

2020-21 SILVER STATE VOLLEYBALL Parent/Player Handbook



INTRODUCTION:

The purpose of this handbook is to provide the parents and players of Silver State Volleyball Club with the principles, policies and procedures for the 2020/21 season. The information provided will help guide the players, parents and staff toward a successful and enjoyable season for all participants.

SSVC MISSION STATEMENT

To be a leading volleyball club by creating a challenging growth-oriented learning environment. Players strive to reach their max ability while learning what it takes to create team synergy that is committed, organized, and prepared to compete.

SSVC GIRLS VOLLEYBALL PROGRAM

SSVC serves the greater Reno/Carson City area to provide a safe and challenging environment for our players to develop the skills needed to become productive, proactive participants in life. We offer a range of playing levels, divisions and financial costs, while providing competitive tournament schedules and advanced training. Winning is a by product of maximum performance as a team, but not the only objective. Quality technical preparation for all players in all skills through practice is our primary emphasis.

CLUB COACHING PHILOSOPHY

"All Players, All Skills" is at the center of our coaching philosophy. At all levels each player receives the same quality instruction from coaches who care about the overall development of their players. We provide a positive and challenging environment focusing on fostering a growth mindset within our players. We have a collaborative coaching structure which ensures that your daughter receives the highest quality training. We teach our players how to develop habits that will make them successful in life as well as on the court.

We are committed to:

- Providing a nurturing atmosphere that not only challenges our players to develop their volleyball skills as well as life skills.
- Providing a competitive forum for our athletes to have the best opportunity to improve their skills and meet their personal goals.
- Providing quality and qualified coaches that subscribe to our club philosophy.

COACHES

Our coaches are selected on the basis of their knowledge, experience and passion for the game. They must pass an extensive background check conducted by the Northern California Volleyball Association, a region of USA Volleyball. They receive additional and on-going training from nationally recognized sports organizations resulting in "Impact" and "Safesport" certifications.

We are fortunate to have a great mix of coaches at Silver State. Everything from "grizzled" veterans with Collegiate and National Team player and coaching experience to "newbies" who were recently players themselves and have a passion for the game and the desire to give back. Please remember that you as parents and we as coaches share similar goals for your daughter; to improve her volleyball skills while experiencing life lessons that will serve her in the future.

PROBLEM RESOLUTION

It is inevitable that, during a 6 month long club season, there will be misunderstandings and other issues that come up. We expect our players and parents to use the following steps to address these issues:

- Wait till 24 hours after the tournament or issue to discuss your concerns.
- The player should meet with the coach and calmly discuss the issue. The player is responsible for communicating the discussion to their parents.
- If not resolved; the player, coach, parents and a member of the club administration will meet to discuss the issue.

During the season other issues may come up that do not involve the player or coach but need to be addressed for the good of all concerned. We request that you be part of the solution and not part of the problem by contacting the club administration at the following email address;

- info@silverstatevolleyball.com

GUIDELINES FOR PLAYERS

PLAYER CODE OF CONDUCT

Players need to understand that they, at all times, are acting as ambassadors of our community. Everything they say or do is a reflection of themselves, their family, their team, and their club. Players should attempt to live up to the following code of conduct.

- Be generous when you win and gracious when you lose
- Always be fair, no matter what the cost
- Respect and obey the rules of the game
- Accept the decisions of the officials with grace
- Believe in your opponents honesty and act so that they can believe in yours
- Conduct yourself with honor and dignity at all times
- Applaud the efforts of your teammates and your opponents---even your opponents make great plays from time to time

DRUGS AND ALCOHOL

The use of alcohol and illegal drugs, including tobacco or vaping, are never tolerated at any club activity. Which include, but are not limited to: practices, tournaments, team functions, trainings and any other event. Players who use alcohol or drugs will be subject to disciplinary action by the club.

OTHER PROHIBITED ACTIONS

Other actions that are subject to disciplinary action by the club.

- Physical damage to our or any other facility
- Theft of any kind
- Possession of fireworks, a weapon or ammunition
- Violation of any rules of the NCVA, USA Volleyball or facility used for an event
- Fighting, physical or verbal intimidation or abuse of another person

PARTICIPATION GUIDELINES

An athlete will be ineligible for practice or tournaments or dismissed from the club for the following:

- Smoking or under the influence of or in possession of illegal drugs or alcohol
- Insubordination towards any member of SSVC staff
- Obscene gestures or profanity
- Provocation or fighting
- Stealing
- Unexcused missed games or practices
- Nonpayment of membership dues
- Any other disciplinary situations that may arise

PLAYER RESPONSIBILITIES AT PRACTICE

All players are expected to attend all practices and be prepared, dressed and ready before the scheduled starting time. Players are expected to be supportive of their teammates, demonstrate a positive attitude and work hard at improving their skills during practice. Injured players are encouraged to attend practices when possible. Not only are you supporting your teammates, but there is a lot that can be learned by watching and listening to the coach.

Players who cannot make a practice, for any reason, are expected to advise their coach as soon as possible before practice. A text 15 minutes before practice is not acceptable. The sooner you inform the coach of your absence, the more time they have to alter their practice plan.

Players are expected to assist their teammates in setting up and taking down or storing equipment needed for practice, as their coach directs.

PLAYER RESPONSIBILITIES AT TOURNAMENTS

Players are expected to attend all tournaments and to be well rested, dressed and ready before their scheduled playing time. Players who cannot attend a tournament or part of a tournament, for any reason, are expected to advise their coach in advance in writing (text or email).

Players are expected to be aware of their playing schedule and to be on time for all matches, including warm ups.

All players should understand and be able to perform all refereeing assignments. All players are expected to be present for their refereeing assignments. Do not make your teammates cover for your lack of responsibility. All players must remain at the court/event until they are released by the coach, even though they may have completed their refereeing assignment.

Players are expected to be responsible for their own equipment. It is important that players pack their own bag, not their parents. When traveling by air, all equipment needed to play in a match (uniforms, spandex, shoes, medications, etc.) should be placed in your carry-on bag and not in your luggage checked through to your final destination.

Players are expected to clean up their own trash in gyms and public eating areas. And to help clean up team areas, even if the mess belongs to someone else.

Players are expected to participate in all team activities and team building events.

PLAYER BEHAVIOR WHEN TRAVELING

- Use appropriate behavior in public facilities, including language
- The needs and well being of the team comes first
- Team members are reminded that when playing in tournaments, traveling or attending other club related functions, they are representing both themselves and SSVC.
- Be quiet and respect the rights of your teammates and others
- Be prompt and on time, even early, for events
- Abide by team cell phone rules
- Be responsible with the use of social media
- Dress appropriately at all times, especially when wearing SSVC logo wear

CELL PHONES

Cell phones at the court during practice or tournaments is at the discretion of the coach.

ELECTRONIC COMMUNICATION

SSVC recognizes the presence and prevalence of electronic communication and social media in today's world. Social media plays a part in every day lives of our student-athletes and their

families. It can be an effective tool for communication in the college recruiting process, social settings, team and club communication.

SSVC also recognizes that there are potential risks involved in internet communication between members of the club. All communication between coaches, players and their families must be professional and strictly for the purpose of communicating team business. The content and intent must also adhere to the USAV Code of Conduct and SafeSport guidelines as well as SSVC policies. At no time should communications contain or relate to drug or alcohol use, contain sexual content or explicit language. The communication should never relate to an adult's personal life, social activities or relationships.

TEXTING

Texting between coaches and players should take place between 9 AM and 9 PM (except on tournament days). It should be used for the purpose of communicating information directly related to team activities. Wherever possible, parents should receive a copy of the text to or from coaches and student athletes.

EMAIL

Athletes and coaches may use email to communicate. When communicating through email, a parent/guardian must be copied along with another coach or club administrator.

FACEBOOK, INSTAGRAM, SNAPCHAT and SIMILAR SITES

Coaches and athletes should not communicate through private messaging software or IM chat software. Coaches will address social media in team meetings to ensure that their players are educated on the potential pitfalls of inappropriate content on social media sites. Including how social media can adversely affect a player's college recruiting opportunities.

At no time should behavior that is inappropriate or not compliant with SSVC Codes of Conduct be on social media tied to a coach, player, team or the club. These "pages" should not include activity that is personal in nature, inappropriate for minors or include social activities outside of club business.

Inappropriate social media or electronic communication **WILL NOT BE TOLERATED** by the club. Complaints and violations will be addressed by the clubs administration and/or if necessary, by the Regional SafeSport officer for evaluation and/or legal action.

ACADEMICS

As an athlete you will be expected to give priority to your schoolwork. However, your schoolwork should not be an excuse to miss practice or a team event. The mark of a successful student-athlete is time management. Learning to take care of your schoolwork in a timely manner is critical for you to be able to participate in athletics. The stronger your academics the more opportunities will be available to you in the future.

PLAYER COMMUNICATION WITH THE COACH

Communication between the player and the coach is vital to the success of every player and every team in every sport. Players are expected to listen to the directions of the coach and to follow those instructions to the best of their ability. Players should always remember that the coach is there to help them get better.

Coaches are responsible for the strategies and tactics of their teams during matches. The coach has the final say regarding lineups, playing time, substitutions and all other aspects of matches.

When there is a problem between the player and the coach, it is the player's responsibility to communicate with the coach in a calm and respectful manner. Players must be willing to work hard and take responsibility for their improvement. Once again, your coach is there to help you work toward your goals.

PARENTS

IN GENERAL

Far more than winning and losing are the life lessons learned playing competitive sports. We ask for your support in making the "Big Picture" a priority for your daughter this club season. When issues come up, and they will, we request that you become part of the solution and not part of the problem. Rather than letting a minor incident fester and become a major issue, bring it to the attention of the Club Administration. We will provide informational meetings for parents at the beginning of the season that will address some of your questions and concerns.

PARENTS AS SPECTATORS

Keep your support, encouragement, cheering, hollering and yelling from the sidelines, for your daughter and her teammates, as positive as possible. When players are working hard they need and deserve your positive support, encouragement and recognition of their effort. Parents must be aware that they have as much influence on the chemistry of the team as the coach.

A word on criticizing players (yours or your opponents), coaches or referees: **DON'T**. Public criticism of players not only hurts team moral and embarrasses your daughter and fellow family members and makes you look like a jerk. I can't think of a time, in over 20 years of coaching, when a referee, or a 14-year-old lines person for that matter, has changed a call due to criticism from a spectator. This is a game and games are supposed to be **FUN** for everyone.

Parents should remember:

- To relieve the pressure of competition, not increase it. A child is easily affected and distracted by outside influences, especially from a parent coaching them during a match.
- To be respectful of your coach and the officials. They give of their time and do their best to provide a safe and positive experience for your daughter.

- To be courteous and respectful to opponents. Without them, your daughter would not be able to participate in this great sport.
- To applaud good plays by your team and your opponent.
- That referees all follow the same creed: to watch every move of every player and call the game by the rules. They're human, they will make mistakes. As a spectator you need to learn to live with it and let the coach deal with it.
- To accept the result of each game as the best efforts of those involved. Be gracious in victory and turn a defeat into a victorious life lesson.
- To educate myself on the rules of the facility where the event is taking place.

FINANCIAL OBLIGATIONS

Silver State Volleyball Club is a 501-C-3 non-profit organization. As such, we have a very tight budget. We work hard to keep volleyball affordable and offer a lot for the cost. In order to help us to continue to do this we ask that you abide by your payment plan. We don't want the cost of volleyball to keep players from being able to participate. If you need to consider an alternative payment option, contact club administration and set up a plan that works for you and the club.

Payments are due the 1st of the month. If we have not received your payment by the 15th of the month, your daughter will not be able to attend tournaments or participate in practices until your account becomes current.

TRAVEL

SSVC follows the guidelines provided in the USA Volleyball SafeSport Handbook regarding abuse of all kinds. We have established policies to minimize one-on-one interactions and reduce the risk of abuse and misconduct. Adherence to these guidelines will increase player safety while keeping travel a fun and enjoyable experience.

- Players and/or their parents/guardian are responsible for making all arrangements for travel. It is the responsibility of the parents/guardian to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order and in compliance with applicable state laws.
- Coaches or other SSVC staff, who are not acting as a parent, should not drive alone with an unrelated minor.
- Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with a minor player, unless the coach is the parent, guardian or sibling of the player.
- Individual meetings between a coach and a player must occur in a public setting or with additional adults present, with at least one of those adults being the same gender as the player.
- No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and /or chaperoning duties.
- Coaches will also support chaperones in the monitoring of the players for adherence to the travel rules.

- Players are expected to remain with the team, at all times, during the competition phase of the trip.
- When visiting public places such as shopping malls, movie theaters, etc., players will stay in groups of no less than three persons, Athletes 12 and under must be accompanied by a parent or chaperone.

REFUND POLICY

- Silver State Volleyball will issue refunds in the event that a team is unable to participate in an event or tournament for whatever reason.
- In the case of the season ending early, dues will be refunded on a pro-rated basis.
- In the event that a player suffers a season-ending injury and is unable to participate, a pro-rated refund will be issued.
- Players/families that choose to stop participation during the club season due to personal reasons will be dealt with on a case by case basis.
- Refunds will be issued as SSVC credit in the player's SSVC account where families will have the option to keep the credit for future use or receive a check/credit card refund.

PARENTAL COMMUNICATION WITH THE COACH

Parents should encourage their children to work out problems following the communication steps outlined in the Problem Resolution Section of this handbook. By encouraging your daughter to solve her own issues, parents are helping their child grow and become a thoughtful problem solver. Parents should assist their daughter by suggesting words or phrases that will help them communicate their concerns effectively and/or even role-play the conversation.

We request that parents wait 24 hours after a tournament or issue to talk to the coach in order to give their daughter a chance to work things out on her own and tempers to cool, if need be.

Remember that coaches and parents have the same goal: the growth of your daughter as a player and person. The exact methods and tactics utilized can vary widely while still having that same goal. Approaching the coach as an ally, not an adversary will help the problem solving process.

Parents should recognize that discussing problems with other parents is counter-productive and tends to make the situation worse. We encourage you to consider the coach and administration as allies so that together we can be part of the solution and not part of a festering problem.

PLAYING TIME ISSUES

Practice is where your daughter becomes a great volleyball player, not tournaments. Practice provides many more ball contacts and one-on-one coaching opportunities allowing for greater improvement. If your focus is on playing time rather than making sure your daughter gets to every practice on time, you are doing her a disservice. You are paying for our expertise as coaches and the majority of coaching takes place during practice.

Playing time is a result of attendance, effort and skill development at practice. Let's be clear, **PLAYING TIME WILL NEVER BE EQUAL**. When it comes to matches, players have

specific rolls. It is important that players embrace their rolls and understand that they are an integral part of the team's success, even though they may not be on the court all of the time.

That said, playing time is still the most common issue that comes up through out the season. There are 6 positions on the court and 10 to 12 players on the team. Even though we teach all of our players all skills at practice, some are better at certain skills than others or fit the physical requirements of a specific position.

PLAYING TIME IS AT THE DISCRETION OF THE COACH. SSVc encourages our coaches to give everyone opportunities to show off their skills in matches whenever possible. The coach has to walk the fine line between playing everyone and winning a critical match. Fortunately, during the club season we play in local tournaments (if you consider the greater San Francisco Bay area local) and national qualifiers. In the local tournaments, coaches will have the opportunity to substitute more freely and get more players into the matches. At the qualifiers we will be facing a higher level of competition and it will be less likely that the playing time will be anywhere close to equal, especially when playing for a bid to Junior Nationals.

There are valid concerns that can come up regarding playing time. The player should wait 24 hours and then follow the steps outlined in the Problem Resolution Section of this handbook.

SSVC ADMINISTRATION CONTACT INFORMATION

Club Director: Jordan Reeder
Club Phones: Reno 775-825-5400 Carson City 775-883-3500
Cell Phone: 775-220-2665
Email: jordangreeder@gmail.com

Technical Director: Michael Williams
Club Phones: Carson City 775-883-3500 Reno 775-825-5400
Cell phone: 775-588-5756
Email: mikew@silverstatevolleyball.com

Treasurer: Dave Lawson
Cell Phone: 775-815-8299
Email: dlawson0629@charter.net

For a complete list of SSVV Staff and their contact information go to:
silverstatevolleyball.com and click on contacts.