive emails from the club
5. Sign up for volunteer hours
 - a. Sign up Genius will be sent out on an email 1-2 weeks before tournament date via email.
6. Fundraising Due March 4th
7. Clothing Order:

<https://firstavepromo.com/collections/moorhead-juniors>

