



Parent Handbook

Scott Larkin and Roslyn Brittain (Co-Directors)

Chris Lamb - Skills Trainer

Head Volleyball Coach at Wichita State University

Contact us at:

Scott Larkin - Team/Player questions: scott.shockwave@cox.net

Jen Larkin - Fundraiser, uniform/apparel questions: shockwavevolleyball@cox.net

Check out our website:

www.shockwavevbademy.com



Welcome to **SHOCKWAVE Volleyball Academy**

At **SHOCKWAVE** Volleyball Academy we strive to focus on fundamentals and technique. We believe that in doing this we will help each player to reach her maximum potential. During the course of training we also endeavor to teach each player what it means to be part of a team and to be a good teammate.

A steadfast commitment to our mission of educating the whole person through excellence in volleyball.

You will find this leads to unique and wide-ranging benefits that emerge throughout the student-athlete's entire club experience not only here at **SHOCKWAVE**, but also in life.

We have an experienced and professional club staff that want your child to become not only a great volleyball player, but an exceptional person.

WINNING AND LOSING

Winning and Losing on a week to week basis is of little consequence. Development over time, year to year, is the critical yardstick. Understand that coaches will sometimes put the "scoreboard" result of the game, particularly inconsequential games, at risk for the purpose of development. The measure of success will come in games that "count", but coaches will work hard to help players keep a sense of perspective over the long term.

***Our student-athletes don't just play volleyball;
they LEARN volleyball.***

MEMBERSHIP AND CLUB FEES POLICY

SHOCKWAVE base fees include:

- 1) Facilities fees
- 2) Coaching fees
- 3) Team equipment
- 4) Tournament fees
- 6) Uniforms and players equipment (knee pads, socks etc)

Payments

While an up front payment in full is certainly appreciated, the payment of fees may be broken down into 3 separate payments. We have our payments set up online through our registration process via our website: www.shockwavevbacademy.com

1st payment due at registration (\$250.00) 2nd payment due November 15th.

2nd payment due December 15th.

3rd payment due January 15th.

Fund-raising opportunities are available.

If payments are not made on time, the academy and its coaches reserve the right to bench the player until which time your account has been brought up to date, or when other arrangements have been made with the Academy Directors, Scott Larkin and Rosyln Brittain.

PRACTICES

Currently, every team with the **SHOCKWAVE** Volleyball Academy is scheduled to practice two to three times per week. A possible exception to this will be tournament weekends when the team will be playing rather than having a weekend practice. Another Exception is when gym time is not available. If any team desires an additional practice, the Academy will assist in finding a facility, but the additional cost will be left up to the team.

Practice participation is very important. Please do your best to make it to every practice. If you cannot attend a practice, contact your coach and let them know.

Wichita Sports Forum allows **SHOCKWAVE** Volleyball Academy to use their wonderful facility. We ask that all players be responsible for the gym and equipment at all times. Keep area clean and organized and throw trash away. Also, please keep your bags (etc) away from courts for the safety of the players.

SHOCKWAVE Volleyball Academy Mission Statement

SHOCKWAVE Volleyball Academy is dedicated to youth and young adult athletes. Our primary focus is developing the fundamental skills for a successful life by teaching the fundamental skills of volleyball.

Goals in attaining our Mission:

- 1) Developing elite athletes with sports training that emphasizes physical development and proper nutrition.
- 2) Educating youth and young adults in the areas of volleyball skills and strategy, as well as the mental aspects of competition including work ethics, commitment, and team.
- 3) Training players in the areas of leadership and communication in order to build a successful club, successful teams, and successful individuals.

SHOCKWAVE Academy Policies

The purpose of this document is to establish policies and guidelines for players and their parents of SHOCKWAVE Volleyball Academy during the Junior Olympic Volleyball season of 2021 - 2022.

Teamwork

Volleyball is a unique and intense sport, which requires both physical and mental endurance. As a player, you should recognize the importance of working hard, encouraging teammates, and setting goals to build endurance. Volleyball is a game of momentum, which comes from the mental aspect of play. Therefore, it is important to work as a team, think as a team, and perform as a team. Commitment and self-discipline of each individual are essential and necessary for the success of the team. All coaches, players, and parents must work together so that we may ensure success.

Open Door Policy

At any time you need to speak to any of the coaches about a challenge or concern please feel free to call us and to schedule a convenient meeting time. It is critical that any conflict or problem be resolved or worked out for the unity of the team. The same policy applies to parents, and discussions should take place at appropriate times and in proper setting. Please do not approach a coach at a tournament or prior to or the end of a practice unless you have already scheduled a meeting with them.

Time (practices)

Practices will be held as consistently as possible. If there is a change in the schedule it will be posted on the website as soon as possible and parent representatives will be responsible for notifying families.

Focus (practices)

Concentration in practice is critical to the success of any team, therefore when you are in the gym you should focus on volleyball. There should be no talking unless it is in the form of encouraging other teammates, asking questions, or when called upon. You should not be concerned about what happened during the school day, but rather focus on improving your skills and being the best player you can.

Intensity (practices)

When you walk in the gym, you should be prepared to give 100% effort in every practice every day! Run between drills, shag balls, never sit, and respond quickly when asked to do something by the coaches. The more you put into practice, the more you will improve, and the more successful the team will be.

Practice/Tournament/Event Attendance during the Junior Olympic Season

During the Junior Olympic/Club season players will be expected to make their team practices during the week. Making up practices will be expected if players will be missing, coming late or leaving early. SHOCKWAVE athletes will be expected to manage their time and school work so they will be able to attend practices, club events, and tournaments especially during the week of finals. SHOCKWAVE will also expect athletes to honor their commitments to the club and their team by making social plans outside of scheduled practices, club events, and tournaments. If a player is unable to attend a volleyball event please let the coach know as soon as possible.

When making up a practice session please notify the coach in charge of the practice before attending. During tournament days players need to be at the playing site 30 minutes prior to playing. Coaches will let you know the exact time. Make the necessary arrangements to get there on time. Be sure to bring any snacks or necessary items with you, no "junk" food. Players will need to remain at the site between matches and after matches until all our responsibilities are completed. Please bring all of the equipment that you will need: rubber bands, kneepads, water bottles, shoes, etc.

SHOCKWAVE Travel Guidelines

For teams that travel during the season parents are expected to provide transportation for their athlete. Coaches are not allowed to provide transportation for athletes or player's family members (exception: if player is a family member of the coach.) Parents are expected to ensure their athlete reaches the destination or competition site with plenty of time to check into hotel rooms and to be a part of any team activity or practice before competition (coaches will communicate with families for specific times and activities/practices). Families traveling by plane will also need to arrive in time for team activities/practices. **Players will not be released early for return flights after competition**, players will all be released after the team finishes their responsibilities of either competing or officiating. Please be sure to make travel arrangements to ensure you will not miss your return flights by scheduling flights late in the day after **ALL** team responsibilities are fulfilled.

Playing Time

Club volleyball is, by its very nature, competitive. This means that playing time will not be equal for every player. Players and parents must understand this from the beginning for the team to be successful. Many teams experience difficulties as the season progresses due to the issue of playing time. We would ask that parents not discuss the issue of more playing time with their daughters as it affects the player's attitude. Athletes become less coach-able if parents begin to discuss their concerns and/or frustrations with their daughters. If there is a concern and/or frustration we ask that parents set up a time to speak with the coach and/or club directors. The issue will not be discussed at a tournament or practice, or in front of any other players or parents. Parents who confront the coach in an angry or hostile manner, at a tournament or practice, will be subject to expulsion from the club with no refund of fees.

We need parental support in achieving our goals:

- * Improving player skills
- * Instilling a winning attitude (not a win-at-all-costs attitude)
- * Creating positive team interaction
- * Teaching players to take responsibility for their own improvement

The following guidelines explain how we will be treating the sensitive issue of playing time:

1. Playing time will not be equal for all players. Even though the fees are the same for every player, playing time may not be equal. Both gold and silver level squads will follow this guideline. However, the decision for a player's "game time" will be determined by the coach.
2. Practices will provide constant opportunities for player improvement. Players are expected to attend practices and work hard at getting better. Sometimes, this can be frustrating, but a player's work ethic and mental focus are key to becoming better. Players who attend practices on a consistent basis have a better opportunity for more game time as they will be more familiar with the team strategy. However, the decision for a player's "game time" will be determined by the coach.
3. Winning occurs through mental attitude and physical ability. If players do not believe they can win, they will never win. Winning requires a positive attitude toward the game, the coach, and the teammates. Playing time may be adjusted for attitude and skills performance at practices and at games.
4. We will coach to win. This means putting the strongest team on the court during a tournament, and in particular, during the playoffs of a tournament. We recognize that playing time is important to player improvement. The coach must balance player improvement with a winning strategy. During a tournament, the winning strategy will take precedence; during practice, player improvement is the most important.
5. Players should discuss playing time issues with the coach. Players are ultimately responsible for their improvement. They need to understand what they need to improve upon to get more playing time. Players have the opportunity to learn how to discuss improvement with the coach and to obtain feedback on their performance. Our coaching staff is open to teaching players how to work with people in position of authority.

6. Parents should not confront the coach regarding playing time issues. If the player has discussed the issue with the coach and parents are not satisfied, a meeting will be scheduled with the player, the parents, and the coach and if necessary the club director. The issue will not be discussed at a tournament or practice, or in front of any other players or parents. Parents who confront the coach in an angry or hostile manner, or at a tournament or practice, will be subject to expulsion from the club with no refund of fees. These guidelines are important in setting clear expectations for both parents and players. They will help us all to have a positive experience during the club volleyball season.

Other responsibilities:

Each player will need to be tested and certified as a scorekeeper and referee. This includes taking the online officiating clinic and scorekeeping clinics offered by the HOA Region, taking the tests, and getting rated by the coach in both areas.

Player's equipment will be handed out prior to the first tournament. Before receiving their uniform(s) and other equipment, the player must have turned in full payment of their fees.

Expectations of Players

You are a member of SHOCKWAVE Volleyball Academy and therefore will be expected to conduct yourself accordingly. As representatives of SHOCKWAVE, you will be cooperative, considerate, encouraging, and respectful of teammates and opponents. Specifically, whether you are talking to a teammate, speaking to a parent or coach, social media posts, traveling with the team, or playing in game. You will be expected to observe and demonstrate the following behavior:

1) You are expected to show respect to the coach and any other team members of SHOCKWAVE at all times. Outward displays of displeasure will not be tolerated. Make a point to learn more about your teammates than just their names.

2) We will practice being in control at all times. Absolutely NO
swearing
criticizing or disrespecting a teammate or opponent
speaking rudely to officials
pouting about coaching decisions

Players who cannot control their emotions, facial expressions, or their mouths, will be removed from the practice or game. And in extreme cases, removed from the club. Actions outside the gym (travel locations, social media, gatherings that don't include all players etc) should also include showing respect to coaches and teammates. We will not tolerate online bullying, nor will we tolerate those who encourage that behavior.

3) The sport you are engaged in will require both physical and mental endurance. As an athlete, you should recognize the importance of working hard, encouraging teammates, and setting goals to build endurance.

4) SHOCKWAVE Volleyball Academy encourages players to refrain from drinking and drugs (including tobacco and electronic cigarettes or vaping) These are not allowed by Shockwave players. As well as any other illegal activities. If a player is involved in illegal activities including drinking and drugs the club will evaluate their activities and determine the consequence for their behavior. Disciplinary action may range from extra activity for the club, removal of player for a specific amount of time or an athlete being released from the club entirely. (Disciplinary board will consist of the club directors and three coaches which will be after the infraction.)

5) Commitment and self-discipline of each individual are essential and necessary for the success of the team. All coaches, players, and parents must work together so we may ensure success.

6) Anytime you need to speak to any of the coaches about a challenge or concern, please call and schedule a convenient meeting time. It is critical that any conflict or problem be resolved or worked out for the unity of the team. Discussions should take place at appropriate times and in proper settings

7) If you are unable to attend a schedule practice, game, or event, let your coach know as quickly as possible. Contact for your coach will be provided at the Parents meeting.

8) As an athlete, it is necessary to maintain adequate dietary and sleeping habits to perform to the best of your ability. It is your responsibility to eat and sleep appropriately.

9) Our practices have a specific purpose as well as a limited amount of time. It is essential that each member of a team be on time. Walk on the court with a good attitude. Be positive, intense, determined, focused, and ready to go! Communicate with your coach should there be any personal matters which will negatively affect your performance that day.

10) Work as hard as you can and stay involved in every practice. Encourage teammates in a fatiguing drill, your turn is next.

Expectations of Parents

There are three essential groups, which make up SHOCKWAVE Volleyball Academy. Athletes, coaches, and parents work together toward a common goal of building character, improving the athlete's skill, knowledge, and enthusiasm for all sports in which he or she is involved. In addition to providing the financial backing for the program through your fees, parents are also needed to be involved, active, and supportive of the volleyball club. Please work towards establishing a supportive relationship with the coaching staff as well as other families in the club.

1) Be supportive and positive with your child, the team, and other parents. It is the coach's responsibility to give the player critical feedback. Please keep your feedback to comments of encouragement. We encourage parents to remain at practice and attend tournaments so that you are aware of our coaching goals and methods and are better equipped to give positive feedback to your child.

2) Communicate with coaches in a positive and appropriate manner.

3) Set an example of teamwork your child can model.

4) Be prepared to accept the decisions of the coaches. They are not always easy decisions for the coaches to make or for the players to deal with. If you disagree with a decision or do not understand why a decision was made, talk to the coach first. Gossiping to other parents only causes disunity and hurts everyone involved. Please allow the coach to give feedback to the player.

5) Turn in all paperwork and money on or before the scheduled deadline.

6) There will be one parent representative for each team, they will be responsible for communicating with the families.

7) Parents are responsible for their players' transportation to and from practice and games. Please be on time especially when picking up your child. We ask that our coaching staff remain at the gym until all players have been picked up so please be considerate of their time.

Expectations of Coaches

The coaching staff takes time to review our responsibilities to the region, club, and families we serve. In our effort to provide quality coaching and an environment that allows the child to excel the staff meets and discusses coaching issues. Every coach in SHOCKWAVE is certified at the IMPACT clinic provided by the Heart of America Region and undergoes a background check prior to the season. The expectation of our coaching staff is:

1) Be fair, firm and consistent with each athlete.

2) Communicate with players and parents in a positive and appropriate manner.

- 3) Be organized and prepared for practice and games.
- 4) Be a positive role model and follow standards expected for athletes.
- 5) Remain at the gym to inspect the clean up of your team and then release players.

Parent Representative

If you would like to be a parent representative for your team, we will reimburse you. This representative's purpose is helping with the communication between families and the coaching staff.

- 1) Register as a parent member of Heart of America Region (approx. \$30 registration fee)
- 2) Attend the officiating clinic to assist players and coach during tournament officiating duties.
- 3) Contacting players and their families for team functions (ie. team meals, team bonding events, etc.)
- 4) Communicate with families and players for any practice changes, schedule changes, or cancellations due to inclement weather or unforeseen circumstances.
- 5) Assist coaches at tournaments by taking direction from the coach in order to train players in score keeping and officiating. This may include sitting at the score table or helping line judge during matches.
- 6) If families and players choose to provide meals as a team during tournaments, the parent representative will communicate with the families and coaching staff to organize the meal(s) and/or snacks.
- 7) Assist in travel arrangement if/when the team has an overnight out of town tournament.
- 8) Assist in preparing with the end of the season team party by communicating with the coaching staff and families about location and specifics.

Fan Behavior for the Junior Olympic Volleyball Season

HOA Rule Amendment

SHOCKWAVE Volleyball Academy will follow and enforce the Fan Behavior Policy Established by the Heart of America Region. Families who are disruptive during tournaments will be asked to leave the site. If the behavior is consistent and persistent at tournaments players will be released from the club without refunds. Please do not allow your behavior as a fan to disrupt your child's experience on the court. Fans are asked to use common sense and behave responsibly while attending an HOA sanctioned volleyball event. Enjoying the competition, enthusiastically celebrating, yelling and cheering for a team is welcomed and encouraged. Actively cheering against any team is not welcomed. Inappropriate language or action that is disruptive to a sportsman-like atmosphere, or interferes with a player, coaches or official's participation is unacceptable.

HOA asks all fans, parents and coaches to encourage good sportsmanship and to remind each other when needed; before an official response becomes necessary. It is strongly recommended that teams informally monitor and correct their own fan behavior. Teams, represented by their captain/coach, will be held responsible for any delays brought about in officially responding to disruptive fan behavior. If an official becomes aware of disruptive fan behavior the following guidelines will be used to resolve the situation. The official will communicate to the captain or coach that there is disruptive fan behavior and direct the captain/ coach to inform their fan(s) that the behavior needs to change immediately. This will be considered the team's first official warning and will be recorded as a team delay warning on the score sheet. A second incident of disruptive fan behavior in a match will result in a team delay penalty (TYC) and the official will encourage the captain/coach to have their disruptive fan(s) leave the gym to avoid further incident. A third incident of disruptive fan behavior in a match will result in the suspension of play and default of the match by the team responsible for the delays. Exception: If this occurs in game 2 of a two game match i.e. pool play, the offending team will default only game 2.