



Juniors Program

2006-2007 Player and Parent Handbook

Richmond Volleyball Club
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Introduction

Welcome to the 2006-2007 Junior Volleyball Season. If you are new to RVC Juniors or to USA Junior Volleyball, this handbook will answer some of the questions you may have.

USA Junior Volleyball

When you join RVC Juniors, you will be asked to fill out a form online at <http://www.signuptoplay.com/> which registers you with the Old Dominion Region of USA Volleyball. This does not apply to those in the 12 and younger age group teams. USA Volleyball is the national governing body for volleyball events in this country, and is administered by 40 Regions. Our local region, which includes most of Virginia, is the Old Dominion Region.

USA Volleyball membership benefits include a one-year subscription of *Volleyball USA* (a quarterly publication) plus secondary sports accident coverage when you play in sanctioned events.

Over 112,000 primary school aged athletes throughout the nation participate in USA Junior Volleyball with local organizations like RVC Juniors. The club helps sponsor competition in eight age groups: 18-and-under, 17-and-under, 16-and-under, 15-and-under, 14-and-under, 13-and-under, 12-and-under, 11-and-under, and 10-and-under. These groups are as follows.

18 & Under ——— Players who were born on or after 9/1/88, or players who were born on or after September 1, 1987 and a high school student during some part of the current academic year.

17 & Under ——— Players who were born on or after 9/1/89.

16 & Under ——— Players who were born on or after 9/1/90.

15 & Under ——— Players who were born on or after 9/1/91.

14 & Under ——— Players who were born on or after 9/1/92.

13 & Under ——— Players who were born on or after 9/1/93.

12 & Under ——— Players who were born on or after 9/1/94.

11 & Under ——— Players who were born on or after 9/1/95.

10 & Under ——— Players who were born on or after 9/1/96.

What to Expect from RVC Juniors

All athletes will receive an RVC membership, an individual USA Volleyball Membership (for those playing on teams 13 and older), a volleyball, and at least one uniform shirt and one pair of shorts/bikers. Each team will have at least one coach and will generally carry 12 players on the roster. A practice schedule will be released in mid-December, after coaches have decided when they would like to practice. Coaches will distribute team tournament schedules as well as a team budget at a team meeting in December or early January. Team dues cover uniforms, court rental, equipment, education, coaches' honorarium and administrative costs. Other expenses such as tournament fees, and travel expenses (airfare, hotel, coaches' expenses, etc.) are split accordingly among the players and will be billed as those fees are incurred. Most fees will apply whether or not the athlete participates in a particular event. Note: Any player not in good financial standing may not be allowed to participate until that standing is rectified.

Players will have the opportunity to participate in fundraising, including selling ads in the Juniors Media Guide, to help offset the costs of playing.

Each player will be required to attend either a referee or scoring clinic, since each team is required to provide officials during tournaments. More information on these clinics will be distributed as soon as it is available.

Fundraising

There are two mandatory fundraisers for each participant. The fundraisers are a means to keep the costs for players as low as possible. There is a \$100 “No Participation Fee” for those who choose not to be involved.

The first fundraiser is a raffle. At registration you will pay a deposit of \$40 for each participant. Each participant is expected to sell a minimum of 40 tickets at \$1 each. The athlete who sells the most tickets will receive a \$100 prize.

The second fundraiser will require each team to set up and tear down one court at either the Monument City Classic or the Boys’ East Coast Championships. This fundraiser may require adult supervision and assistance.

Donations

Richmond Volleyball Club is a 501 (c)(3) non-profit organization. Donations made to the organization (RVC) are tax deductible and can be designated to a particular fund (i.e. RVC Building Fund, Roger Robison Assistance Fund). However, no monies donated can help a particular team or an individual. RVC accepts donations in the form of cash, check and credit card contributions.

Roger Robison Assistance Fund

Definition – To provide financial assistance to an RVC Juniors’ player to cover costs associated with the Juniors developmental program.

Goal of the Fund – To allow an individual(s) the opportunity to develop volleyball skills, teamwork and sportsmanship, and gain an appreciation for health and wellness, by providing financial assistance to participate in the RVC Juniors program.

RVC Juniors—Girls Teams

RVC Juniors for girls will have four levels of teams:

City Teams - Teams compete in a Sunday afternoon league (February –April) and may also play in USAV sanctioned tournaments. City teams will practice primarily on weekends at RVC East (3300 W. Marshall Street) and will generally either practice or compete once a week. Team dues are as follows: (**Additional fees will apply for USAV tournaments.**)

10, 11, 12 & under division ----- \$250 per participant—NON TRAVEL

13 & under division ----- \$325 per participant—NON TRAVEL

14, 15,16 and under divisions----- \$350 per participant—NON TRAVEL

Regional Teams - Teams will compete in tournaments within the Old Dominion Region, including multi- day events. Regional teams generally compete every other weekend

(January-May) and practice one to two times per week. Regional tournaments are primarily scheduled on Saturdays starting at 9am. Team dues are as follows:

13 and under division ----- \$450 per participant

14,15,16,17,18 & under divisions----- \$495 per participant

You can expect **total fees to be \$850—\$1100** (including team dues) depending on the team's tournament schedule.

Zonal Teams - Teams will compete in tournaments within the Old Dominion Region and will also play in multi-day tournaments out-of-state. Zonal teams generally compete at least every other week (January-May) and practice two to three times per week. Play may continue into June or July for National level competition. Team dues are as follows:

14,15,16,17,18 & under divisions--- \$635 per participant

You can expect **total fees to be \$1150—\$1600** (including team dues) depending on the team's tournament schedule.

National Teams - Teams will compete across the entire United States and will represent RVC in a National Championship. National teams generally compete at least every other week (January–June/July) and practice three times per week. Team dues are as follows:

14,15,16,17,18 & under divisions--- \$725 per participant

You can expect **total fees to be \$1550—\$3600** (including team dues) depending on the team's tournament schedule.

RVC Juniors—Boys Teams

RVC Juniors for boys will have four levels of teams:

City Teams - Teams compete in a Sunday afternoon league (February –April) and may also play in USAV sanctioned tournaments. City teams will practice primarily on weekends at RVC East (3300 W. Marshall Street) and will generally either practice or compete once a week. Team dues are as follows: (**Additional fees will apply for USAV tournaments.**)

10, 12 & under division ----- \$250 per participant—NON TRAVEL

13 & under division ----- \$325 per participant—NON TRAVEL

14 & under division ----- \$350 per participant—NON TRAVEL

Regional Teams - Teams will compete in tournaments within the Old Dominion Region, including one possible multi- day event. Regional tournaments are primarily scheduled on Saturdays starting at 9am. Regional teams generally compete every other weekend (January-May) and practice one to two times per week. Team dues are as follows:

14,15,16,17,18 & under divisions--- \$485 per participant

You can expect **total fees to be \$600—\$800** (including team dues) depending on the team's tournament schedule.

Zonal Teams - Teams will compete in tournaments within the Old Dominion Region and will also play in multi-day tournaments out-of-state. Zonal teams generally compete

at least every other week (January-May) and practice two to three times per week. Play may continue into June or July for National level competition. Team dues are as follows:

14,15,16,17,18 & under divisions--- \$635 per participant

You can expect **total fees to be \$950—\$1600** (including team dues) depending on the team's tournament schedule.

National Teams - Teams will compete across the entire United States and will represent RVC in a National Championship. National teams generally compete at least every other week (January–June/July) and practice three times per week. Team dues are as follows:

14,15,16,17,18 & under divisions--- \$725 per participant

You can expect **total fees to be \$1650—\$3100** (including team dues) depending on the team's tournament schedule.

Registration

Registration with USA Junior Volleyball is a simple process and will take place at RVC West (1907 Westmoreland Street) on the following dates and times:

Saturday, September 30, 2006 9:00am—Noon

Saturday, October 7, 2006 9:00am - Noon

Saturday, October 21, 2006 9:00am - Noon

Saturday, October 28, 2006 9:00am – Noon

Register early to avoid long lines!

Please bring: a payment of \$140 (check, cash or Visa/MasterCard) for RVC membership fee (\$50), processing fee (\$25), tryout fee (\$25) and fundraiser deposit (\$40); proof of medical insurance; and a completed USAV membership form. (Directions to complete the USAV form can be found at www.rvc.net/juniors/juniors.asp. The USAV form can be completed online at www.signuptoplay.com). At registration, you will need to fill out several forms: a Player/Parent Information form, a Player/Parent Contract form; a Medical History/Release form; and an RVC membership form. **All forms must be completed and returned before the athlete may tryout, begin practicing or play in tournaments. After October 28,** registration forms will only be accepted with an additional \$25 late registration fee. For your convenience, most of the registration forms can be downloaded from our website prior to registration for completion at home.

Players who are selected for Zonal or National teams will also need proof age for major tournaments, such as a birth certificate or drivers' license. If a player decides not to play before tryouts, \$75 (RVC membership and tryout fee) will be refunded. After tryouts, only in the event that you are not selected for any team will \$50 of this fee (RVC membership) be refunded (those who try out for but do not make a travel team may be placed on a regional team); otherwise it is applied to the team dues for the player. If a player is selected to a team and decides not to play, the entire amount paid at registration is non-refundable.

We apologize for the duplication of information on these forms, but each one must be distributed to a different place. Please complete all forms in full, and if you have any questions please contact the RVC office at (804)358-3000.

The Player/Parent Contract details the basics of what RVC Juniors expects from both

players and parents. For reference, the contract is reprinted, as follows:

**2006 - 2007
RVC Juniors
Player / Parent Contract**

Athlete Contract

My main goal is to become the best player I can be. Only I am responsible for my behavior and work ethic. I am fully committed to RVC Juniors and therefore will:

- **Conduct** myself in a manner to bring credit and prestige to myself and the program.
- **Budget** my time to meet all the responsibilities of work, learning and other personal areas.
- **Attend** every possible practice, match and team function including scoring and referee clinics. If I am unable to attend, I will personally notify my coach.
- **Be ready** for practice on Lombardi time (15 minutes early).
- **Pursue** mental and physical conditioning outside of practice.
- **Communicate**, both on and off the court, with my teammates and coaches for mutual understanding.
- **Discipline** my body, including adequate sleep, a healthy diet, and ABSTAIN from alcohol, tobacco, and illegal drugs.
- **Recognize** the unique aspects of volleyball, yet learn from my mistakes and never make excuses or lay blame.
- **Accept** all coaching comments and assignments only as ways in which the team and myself might improve.
- **Ignore** the errors of my teammates, as I believe no one is trying to make a mistake.
- **Support** the full effort and good skills my teammates exhibit.
- **Perform** with full effort and intensity to the best of my ability in all training and competitions
- **Concentrate**, never cause distractions, or worry about worrying.
- **Clean** our tournament area and practice facility of all trash. Leave the area as I found it, if not better.
- **Realize** that a team is made up of individuals and everyone cannot start. Accept my role on the team and what it takes to be the best.

Any athlete found in possession of alcohol, tobacco, illegal drugs or engaged in inappropriate or unlawful behavior will be immediately suspended from the program and be released to the custody of their parent(s) and, in the event of an athlete that is not accompanied by their parent(s) or legal guardian, they will be sent home at the expense of the parent(s) or guardian.

Athlete Travel Contract

WE TRAVEL TO TOURNAMENTS TO COMPETE; everything else is secondary.

- Athletes MAY NOT drive to any event outside the Richmond Metro area.
- Athletes will leave cell phones at home. In the event of any emergency, parents can be provided with a list of adult cell phone numbers at the event.
- Athletes will be courteous to and respectfully obey all staff members. This includes chaperones and/or other adults traveling with the team.
- Athletes may not leave the hotel area at any time without permission from their coach or chaperone.
- Athletes must report any illness or injury to the coach and chaperone immediately.
- An athlete who damages any property at lodging or playing facility will be personally responsible for damages.
- No member of the opposite gender is permitted in team rooms.
- Athletes are not permitted in rooms with members of the opposite gender or significant others.
- Athletes must remain quiet at all times in lobby, dining area, hallways and rooms so other guests are not disturbed.
- Athletes after arriving to the hotel are not allowed out of their rooms after 10:00 p.m.
- Lights must be off by 11:00 p.m. This includes the television, computers or any other device that might keep you or your roommates awake.
- Only one athlete at a time is permitted in the hotel's business center.

Any individual(s) who fail to comply with the stated travel contract will result in temporary

suspension of play.

Parent Contract

I have given permission for my child to participate in RVC Juniors. We have discussed the risks, commitments and sacrifices involved and are committed to the success of the program. I understand and accept the financial obligations of participating, with the following in mind:

- The \$100.00 registration fee (\$25 processing fee, \$25 tryout fee and \$50 RVC membership) is not refundable if we choose not to participate, regardless of the reason. This fee will be partially refunded (\$50 RVC membership) only if my child is not placed on any team, regardless of the level for which he/she registered.
- Team selections are made by a group of coaches; I trust their judgment and will support my child and the team selection.
- Once selected for a team a statement will be mailed to each team member for their individual non-refundable team dues.

<u>City Teams</u>	<u>Regional Teams</u>	<u>Zonal Teams</u>	<u>National Teams</u>
12 and under \$250	All Boys \$485	All Boys \$635	All Boys \$725
13 and under \$325	Girls 13 & under \$450	All Girls \$635	All Girls \$725
14 and under \$350	Girls 14 & up \$495		
Girls 15's/16's \$350			

Included in these fees are: uniforms (excluding bags and warm ups), practice facilities/equipment, coaches' education/honorarium, USA Volleyball membership (for those playing on 13 year old teams and older), program administration and a volleyball.

- The first week of each month a statement will be mailed for all expenses incurred from the previous month. Payment in full will be expected by the first day of the following month. Any payment received after that date will be considered past due (no grace period), and you will be charged interest equal to 1 percent of the unpaid portion of any payment as well as a \$25 late fee.
- Players are responsible for sharing all team expenses (coaches' expenses are considered a team expense), regardless of whether or not the individual participated in a particular event. If individual fees, such as airfare, are not incurred by RVC, the player shall not be charged that amount.
- RVC will continue to make all ground transportation, hotel arrangements and coaches' travel for teams. Airfare can be done for groups of 12 or more. To keep costs as low as possible, the price of the airfare will be considered first over scheduling convenience.
- Payments may be made by cash, check, VISA, or MasterCard (credit cards taken only in person during office hours).
- Players will immediately become ineligible to participate if any payment is 30 days past due and will remain so until the account is current.
- You will also be responsible for any fees incurred through a third party collection agency.
- Travel team parents may be asked to submit checks in advance or supply a credit card authorization for payment.
- I agree to participate in all Booster fundraising projects or pay a "No Participation Fee" of \$60 due February 1, 2007.
- As a parent, I agree to always show proper sportsmanship.
- I agree to provide transportation to at least one tournament.
- The coach must be notified within two weeks of the distribution of the team's playing schedule any non emergency conflicts.

I give my permission to Richmond Volleyball Club to use my child's picture or likeness, which may be taken at any activity or event, for use in advertising, promotional materials, website displays, or publications.

Media Guide

RVC Juniors publishes a Media Guide each year with team pictures, player profiles, and other information about the club. It includes advertisements from local businesses and individuals and is distributed to players/parents and at tournaments around the state and

country. The Media Guide is also a great program for parents/players who want to reduce the cost of playing this season. In the past, players have raised hundreds of dollars to help cover their fees - you can, too!

The Media Guide must be compiled early in the season to be ready mid-season. **The deadline for advertising is February 12, 2007.** All players/parents are eligible to sell ads and receive the following commissions:

The first \$25.00 of each player's advertising and 10% of the total after that \$25.00 helps offset the cost of the book.

After the first \$25.00, **90% of the sales will be applied to the player's account.**

Any advertising in excess of player fees will go toward juniors general fund.

Different sizes of ad space are available, and the prices are as follows: Full Page \$200; Half-Page \$100; Quarter-Page \$50; Eighth Page/Business Card \$25. Forms are available at registration and at the RVC office. Participants should make sure advertisers list the player's name on the form, and players should not contact previous advertisers who have committed to other players.

Suggested people to contact: parent's employers, family/friends and their businesses, people your parents work or do business with, companies near your home, booster clubs, civic/fraternal groups, etc. **It's hard for a business to say no to reasonably priced advertising which directly benefits a child.**

Team Selections

Each year during tryouts we consider many athletes to be members of an RVC team. Some athletes have extensive playing experience while others do not. Athletes first go through a battery of physical tests. Then we assess their skill execution, as well as intrinsic traits. We base our selections for teams on many factors: what the athletes do during the tryout period, what we perceive their potential to be, what a particular team needs for the coming season, how well the athlete compares to other available athletes, to name a few. We base our selections on specific athletic ability for volleyball, overall athletic potential, work ethic, drive, willingness to be coached, competitive attitude, and, to a lesser extent, skill level.

We reassess each athlete in the Club every year. In addition, the staff is continually evaluating athletes we see, whether in our club or another, on a high school team, at camps, even in other sports events. Each athlete must come to the tryouts ready to compete for a place on a team, sometimes against teammates from RVC and sometimes against athletes new to the Club. *Players should never assume because they were on a travel team one year they will automatically be on a travel team the following year.* We select athletes for teams because they show the ability or potential, in our opinion, to help those teams compete successfully at the national level. (An athlete with a limiting physical or medical condition should talk to the Head Coach prior to the start of the tryout period.)

Teams are selected by a panel of coaches, who review all available physical testing data,

skills test results, and observe the quality of play during tryouts. Athletes are strongly encouraged to attend ALL try-out sessions for his or her age group. Athletes must be properly registered and ready to start on time. Athletes who miss sessions will have fewer opportunities to showcase their skills. If a player is trying-out for a team one age group higher than their age group, the player is required to attend all sessions of both age groups. See RVC Juniors Tryout Schedule for dates, times and locations. National teams are selected first, followed by Zonal teams, Regional and City teams.

Parents and/or players may indicate the highest level of team to which they are willing to commit.

Players may participate on a team in the age group one higher than their playing age only if he/she is selected to the top team in that particular age group with the expectation that he/she will receive substantial playing time (one of the top six players / starter).

Exceptions:

Solely at the discretion of RVC, players may be asked to play up one age group in certain situations if their experience allows. For example, RVC may request players to play up to fill out a team roster.

Players 13 and younger may play up more than one age group if selected to participate on a 14-and-under travel team.

Players may participate on a team two age groups higher than their playing age only if he/she is involved in the USAV National Team pipeline (USAV High Performance Camp, Youth National Team, Junior National Team) and is selected to the top team in that particular age group with the expectation that he/she will receive substantial playing time (one of the top six players / starter).

RVC is supportive of players who participate in other sports (high school or otherwise). It is up to the coach's discretion, however, to consider such conflicts and the potential effect on the team at the time team selections are made. Players are requested to communicate with coaches prior to team selection regarding activities that may cause potential conflicts. Coaches may choose not to select players because of commitments to spring sports and are encouraged to ask all players about potential schedule conflicts. Once teams are selected, pressure from coaches for athletes to quit other activities will not be tolerated.

Travel teams will carry a minimum of 10 and maximum of 12 players.
Non travel teams will carry a minimum of 12 players whenever possible.

Team selections should be made based on players' abilities, potential, past performance, and personal characteristics, as well as positions played and team chemistry. Carpooling requests are not to be considered during travel team selections, nor are personal relationships, school affiliations, or other allegiances.

Multi-Sport Athletes

We discourage National team athletes from participating in another sport during the Club's season because the physical demands and the time commitments these teams require are too great to allow *safe* participation in more than one sport at a time. Overuse injuries are much more common among athletes who participate in more than one sport at a time. Further, the athlete's volleyball skills rarely improve during the time she participates in two sports. We have placed a few athletes on travel teams who play another sport. However, the number of such athletes is very small. (A multi-sport athlete or an athlete with potential scheduling conflicts with any other activity should talk to the Head Coach prior to the start of the tryout period.)

Movement Between Teams

Occasionally we will move an athlete from one team to another. Movement is at the sole discretion of the Club. Athletes who move from or move to a travel team will have their dues pro-rated, subtracting or adding, as appropriate. We will not move an athlete from or to another team until we discuss the move with the athlete's parents.

Player and Parent Obligations (Misc.)

As a player, you should be committed to attend regular practices and tournaments. Every player is expected to adhere to the USA Volleyball Participant Code of Conduct and in addition should exhibit good sportsmanship and support their teammates.

Players must also attend a referee or scoring clinic, since each team is required to provide officials during tournaments. Each team will need to send at least three players to each clinic. More information on these clinics will be distributed as soon as it is available.

Parents are expected to make certain their children arrive on time or, preferably, **early** to practices and tournaments.

Richmond Volleyball Club has the philosophy that ***PLAYING TIME*** for all athletes is determined by the performance of the athlete, and ***IS LEFT TO THE DISCRETION OF HER COACH***. This includes playing time during travel tournaments. In keeping with our Mission Statement and Purpose, ***WE DO NOT GUARANTEE EQUAL PLAYING TIME ON ANY TEAM OR AT ANY EVENT.***

We strongly encourage athletes who make our travel teams to participate in only one sport at a time. If your athlete makes a travel team, we expect RVC practices and tournaments to take priority over all other outside activities including sports, band, drama, school trips, vacations, etc.

Each player will be issued a volleyball. Players are solely responsible for their ball and are required to bring the balls to practices and/or as instructed by their coach. Anyone in possession of a volleyball owned/labeled by another club or an RVC volleyball outside of RVC East or RVC West will have their membership revoked for 30 days.

Any athlete damaging equipment owned by Richmond Volleyball Club or any facility used by the Club during practices, tournaments or any other function, will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In

some circumstances, the athlete may be dismissed from the Club.

For safety concerns, athletes MAY NOT drive to any event outside the Richmond Metro area. Parents should also be available at least once to provide transportation to and from tournaments. In addition, if you attend a practice, be ready to assist the coach as needed, whether you toss balls or help in other ways. Parents must also display good sportsmanship at tournaments. For weekend-long tournaments parents may be asked to act as chaperones. In the case of girls teams, female chaperones are normally required.

Athletes will leave cell phones at home. In the event of an emergency, parents can be provided with a list of adult cell phone numbers at the event. Since athletes are under the supervision of adult coaches and chaperones at all times, the athletes will always have access to an adult's cell phone if needed. Unfortunately, cell phones have historically been the source numerous problems at tournaments.

Every day during a multi-day trip, there will be one hour of mandatory team study time. IF an athlete does not have anything to study, he or she should bring a book to read.

As a courtesy to other hotel guests, only one athlete is permitted in the hotel's business center at a time. The business center must be kept free of trash.

Please do not ask coaches to accept hand delivered payments for anything. Send all payments in the mail, or make your payment in person to RVC office staff.

The parent may cancel this contract if the Participant becomes disabled or so severely injured while playing or practicing with the Club that she cannot practice or compete for more than three (3) months (Disability), or the Participant's estate cancels the Agreement in the event of the Participant's death. The cancellation notice must be in writing mailed to the Club with return receipt requested. Upon receipt of such cancellation notice the Club may retain that portion of the fees or collect that portion of the indebtedness incurred by the Participant that is equal to the proportionate value of the services, use of facilities, equipment, registration, and travel fees the Participant has already received from the Club. The Participant must provide proof of a Disability by furnishing the Club with a written statement from a medical doctor certifying the Disability. The Participant will be readmitted to participation in the Club only with a written release from a medical doctor certifying her fitness to participate in Club activities.

Good communication between coaches and players or parents is vital. If you cannot attend a practice, you need to inform your coach as early as possible. Please make certain that coaches know ahead of time with a written note if possible. During the season, if you are concerned with playing time, please talk with the coach after practice and please remain calm. If you will not be participating in a tournament, you should give adequate notice so that a substitute may be found (a general guideline is three weeks).

One other note: players are not allowed to wear watches or jewelry during tournaments, and will not be allowed to wear them during practice. Further, the club strongly recommends that every player wear knee pads during practice and tournaments.

Parking at RVC East

Parking is prohibited in the Cleaners Closet parking lot directly across from RVC East before 6:00pm. In addition, parking is prohibited in the grassy areas across from RVC East. Cars parked in these areas are subject to tow at the owner's expense.

Eteamz Websites

Each team is provided a team website on eteamz.com. Boys teams can be accessed through <http://www.etamz.active.com/rvcboys/> and girls teams can be accessed through <http://www.eteamz.active.com/rvcgirls/> The sites are used as a communications tool to post practice schedules, tournament schedules, team rosters, tournament results, and photographs. A parent is needed to be the site webmaster for each team. The sites are easy to use. No prior webmaster experience or special knowledge is needed. If you are willing to be your team's webmaster, please notify your coach.

Scheduling Changes

In the event of bad weather, a decision whether to cancel a practice will be made by RVC and/or the team coach(es). Tournament cancellations or postponements will be announced as early as possible, but this depends on the conditions and tournament directors. Cancellations by RVC will be posted on the RVC website. If roads are hazardous in your area, please carefully consider whether to attend practice. If you decide to go, please allow extra time and drive carefully on the way. Call your coach or RVC if you are uncertain as to whether there is a change.

Traveling to and from Tournaments

Each team will have a specific meeting place for each tournament. The same location will serve for the departure and arrival point. Many teams choose to meet at RVC West. Please park cars in the Ukrops lot across the street from RVC West, since the RVC West parking lot may be locked when you arrive or return. It is important to note that since many tournaments begin at 9 A.M. and require two to three hour drives, in some instances teams will leave before 6 A.M. Since Richmond is centrally located with respect to most tournament sites, RVC Juniors teams are typically scheduled to play or officiate the early matches of a tournament. Under no circumstances will an athlete be allowed to drive to a tournament outside the Richmond area.

Teams should stay together while traveling. Please do not exceed the speed limit, especially in the rain or snow. Each player should leave and return in the same vehicle, and should phone home before returning if they are meeting someone at the return site. This is generally a good idea because departure times can vary by as much as three hours for teams in the same tournament, depending on the outcome of pool play and elimination matches.

It is critical to remember your uniforms, knee pads, court shoes, and lunch when preparing for a tournament. Many sites sell food, most often not nutritional, but occasionally no food is available. Bring a water bottle for use during matches, and label it with your name or some other identifying mark.

Tournament Procedures

Old Dominion Junior Volleyball Tournaments are held on weekends from January into May, and are played using a round-robin pool play format. Each team will play at least three matches, and possibly more depending on the tournament. Some, but not all, tournaments use the pool play matches to determine seeding for elimination play, but the exact format varies both by tournament and age group. Most events begin around 9 A.M. and may finish as late as 9 P.M. Tournament pools and schedules are generally posted on the Old Dominion Region website, www.odrvb.com/juniors.html, on the Wednesday just prior to the tournament.

On tournament days, players should arrive 1 hour before the first match and should be at the court stretching at least 45 minutes prior to a match. About 30 minutes before game time, the team should be warming up indoors wherever possible, and with a volleyball if space and tournament rules permit.

During the day, each team should stay together and must advise its coach if players leave the site to obtain food. Be aware of the match schedules and when your team plays, referees, or rests. The schedule is available at the tournament site. Sometimes, after the last match of pool play, a team which has not qualified for playoffs at a tournament may need to stay and referee one match. Those teams with the least distance traveled to the tournament site will generally officiate. RVC Juniors is centrally located in the Old Dominion Region, and therefore its teams often must provide officiating crews. Before leaving for home, each team will properly dispose of its own trash. Athletes will only wear RVC attire while attending tournaments. There will be no high school paraphernalia worn at any time.

Teams are typically grouped into pools of four or five teams. Each team plays every other team in its pool once. In a four-team pool, there will be three games per match, while five-team pools will have two games per match. Teams not scheduled to play supply officials (two referees, two scorers, and two line judges) or enjoy a rest period. The rest periods should be used for meals.

In many tournaments, the top two teams in each of four pools will advance to the elimination rounds. There may be a playoff, in the event of ties for first or second place in a pool, to determine which team advances. Teams that do not advance to the elimination rounds might still need to provide officials, depending upon the distance they must travel to the tournament. Semifinals and finals are usually officiated by adult USA Volleyball Referees, at least one of whom will be present throughout a tournament in order to supervise youth officials during pool play.

Teams also accrue points based on their standings in each tournament. The points are used to seed events such as the Old Dominion Regional Championships. Teams can earn an automatic bid to the USA Volleyball Junior National Championships by winning or placing high at a "bid" tournament.

Grievance Procedure

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

At Richmond Volleyball Club we encourage the athlete to talk to his or her coach when the athlete has a problem about playing time or if the athlete is uncertain what the coach expects, either in practice or in competition. The appropriate attitude is for the athlete to ask the coach what he or she needs to do to get more *opportunities* to play in matches. Parents can best help their athlete by helping the athlete set some goals to achieve more opportunities to play.

When parents have a problem that is specific to their own athlete, we also encourage them first to talk to the coach. We instruct coaches not to discuss "coaching decisions," which include, among other things, specific match decisions (who played when, who was subbed out and when, etc.) The amount of time any given 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. We will not require the coach to defend his/her thought process or conclusions in making these determinations, and it is improper for a parent to request that.

In addition, we instruct coaches not to discuss any athlete other than the parent's own, or the actions of any other RVC coach. If you as a parent have legitimate concerns about a coach other than your athlete's coach, or with an athlete other than your own, you need to talk to the Director of Youth Programs. Please note again that "coaching decisions" are not, in RVC's opinion, subject to discussion.

Specifically, if you as a parent, or your athlete as a member of an RVC team, have concerns about RVC policies or actions, the procedures to follow are, in this order:

- 1) The athlete should speak to or meet with her coach about the matter.
- 2) If the matter remains unresolved, or if the athlete has a reasonable concern that speaking to the coach will not resolve the matter, then

The parent should meet with the coach.

Parents and/or athletes are expected to call the coach on the phone to schedule a meeting. Meetings are to be at times and locations other than at tournaments.

If a parent approaches a coach during a tournament, we have instructed the coach to refuse to discuss any controversial matter, to refer the parent to the Director of Youth Programs, and to walk away from the parent.

The recommended time for a parent or an athlete to meet with a coach about a problem is a pre-arranged time either before or immediately after a scheduled practice.

- 3) If, after meeting with the coach, the matter is still unresolved, or if the parent has a reasonable concern that talking to the coach will not resolve the matter, then

The parent should talk to the Director of Youth Programs or request a meeting with the coach and the Director of Youth Programs.

In certain situations, we may ask the athlete to attend the meeting, also.

Meetings should be previously arranged. Meetings will not be scheduled during or at a tournament.

The Director of Youth Programs will not engage in discussions about coaching decisions.

4) If the parent and/or the athlete are not satisfied by the action taken by the Director of Youth Programs, they may request, in writing, that the Board of Directors review the matter.

The Board may, at its sole discretion, review or refuse to review the matter.

The Board will not review coaching decisions, training regimes or skill development.

Other general policies regarding grievances with the Club are:

Richmond Volleyball Club will not tolerate hostile, aggressive confrontations between a parent and any official, a parent and any coach, a parent and any athlete, or a parent and any other parent, regardless of whether the coach, athlete or other parent is a member of RVC or not. Violation of this policy may result in the athlete being dismissed from RVC.

It is not appropriate for an athlete or a parent to complain to other RVC members about a problem the athlete or parent is having with an RVC coach, about objections to coaching decisions, or about disagreement with an administrative decision.

Asking uninvolved persons to take sides in an issue is unfair to those third parties and to the Club. Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. For the psychological health of the athletes and the Club as a whole, grievances need to be handled between the parties involved and the decision-makers in the situation.

Any member who is asked to listen to or express an opinion about matters between two other parties in the Club is strongly encouraged to suggest that the complaining party take the matter up with either the coach in question, the Director of Youth Programs, and refuse to listen further.

Any member who, as a third party, hears remarks or stories about Richmond Volleyball Club, its employees or its policies, that cause the member to be concerned is encouraged to call the Director of Youth Programs immediately to determine the facts, or to alert the Club administration to a situation it may be unaware of.

It is detrimental to all persons involved to repeat complaints you hear (or overhear) to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the facts of the situation.

It is also detrimental to your athlete and disruptive to her team to complain about the coach, the coach's style or Richmond Volleyball Club policies.

If you, as a parent, are unhappy or concerned about these matters, you should address the party in control. If the athlete is the unhappy person, the athlete needs to address the appropriate party.

Repetitive complaining to the athlete(s) or other third parties that interferes with the Club's efforts to pursue its stated mission and purpose may be cause, in the sole determination of the Club, to ask a member to resign.

Sexual Harassment Policy

Both federal law and Virginia Commonwealth law prohibit sexual harassment in the workplace. Richmond Volleyball Club is fully committed to preventing sexual harassment in any form in its program. We try to be very sensitive to conduct that may be seen as creating an environment that is discriminatory or harassing. This includes demanding sexual favors in exchange for promotions, raises or continued employment, unwelcome touching of any kind, unwanted letters, telephone calls or E-mail of a personal nature, unwarranted inquiries about personal life or sexual habits, repeated jokes with sexual content, and sexual comments about a person's appearance or body.

In addition, Richmond Volleyball Club places the safety of the young athletes entrusted to our care and instruction as our highest priority. We do not tolerate verbal or physical behavior that compromises that priority. We watch team activities and interactions closely to try to prevent miscommunications that cause discomfort to any of the athletes or parents.

Reporting Complaints

If you see a Richmond Volleyball Club employee behave in a way you believe appears to be inappropriate, or if you experience behavior from a coach or administrator that you believe is inappropriate, report it immediately to the Director of Youth Programs. All complaints will be investigated. Any employee found to be in violation of the sexual discrimination policy will be subject to discipline, which may include dismissal. There will be no retaliation against any complainants or any witnesses who participate in an investigation of a sexual harassment charge.

RVC Juniors Administration

RVC Juniors is administered by the Richmond Volleyball Club office. Skip Weston, the Director of Youth Programs is responsible for day-to-day operations of the program and is assisted by an advisory panel of coaches, RVC office staff and/or parents.

Coaches at RVC receive a small stipend for their efforts, but this has not always been the case. Before the 1996-97 season, all coaches were unpaid volunteers. RVC requires all of its coaches to be at least IMPACT certified, and actively promotes coaches' education by demanding increased accreditation for upper-level coaches. Many of our coaches are CAP level one certified, with a few level two coaches. CAP is the Coaching Accreditation Program, sponsored and administered by USA Volleyball. It is instructed by some of the top coaches in the country, including National Team and College/University coaches, both current and former, as well as FIVB (Federation International de Volleyball) instructors.

References

Websites:

Richmond Volleyball Club

www.rvc.net

USAV Registration Form

www.signuptoplay.com

Boys Team Websites

www.eteamz.active.com/rvcboys/

Girls Team Websites

<http://www.eteamz.active.com/rvcgirls/>

Old Dominion Region Volleyball

www.odrvb.com/juniors.html

USA Volleyball

www.usavolleyball.org

Team: _____

Coach: _____

Coach's Phone: _____

Coach's email: _____

RVC Juniors Mission Statement

Richmond Volleyball Club is a nonprofit organization dedicated to developing athletes of all ages for amateur volleyball competition. The purpose of RVC is to promote interest in the sport of volleyball, provide training in the skills and techniques of volleyball, and foster teamwork, sportsmanship and an appreciation for health and wellness.

