



# Northwest Juniors Volleyball Club



## NORTHWEST VOLLEYBALL FOUNDATION *2024 Club Handbook*



Northwest Volleyball Foundation  
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NW Juniors VBC is proudly sponsored by:



# **Northwest Juniors Elite Volleyball Club**

## **2024 Club Handbook**

### **INTRODUCTION:**

Welcome to Northwest Volleyball Foundation and thank you for entrusting the education & development of your child's volleyball skills to our organization. The Foundation oversees several youth volleyball training programs which include NW Juniors VBC, NW Beach Club, Northwest Volleyball Camps, Fall Academy, and our positional camps. Northwest Juniors Volleyball Club is the oldest club in the state of Washington, established in 1972. In previous seasons, we have operated as NW Juniors VBC and NW Juniors Elite VBC. Since the inception of our club, it has evolved and grown to become one of the largest clubs in the Northwest and serves two geographic areas of the Puget Sound Region: the Eastside and Northend.

We constantly strive to assemble a staff that is committed to helping your child develop and grow as a volleyball player. As coaches, we are all committed to sharing with your child our knowledge and experience as well as our passion and love for the sport of volleyball. We would like to take this time to thank all of our coaches for their efforts and commitment to our athletes and their families.

The purpose of this handbook is to introduce you to our club and our policies as well as share with you your responsibilities as members of our club. Whether this is your first year with our club or your tenth, we ask that players and parents review this handbook thoroughly as we do update some rules from season to season. Your understanding of these materials as well as your observance of our policies will ensure that you will have a fulfilling season.

The Club expects players, parents, coaches, and staff to adhere to the Mission, policies, and guidelines set forth in this Handbook. We look forward to a great season with you and again thank-you for your participation.

*Member in good standing:  
Puget Sound Region, USA Volleyball*



### **CLUB MISSION:**

**For over 50 years**, Northwest Juniors has been committed to providing opportunities for young athletes at all levels of development to engage in quality, competitive experiences. Northwest Juniors is dedicated to the idea that any athlete, regardless of size or skill level, who wants to participate in a Youth Volleyball Junior program, should be given that opportunity.

NW Juniors provides the athlete a chance to refine their volleyball skills and compete in an organized fashion at local, state and national levels. NW Juniors is affiliated with USA Volleyball (USA V) as a member of the USAV Puget Sound Region (PSR). The Puget Sound Region is one of 40 USAV Regions in the United States and oversees junior volleyball coordination within its 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. USAV hosts the prestigious US Junior Olympic Volleyball Championships, which many clubs strive to qualify for throughout their club season.

Participation in junior volleyball also improves the athlete's opportunity to realize the goals of:

- Improving individual skills and ability to play and contribute as a member of a team
- Learning Time Management skills
- Earning or keeping a position on the school volleyball team

### **TRYOUTS AND TEAM SELECTION:**

NW Juniors has teams comprised of members that range from a beginner learning the game to an athlete already committed to play in college. Tryouts are for all levels of athletes. Athletes are evaluated for skill execution, as well as athletic capabilities and potential. We select athletes for teams based on the following non-prioritized criteria: athletic ability for volleyball, athletic potential, work ethic, drive, willingness to be coached, competitive attitude, and skill ability.

All athletes are evaluated yearly and must attend tryouts in order to be considered for a team. Even if an athlete has played on a NW Jrs team the previous season, she will not be automatically selected for next year. If an athlete has a limiting physical or medical condition, she should e-mail [info@nwvolleyball.com](mailto:info@nwvolleyball.com) prior to the start of the tryout period.

Northwest Juniors fields our #1 and #2 teams which compete in USA Volleyball tournaments in the 12-Under through 18-Under age divisions. These teams play a Nationally Competitive Schedule and travel to different parts of the country seeking the best competition available.

Northwest Juniors also fields #3 teams at some age groups. These teams have less tournament days and a shorter season, which allows the club to offer these teams at a lower cost. These teams still provide strong coaching and competition against clubs in the Puget Sound Region. All #3 teams travel to one *out of region* tournament. For their tournaments in Centralia, an overnight stay is optional.

For more information about our [\*\*TEAM PROGRAMS\*\*](#), visit our website.

#### **ROLES OF KEY PERSONNEL:**

##### **BOARD OF DIRECTORS**

We are managed by a **Board of Directors** (BOD) which meets regularly to oversee the operations of Northwest Volleyball Foundation. The BOD's primary task is to work with the Club Directors in managing the club including travel, tournaments, scheduling, coaching, and disciplinary actions. They are also responsible for identifying opportunities for community outreach and fundraising/community service. The Board hires the Club Director and the Assistant Club Director, hires and approves coaches, and addresses various issues that arise during the season. They also establish fees and approve the annual budget.

##### **CLUB COACHING AND ADMINISTRATION STAFF**

Northwest Juniors is proud of its dedicated management and coaching staff. Our Club Director is Tony Miranda and he has over 30 years of experience as a club administrator, leader in the volleyball community, and tournament director. Our coaches have experience working with young athletes and many are current or former college players.

A current listing of our coaches is listed on our website under our [\*\*STAFF\*\*](#) tab on the website.

##### **COACHES**

Coaches are one of our most valuable resources. Good coaches are difficult to find, and the current climate in youth sports also makes them difficult to retain. Coaches are selected based on a strong volleyball background as either a player or a coach (or both). They must be willing to commit the time and energy necessary to be a club coach and must demonstrate an interest in working with young athletes. Many of the club's coaches have extensive volleyball backgrounds including college coaches, high school coaches, former club directors, or extensive club coaching experience.

Coaches attend the club's annual club orientation where the club discusses club policies and procedures. They also participate in monthly coaches' meetings and clinics hosted by the Club Director.

##### **PLAYERS**

Players are the primary representatives of the club. Players fulfill their role by giving their best effort at all practices and tournaments, playing hard, and showing respect to their teammates, coaches, opponents, officials and the parents who are responsible for their safety and well-being while traveling. Players need to be aware of commitments to their teams and focus their efforts during the season on improving their individual and overall performances. Players are also responsible to stay eligible by keeping good grades in school.

##### **PARENTS**

Parents can enhance a player's club experience by participating in club events, volunteering to be a team Focal or as a chaperone, and by attending their child's tournaments.

#### **THE MULTI-SPORT ATHLETE:**

Many players in the club are multi-sport athletes who compete in two or more sports at one time. Conflicts are to be worked out well in advance with your coaches. However, for our #1 & #2 teams, we expect NW Juniors VBC to be your first priority for all non-school related activities. A priority is placed on the National Qualifiers attended by these top teams.

We DO NOT discourage travel team athletes from participating in another sport during our season; HOWEVER, it is important to be aware of the physical demands and the time commitments required of these athletes. Safe participation is a primary concern. Injuries are much more common among athletes who participate in more than one sport at a time. We have placed many athletes on travel teams who play another sport and do believe in

cross training. However, each athlete needs to be aware of her own limitations in order to stay strong and injury free.

In the case of players at the U17 & U18 age groups, we ask that players make more of a commitment to their club volleyball teams and limit other extracurricular activities. While there are a few documented examples of players going on to be successful in multiple sports at the major college level, those are examples of extra-ordinary athletes with great time management skills and/or very resilient bodies. We want the players at the 18's and 17's age group to understand that if it is their intention to play volleyball at the next level, they should make smart choices when it comes to how they spend their time. Additionally, their complete commitment to their team helps to ensure that their team will be a full strength when competing and will allow college recruiters to see the full potential of the team and its members

School studies and good grades must come before anything else and we ask that our members maintain passing grades. It is important for our athletes to understand that, while we think school is important, we do not believe it should be used as an excuse to miss practice. Success on and off the court at any level requires time management skills, and participation in club sports is an opportunity to master those skills. Please plan accordingly when midterms and finals arrive so that you can be prepared for academic success and still make volleyball practices or tournaments. We appreciate the support of parents in supporting this policy.

Our #1 and #2 Teams participate in national competitions. These tournaments give players an opportunity to enjoy some exciting and challenging volleyball in other cities and states. The travel also gives older players more exposure to college recruiters. We want to emphasize that one of the more important selection criteria for our club's teams is the player's dedication and enthusiasm for volleyball. Travel to some of the more distant tournaments sometimes means vigorous, tiring schedules, homework done on the road, and missed social activities. This leads to development of discipline and good social skills. We realize the commitment we ask of our players and parents is not a small one, but the challenge, opportunity and fun make it well worth the extra effort.

#### **CLUB FEES**

Club Fees can be found on our website under the [\*\*FOR PARENTS\*\*](#) tab on the menu and then click on "FORMS & LINKS".

#### **TRAVEL FEES**

Travel fees are additional fees paid by all athletes to cover the expenses of traveling. Fees will include:

- Players Hotel expenses
- Coaches Ground transportation & Stipend (for gas, parking).
- Coaches & Chaperone (hotel & airfare)
- All athletes are required to pay their portion of the travel expenses for each tournament.

#### **CLUB FINANCIAL POLICIES:**

*Northwest Volleyball Foundation* is a youth non-profit organization supported by its members.

The Club has financial obligations to meet and a budget it must adhere to. In order to meet its various expenses, the club charges program fees that cover the costs of renting practice facilities, paying entry fees for tournaments, providing teams with equipment, maintaining equipment at practice facilities, making donations to local school volleyball programs, providing uniforms, paying coaches and staff salaries, paying coaches and chaperone travel expenses, paying for stated team travel expenses except individual player airfare, and covering the typical operating expenses incurred while running year-round volleyball programs.

All payment commitments must be met in a timely manner, otherwise the club cannot function properly. Payment reminders are e-mailed 7-10 prior to the due date.

#### **REVENUE & EXPENSES**

Our intention is to place 12 players on each team in order to cover team expenses. Members pay their club dues in four monthly installments upon acceptance to the club OR have the option of paying in full and receive a 5% discount\* off their dues if paid by the due date. \*Discount does not apply to travel.

#### **SEASON DUES**

We arrive at a cost for the season by anticipating the number of teams, coaches, and players we will have each season. For each team, we budget for practices, a very competitive tournament schedule, travel, coaching stipends, equipment, and additional costs. Here is what is included in the costs.

**Uniforms:** Our club is one of the few clubs Nationally sponsored by Under Armour. Our Primary NW Juniors Elite Colors are Black and Columbia Blue. Depending on the team, uniform packages include 2-3 jerseys, 2 practice tees, warm-up (top & bottom), volleyball shoes, spandex, socks, team backpack.

**Uniform fittings are scheduled after tryouts so players can be fitted and select their jersey numbers.**

Uniforms are ordered directly from Under Armour and are not returnable; it is important that athletes attend the fitting sessions or make other arrangements. **After the fitting sessions, athletes order their uniform package online and must meet the order deadline in order to have their jerseys before their first tournament.** The club cannot guarantee that the uniforms will arrive on time if athletes do not meet the uniform ordering deadline. Once ordered, the uniforms will be shipped directly to your home. Lost jerseys or jerseys that do not fit will require a re-order – and come at an additional cost to players. Delivery can take up to 6 weeks.

If, during the course of the season, any piece of an athlete's uniform or equipment becomes lost or damaged, it must be replaced immediately.

## **INCLUSIONS**

Overview--included in Dues: Gym Rental, Tournament entry fees, Coaches pay & tournament travel, uniforms, dues, background checks, etc., administrative staff & overhead costs, Insurance fees & memberships, Equipment, Medical Supplies / 1st Aid kit, practice, team pictures.

Given that these costs are fixed, our budget is dependent upon all players on the roster paying their dues in full for the entire season. All club administrative and operational expenses are shared equally by each club member regardless of the number of tournaments they play in and total number of practices.

Every person's commitment to the club is important for the financial solvency of the team and the club. Players who withdraw from the club or whose seasons are shortened by injury are still required to pay their share of dues for the entire season. Parents are required to keep their accounts up to date in accordance with the payment plan they select.

## **PAYMENT OF DUES**

ALL club members MUST complete their club registration by using the links provided to select a payment plan; even if they are opting to pay in full up front. The club accepts payment by debit or credit card including AMEX, Visa, & MC. There are no added fees for on-line payments.

- ALL Installment plans require ON-LINE automatic payments be set-up by debit or credit card.  
Payment reminders are automatically e-mailed 7-10 days prior to the due date.
- Payment in FULL, members may pay ON-LINE by credit or debit card or by e-check.

**We do not accept hand delivered payments. Under no circumstances should payment of dues be given to your coach.** Coaches do not make decisions about payments or payment arrangements, so be sure to communicate with the club directly by email at [billing@nwvolleyball.com](mailto:billing@nwvolleyball.com)

Circumstances that prevent a player from participating (injury, schedule conflict, suspension, etc.) do not dismiss the financial obligation to the club. In the case of 18-year olds signing their contracts with the club, we will require their parents to act as co-signer on all registration paperwork requiring a financial obligation.

## **FAMILY DISCOUNTS**

Families with two or more members taking part in the NW Jr's volleyball program are eligible for a family discount on the total club dues for the second (or more) children. The discount is \$125.00 for the second child.

## **REQUESTING A PAYMENT EXTENSION OR ALTERNATE PAYMENT SCHEDULE**

Occasionally, unexpected circumstances may arise where parents need to make special payment arrangements. Requests due to extenuating circumstances must be put in writing and e-mailed to our business office [billing@nwvolleyball.com](mailto:billing@nwvolleyball.com). The business office will submit the request to the Board of Directors for consideration. The business office will e-mail their decision within 7 days. *It is important to understand, as a non-profit organization, the club has limited flexibility on adjustments to the club dues payment plans.*

## **PAYMENT RESPONSIBILITIES**

Athletes accounts must be paid in order to participate in team practices and tournaments. This includes accounts from the previous season.

A player remains obligated for payment if they terminate their contract with NW Juniors VBC.

## **FAILURE TO MAKE SCHEDULED PAYMENTS**

If a payment is not received within the *5-day grace period* after the due date, the club will institute the following policy:

1. A \$25 late fee plus 1.5% monthly finance charge (18% APR) will be charged monthly on the total remaining balance.
2. The player may not be allowed to practice or participate in tournaments until the payment is received.

This agreement shall in all respects be interpreted and governed by the internal laws of the State of Washington. In the event of any litigation between the parties, the sole and exclusive jurisdiction for such action shall be the King County District Court, East Division – Issaquah Courthouse, State of Washington or the United States District Court for the Western District of Washington. Both parties agree that the above referenced courts shall have personal and exclusive jurisdiction over the parties for any dispute arising out of this agreement

## **FUNDRAISING**

Information about our Club Website or Team Page advertising can be found on the [\*\*SPONSORS\*\*](#) page of our website.

Teams are also welcome to do their own fundraising outside of club-sponsored activities provided the BOD approves of them. If requesting a team fundraiser, please e-mail [info@nwvolleyball.com](mailto:info@nwvolleyball.com) with a written proposal and request. The request should also include how the raised funds will be disbursed to players. Be sure to request in advance to allow time for approval or amendments. The Club Director will review and present it to the Board of Directors for approval.

## **TEAM PRACTICES:**

- Practice facility locations for each team can be found on our website. See the [\*\*PRACTICES\*\*](#) tab on our website.
- The practice schedule can differ month to month due to school gym conflicts and team schedules. When the practice calendars are produced they are sent to coaches and also posted in PDF format on the Practices page of the website.
- Coaches will send teams a practice calendar or alert their teams that the calendar is posted.
- For last minute cancellations, a notice will be posted to the practice page AND the [\*\*CALENDAR\*\*](#) page, so you should **ALWAYS** check the website before going to practice in case of any last-minute changes.

Typically, for our #1 U13-18 teams, all regular season team practices will conclude by Memorial Day weekend. For our #2 U13-18 teams, practices will conclude by Mother's Day Weekend. For our #3 U13-18's teams and our U12's they will practice up to their Regional Championship tournament. All teams that have qualified to attend the USAV Junior National Championships will continue to practice through June. Updated practice schedules for those teams will be sent to coaches and posted to the Practice page. Players on a team participating in JNC's are expected to attend all of the pre-tournament practices

## **PLAYER RULES AND POLICIES:**

### **DEMONSTRATING PROPER RESPECT**

The Club expects each player to treat all club coaches, other club members, and all adults (parents, coaches, officials) with respect and to address them in a proper manner. Failure to adhere to this standard may result in the player's immediate suspension or dismissal from the club.

### **ATTENDANCE**

A team is dependent upon all of its members. Since a player cannot improve and contribute to their team unless they attend practice, all players are expected to make every effort to attend all scheduled practices. Obviously, there may be unavoidable reasons why a player must miss a practice, but chronic absences and tardiness will impact a player's future with the club. Players who chronically miss practice – regardless of the reason – cannot reasonably expect to receive playing time in tournaments.

If a player must miss a practice, **THE PLAYER** must contact their respective coach at least three hours before practice. The method of communication should not be a text unless the coach approves of this as a method of communication. When missing practice, a teammate should be contacted afterwards to confirm that the date and/or time of the next practice or meeting has not changed. A player who fails to attend practices regularly may be dropped from the team or Club as the case dictates.

**\*If texting is approved by the coach, then communication must be a group text with BOTH COACHES, OR one coach and their parent; a third person must be included in the text. The same applies for e-mails. One on one text communication between a player and their coach is prohibited by USA Volleyball MAAPP rules.**

It is also the **player's** responsibility to **BE ON TIME** for all practices. If a player has a good reason for being late to a practice, **the player** must communicate this to the coach. Players are expected to attend all scheduled events except in the case of illness, injury, family crisis, or other emergency situation. Family trips are not considered emergency situations. Our Attendance policy is as follows:

- Each player will be allowed six (6) absences from *practice* for the entire season (due to illness, family or school functions). Missing more than 6 may result in suspension.

### **TEAM CHEMISTRY AND SUPPORT**

A very important part of a team's success is the chemistry that develops between the players. The unity, support, friendship, and effort with each other are imperative to the success of the team. All players will be expected to contribute to the team chemistry and to be enthusiastic at both practices and tournaments. Ultimately, sports are supposed to be fun. Injured athletes who can attend school are expected to come to practice. ***Even if you cannot participate physically, there is a lot that can be learned through observing and listening to the coach.***

### **PRACTICE RULES**

- Players are required to be ready to begin practice at the designated start time. Please allow yourselves enough time to put on kneepads, change shoes, be taped if needed, and do pre-practice routines. Players are expected to assist in practice set up such as setting up and taking down nets and standards, and putting away volleyballs and other equipment that may be used that day.
- Begin practice mentally prepared. Have personal goals for all practices. A good time to think about goals is during warm-up.
- At all times, players are to put forth a maximum effort to perform at the best of their ability. In every drill, especially when fatigued, they are to attempt to play the ball using the correct technique.
- Players are expected to control negative emotions brought on by frustration and/or fatigue. Blatant use of negative words or body language towards self, teammates, or coaches will not be accepted. Failure to maintain emotional control may lead to their dismissal from all or part of practice.
- Players are expected to hustle, jog and/or run between stations at practice. Examples include shagging balls, returning to lines in drills, to and from water breaks, and when called into group instruction.
- Any scheduling changes due to weather or conditions beyond our control will be communicated through our club website. Please be sure to check the home page for news of an immediate nature. During winter storm season if a practice is not cancelled, parents and/or players can use their discretion to choose not to attend practice if the conditions are dangerous. These will not be counted as missed practices, but the coaches still need to be notified.
- Please bring your own water bottle to practice and tournaments.
- Players who are not current in their dues may be excluded from practices or tournament play.

### **PLAYING TIME**

Playing time is a highly charged and often misunderstood issue in youth sports. It is a part of the development of the athlete to be able to apply the skills and fundamentals taught in practice in a match situation. Only then can a coach and player truly realize which skills the player is proficient at and which skills require more training at practice. Our coaches are fully versed in the club's playing time policies and have been instructed in what constitutes fair playing time. Our club philosophy is that coaches are best qualified and equipped to make "playing time" decisions for their teams. The coaching decision is not up for debate or question. Athletes are encouraged to ask what they can improve on to get more playing time, when the issue arises. Based on team level, we have differing guidelines when it comes to understanding the distribution of playing time.

**Our #1 and #2 teams** do not guarantee playing time for everyone at tournaments. In the case of these teams, equal playing time does not always lead to team success at crucial tournaments. Nearly every tournament these teams play in is of high significance, whether it is the PSR Power League or out of region Qualifiers, therefore the intention is to put the team that has the best chance of success on the court at all times. Players are constantly evaluated on their athletic ability, improvement over the course of the season, performance at practice, ability to be dependable and reliable during competition, and overall contribution in whatever capacity they are asked to perform that ensures the success of the team. **Players** must also understand that their **match** playing time is earned at practice and is directly related to their effort, coachability, and teamwork. A players' athleticism or suitability for a role determines what position they will be asked to play and their performance in practice will help determine what role they will play in tournaments.

Other factors that contribute to playing time include how they add or take away from the team's performance compared to others that play their position. Coaches are constantly trying different combinations of players to find

which ones work best together and lead to the greatest amount of team success. This means some players will play more than others. Players are expected to understand and accept their role as defined by their coaching staff and accept that the collective success and performance of the team has the highest priority.

**Our #3 U13-16 teams and our #2 U12 teams** have a **fair** playing time policy in place. These teams' emphasis is on developing every player so playing time in pool play should be fair (provided the effort and attendance is equal at practices). We do not measure "fair" by the clock or by points scored; we measure it by opportunities given. Given the inconsistent nature of developing teams and players, players typically "take turns" being the star of the team for that day. The philosophy during pool play is for a fair distribution of opportunities; the philosophy during playoffs is to try to win as many matches as possible and thus increase game time opportunities for those that earned them during pool play.

It should be noted that your club membership fees go toward practice time and instruction by our coaches NOT to playing time in tournaments. We endorse a "fair" amount of playing time for every player, not an "equal" amount. When assessing the amount of playing time, make sure that the comparison is being made among players that play the same position. For example, there may be only two middle hitters on a team and three outside hitters. One outside hitter must sit out, since only two outside hitters are in the game at a time. Yet the two middle hitters play all the time. So, among the outside hitters, each will receive a 'fair' amount of playing time. More playing time is earned by being at practice and working hard to improve, as well as, executing the skills when given the opportunity to play. Missed practices **will** result in lost playing time at tournaments.

## **TOURNAMENTS AND TRAVEL**

### **Participation**

Players are expected to attend all scheduled tournaments. Scheduling conflicts should be brought to the attention of the coach at the beginning of the year. Conflicts may result in the athlete's court time being affected as the team prepares during practices leading up to an event. Missed events do not constitute a reimbursement of the participant's fees.

### **In-Region Tournaments**

All teams will participate in the regional tournaments. This will help teams gain experience at the regional level, gain seeding statistics for other regional events, and fosters team/club unity. These tournaments will take place on either Saturday and/or Sunday and will not require any missed days of school.

### **Travel Tournaments**

Travel tournaments are usually 2 or 3-day tournaments that require teams to stay overnight out of town. These tournaments will help teams gain national level experience, seeding and exposes athletes to collegiate coaches. Based on age divisions, all of our #1 and #2 U13-18 teams have an opportunity to participate in these types of tournaments. Note that there is a \$250 financial penalty for missing a USAV National Qualifier tournament or USAV Junior National Championships if a team qualifies.

For travel teams, the purpose of these tournaments is to qualify for the USA Volleyball Junior Olympics. Therefore, most scheduled travel events will be a "qualifying event." All regular season travel tournaments are 3 days and MAY require missed school days depending on individual school schedules. These events are often scheduled on holidays to minimize missed days of school. Athletes are expected to report to their team the night before competition and notify their schools and teachers per individual school policy **[Even if teams have PM Wave on Day 1]**. Teams will participate in matches all three days. Many Qualifiers publish information that indicates matches can go as late as 4:00 PM on the last day of play. **When making travel plans, individuals should not schedule flights or plan to return home any earlier than 6:00 PM on the last day of play.**

Post season travel tournaments are typically 4-6 days long and take place in early summer. Athletes must plan to attend the summer practices and tournaments.

## **TEAM OFFICIATING**

Officiating is the shared responsibility of the entire team. All athletes are required to help with line judging, score keeping, libero tracking, score flipping, and R1/R2 officiating. An athlete who has an officiating assignment may not leave a tournament before the assignment is completed. Coaches will provide further information regarding scorekeeper and officiating online clinics. Online clinics are also listed on our website under the TEAMS tab and then "**OFFICIATING RESOURCES**." Completing the scoring/officiating is the responsibility of the player, including official evaluations if necessary.

## **KNOW THE RULES**

Each year, coaches and players take online clinics within our region. Parents are encouraged to watch the online videos with their athlete. Knowing the rules will allow you to enjoy the many hours you spend watching this game much more. Nothing is more frustrating than not knowing what the last call was all about – other than listening to the irate parent scream at the official over a call THEY knew nothing about! You may want to acquire an **Official FIVB Volleyball Rules**, presented by USA Volleyball at <https://usavolleyball.org/resources-for-officials/rulebooks-and-interpretations/>

## **TOURNAMENT POLICIES**

- Playing time for athletes is determined by the performance of the athlete during practices and previous matches, and is left to the discretion of the coach.
- Proper demeanor is expected of all members of the Club (athletes, parents, and supporters); this includes treating members of the officiating crew with respect.
- **ONLY** NW Juniors VBC uniform pieces will be worn during tournaments.
- ALL uniform pieces must be brought to tournaments. Uniforms must be clean.
- Athlete may not leave tournament site until excused by the coach.
- Be respectful of referees and work teams.
- Do not address playing time issues at tournaments. This should be done through contacting the coach at a later time to set up a meeting.

## **TRAVEL POLICIES**

Violation of any travel policy may result in the athlete being sent home immediately at the expense of the parent/guardian. Further action by the club will follow.

- Athletes will be courteous and respectfully obey all staff members. This includes all coaches, chaperones, and adults officially traveling with the team.
- Athletes must report any illness or injury to the coach and chaperone immediately.
- An athlete who damages any property at a lodging or playing facility will be personally responsible for damages.
- Athletes must dress appropriately at all times.
- Athletes found in possession of alcohol, tobacco, vaping, or illegal drugs will be sent home immediately at the expense of the parent/guardian. Further action by the club will follow.

### **Travel Arrangements**

For U12-U14 teams, all travel arrangements and accommodations for the season will be the responsibility of the parents. The club will book hotel rooms for the coaching staff; the costs for coaching staff hotel rooms are included in the travel costs. The club will set up a group block for parents to call in so that all players and their families can stay in the team hotel. *All players must stay in the team hotel in order to be in close proximity to their coaching staff.* This policy is not in place for tournaments in Centralia – overnight stays for players are optional for tournaments in Centralia.

For U15-18 teams, players will stay as a team in the team hotel. Team hotel accommodations include: coaching staff, team chaperone, and players. Costs for team hotel arrangements are included in the travel costs. Travel arrangements, where teams fly to tournaments, are the responsibility of the parents. The club will arrange for ground transportation for coaches only; we do not make the arrangements for team transportation.

If the event is a Stay to Play tournament, *you must book hotels through the link provided by the tournament and posted to the club's event travel page.* In most cases, teams that fail to meet the Stay to Play requirements will not be permitted to participate in the tournament.

- Player's travel to and from the tournament is the responsibility of the parent or guardian.
- Player and family are entirely responsible for player's welfare in travel process.
- Player and family are responsible to transport player from the airport to hotel and vice versa.
- It is **mandatory** for the player to arrive at the hotel on time for the team meeting, to be determined by coach.

**TRAVEL SUMMARY:** Information for all of our travel is accessible via our [Tournaments & Travel Page](#)

TRIP	AGES	Stay as a team in a hotel?	Parent Block Available?	Transportation (Flying or Ground)	Player Reports	Player Departs
Oregon MHM Eugene, OR (January)	U15-18	Yes	Yes	On your own	Night before	When released by coach
Las Vegas Invite (February)	U18	Yes	Yes	On your own	Night before	After 4 PM last day
Spring Classic Hub City Challenge PSR Regionals Centralia, WA (Various dates)	All	No. Just Coaches	No, see Travel page on website for block information	On your own	Day of play. Coach dictates	When released by coach
Yakima (March)	U15-16	Yes	Yes	On your own	Night before	When released by coach
	U12-14	No. Just Coaches	Yes 1 room per player/family	On your own	Night before	When released by coach
Spokane (PNQ) (March & April)	U15-16	Yes	Yes	On your own	Night before	When released by coach
	U12-14	No. Just Coaches	Yes 1 room per player/family	On your own	Night before	When released by coach
Flying Qualifiers: Lone Star (Dallas) Far Western (Reno) Salt Lake Showdown Red Rock Rave (Las Vegas)	U15-17	Yes	Yes	On your own	Night before	After 4 PM last day
	U14	No. Just Coaches	Yes 1 room per player/family	On your own	Night before	After 4 PM last day
Willamette Classic Portland, OR (May)	U15-17	Yes	Yes	On your own	Night before	After 4 PM last day
	U13-14	No. Just Coaches	Yes 1 room per player/family	On your own	Night before	After 4 PM last day

### **GRIEVANCE PROCEDURE**

Knowing when to communicate and how to communicate with your athlete's coach is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

Athletes should be encouraged to talk to the coach when a problem arises (i.e. regarding playing time, position or unclear expectations in practice or competition). The appropriate manner for the athlete to approach the coach is to ask what she, the athlete, needs to do in order to receive more opportunities to play or to accomplish a goal. Parents can best help their athlete by guiding them through this process and supporting communication with the coach. Athletes should be the one to approach a coach regarding "coaching decisions", not the parents. Coaching decisions include, among other things: practice organization, playing time, positions, substitutions, etc.

The amount an athlete is on the court is the result of a complex determination, in that coach's opinion, of the athlete's ability, the athlete's potential, the team's needs at the moment, and the team's needs in the future. The coach will not be required to defend his/her thought process or conclusions in these determinations. It should be expected, however, that the coach be able to relay information to the athlete to explain the athlete's current role on the team and what the athlete needs to improve upon to resolve the concern.

**The athlete and parents *SHOULD*:**

1. Approach the coach 24 hours after the incident to ask for a meeting time to be set. (Consider emailing the coach to set a meeting time)
2. Expect meetings to be at a location other than a tournament.
3. Expect that the meeting should be between the coaches of the team and the player.
4. If the concern remains unresolved, approach the coach to ask for a meeting time to be set. This meeting should be between the athlete, the coaches, and the parents.
5. If the concern still remains unresolved, the parent should contact the Club Director for intervention. When contacting the club director, parents will be asked if stems 1-5 have been completed.

**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.
7. Approach a coach at a tournament about issues.

**GENERAL BEHAVIOR POLICY**

Northwest Juniors VBC will not tolerate hostile, aggressive confrontations by a parent towards an official, a director, a coach, an athlete, or another parent. Violation of this policy may result in the athlete being dismissed from the club. In such cases, no refunds will be issued.

It is inappropriate for an athlete or a parent to involve other NW Juniors VBC members (third parties) about a problem the athlete or parent is having with a NW Juniors VBC coach, objections to coaching decisions, or disagreements with an administrative decision.

Any member who, as a third party, hears remarks or stories being told about NW Juniors VBC, its employees or its policies, that cause the member to be concerned is encouraged to call the Director immediately to determine the facts, or to alert the club administration to a situation it may be unaware of.

**PARENTS CODE OF CONDUCT**

The influence, both good and bad, that a parent can have on their child's introduction to or continuation in sports is often misunderstood or underestimated. Your valuable contribution to your athlete is appreciated by NW Juniors VBC.

- Remember that where we practice and play is like your child's classroom, respect the classroom.
- Make only positive encouraging comments to or about players on BOTH teams.
- Remember that making mistakes is part of the learning process – don't criticize.
- Discuss your concerns away from the players and away from your child.
- Show respect for the officials, coaching staff, parents, and players.
- Control your emotions.
- Get interested in your child's sport. Ignorance is not bliss for those around you. Learn the rules of the game.
- Don't coach from the sidelines-don't coach at all. Simply reiterate what you may have heard your child's coach say at practice.
- Get your child to games and practices on time.
- Don't allow your child to talk negatively about a teammate, a coach or an official – stick with the facts, not the emotion.
- Don't proliferate your child's negative behavior when they are discouraged. Help them realize the positive.
- In the Puget Sound Region, parents can be issued a **Purple Card** for disruptive behavior by the Referee. This card may lead to a sanction fee by the region. The parent receiving the card will be responsible for the fee.

## **DROPPING OR SUSPENDING A PLAYER**

There are several reasons why a player would be asked to discontinue playing or be suspended:

- Lack of commitment as evidenced by missing too many practices or tournaments.
- Poor sportsmanship or lack of respect for authority
- Poor attitude, lack of effort, disruptions and/or dishonesty
- Inappropriate parental actions or confrontations with coaches, officials, or other parents.
- Not meeting financial obligations

## **SANCTIONS**

Players whose actions violate the rules and regulations outlined in this handbook are subject to disciplinary actions that may include probation, suspension, or expulsion.

PROBATION may be imposed which allows the player to practice with the team, but not participate in tournaments. In the event that probation is imposed, the party leveling the probation (either coach or club) will inform the player of the deficiency, the length of probation, and the manner in which the deficiency can be corrected. Upon completion of the probationary period, if the deficiency has been corrected, the player will be reinstated with full team privileges. If the deficiency is not corrected, the probation may be extended, or the player may be suspended.

SUSPENSION means a player is suspended from participation for a specific number of days. During suspension, the player cannot participate in any team-related activities.

EXPULSION means complete denial of the right to participate in any team or club related activities for an indefinite period of time.

## **NATIONAL RECRUITING RESOURCES**

As we will stress throughout your tenure with our club, it is important to us that we prepare our athletes for playing at the next level when they graduate high school. Trying to earn a college scholarship is a **process**. We will provide our members with the tools we feel are necessary for them to be successful. We have partnered with SportsRecruits to assist our U15-18 players in being recruited. All players will have their own recruiting profile page and will have access to the tools available in SportsRecruits. These profile pages are maintained by the players and their parents, this includes adding video, schedules, a statement about yourself, and contact information. These pages are also accessible via the [\*\*NWJRS RECRUITS\*\*](#) tab under our TEAMS pages. These profile pages are also available to our U14 and younger as well as our beach club athletes by request.

By NCAA standards, athletes are recruits as soon as they enter the 9<sup>th</sup> grade. Our program is designed to offer resources to all of our athletes regardless of where they are in the recruiting process. It is also recommended that teams look into a team video management account (like HUML as an example). This provides team members with access to video, highlights, and other resources that can be used to enhance their recruiting profile.

Our program will assist players wanting to market themselves to college coaches. We typically schedule a recruiting seminar early in the season and the club will assist in making sure that our players receive exposure to college recruiters by competing in national qualifiers and top-level tournaments.

## **PARENT ROLES WITHIN THE TEAM**

There is a lot of planning and coordination that happens at the team level during the club season. Parent volunteers are needed to assist the Head Coach with planning and coordination of their team members throughout the club season.

**The Team Focal** assists at the direction of the Head Coach with the administrative needs of the team for planning and coordination of players for events and travel. It may also include communication with the business office.

**The Team Chaperone** (U15-U18 teams ONLY) must be an adult female. She is responsible for knowing where all players are at all times during the travel tournament. She assists the Coach to ensure team members are where they need to be; on time for tournaments, meals, team bonding activities, and hotel.

Cost of the Chaperone's hotel and flight are covered by the teams travel dues. Chaperones must also secure a USAV membership, pass a background screening and complete Safe Sport training.

***These positions are defined in more detail in our Tournament appendix page of our website.***

## **Safe Sport & Minor Athlete Abuse Prevention Policies (MAAPP):**

All adults working with under 18 athletes are required to acquire a USAV Membership, submit to a background screening and take Safe Sport Training. MAAPP information is part of that training as well. For in-depth information on these programs as links to the training, go to the [\*\*Safe Sport & MAAPP\*\*](#) page under the **TEAMS** tab on our website.

**PLAYER:** \_\_\_\_\_ **TEAM:** \_\_\_\_\_

**APPENDIX 2: Club Handbook: NW Juniors Elite VBC Participant Agreement Form 2023-2024 Club Season.**

**INITIAL** \_\_\_\_\_ We, the parents/guardians of \_\_\_\_\_, have carefully read the club handbook information concerning the policies of NW Juniors VBC. We agree to the terms and conditions as stated in the club handbook and to participate for the entire 2023-2024 club volleyball season.

**INITIAL** \_\_\_\_\_ We understand that the club has limited membership. By our acceptance, we are denying the acceptance of the spot by another individual. In the event of default of payment, consequences may include suspension of the player and/or legal action.

**INITIAL** \_\_\_\_\_ We understand we are fully responsible for the entire financial obligation for the club season and are solely responsible for all fees owed for the player as per the NW Juniors registration form and club handbook. All club fees are due by the dates listed on the club registration form based on the schedule that I have chosen. Any amounts past due are subject to late fees at the rate of \$25 per month plus 1.5% monthly finance fee (18% APR).

**INITIAL** \_\_\_\_\_ We understand all dues, travel costs, and the costs to attend added tournaments must be paid in full. In the case of teams that participate in National Qualifiers, we understand that if a team earns a USAV Junior National Championship bid, then the team is required to go and there will be an additional cost to attend the post-season tournament.

**INITIAL** \_\_\_\_\_ We understand if our daughter decides to withdraw for any reason, the full club volleyball season fees for club dues must still be paid.

**INITIAL** \_\_\_\_\_ We understand the risk of potential injury that may occur as part of the normal participation in this sport. We understand that we will not be refunded any portion of paid club dues, and will still be required to complete our financial obligations of the full club volleyball season fees and club dues.

**INITIAL** \_\_\_\_\_ We understand that playing time and positions are at the discretion of the coach as outlined in the club handbook. We further understand Coaching assignments are not specific or guaranteed. These are at the discretion of the club administration. We understand that we will not be refunded any portion of the paid club dues, and are not entitled to any type of reduction in fees if the playing time or the position of our daughter or a specific coach is not in line with our expectations.

***For Teams that participate in National Qualifiers: (U13-18 #1 & #2 teams, U12 #1 teams)***

**INITIAL** \_\_\_\_\_ By agreeing to be a member of this club, we are agreeing to fulfill all commitments outlined by the club for all its team members; to include travel to and from all local tournaments, as well as travel to any out of region tournaments for the applicable teams.

**INITIAL** \_\_\_\_\_ As members of these teams, we agree to make tournaments on our schedule a priority; additionally, we agree that we will not miss any of the tournaments listed as "Qualifiers". If we miss a Qualifier, we understand that there is a financial penalty of \$250, unless pre-approved by the club administration prior to signing with NW Juniors.

**INITIAL** \_\_\_\_\_ We understand if our team earns a bid to Girls Junior National Championships (GJNC) they must attend and would come at an additional cost. Whether we attend the tournament or not, we are financially responsible for our portion of the team's travel expenses.

**INITIAL** \_\_\_\_\_ We understand these teams may fly to tournaments and airfare is NOT included with the travel fees.

**INITIAL** \_\_\_\_\_ Understanding the aforementioned stipulations and having discussed this entirely with our player, we agree to and will support our player's decision to participate in the activities of the club for the entire season and assume full financial responsibility for all of the above.

This agreement is made and entered into by Northwest Volleyball Foundation and the Parent/Guardian names listed and signed below.

(1) Print Parent/Guardian Name

(1) Parent/Guardian Signature

(1) Date

(1) Relationship to Player

(1) Contact Phone Number

(1) Contact e-mail