

## **NORTH ATLANTA VOLLEYBALL CLUB GUIDELINES**

North Atlanta Volleyball Club was formed in November 1992 to provide an opportunity for young athletes to improve their volleyball skills in a USA Volleyball Junior Olympic sanctioned program.

### **NAVC MISSION STATEMENT**

To help and encourage the development of skills and techniques (physical, mental and emotional) necessary for Junior Olympic players to compete at the higher levels of the game of volleyball.

To instill and encourage a positive and constructive attitude towards the game, teammates and others associated with the game.

To encourage players to make commitments and undertake efforts to fulfill those commitments. To help players develop a sense of teamwork and cooperation in the competitive team sport of volleyball. Focus is also placed upon setting individual and team goals and working towards the achievement of those goals.

The success of our members and our club is best measured by: (1) the sincere, self-disciplined and persistent efforts to improve, fulfill commitments and attain goals; (2) individual skills improvement and, (3) team play improvement over the course of the JO season.

### **MEMBERSHIP**

**Junior Player Member:** Players who are extended an invitation and join a NAVC junior team with the understanding, by parents, player and coaches, that she will participate in practices and play in Junior Olympic tournaments is a junior player member.

**Recreational Player Member:** Players who are extended an invitation and join a NAVC junior team with the understanding, by parents, players and coaches, that she will participate in practices but will not play in Junior Olympic tournaments is a recreational player member. NAVC reserves the right to determine whether any player will be allowed to join as a recreational player.

All players and coaches must register and become current members of the Southern Region Volleyball Association ("SRVA") which is a region within the USA Volleyball national organization.

### **PARENTAL SUPPORT AND INVOLVEMENT**

Support and cooperation of all parents of members in planning, preparing, organizing and carrying out any and all club or team activities is important for this club to succeed in fulfilling its mission.

### **NORTH ATLANTA VOLLEYBALL CLUB BOARD OF DIRECTORS**

NAVC has a board of directors that includes, but is not limited to, parents of members and coaches. The board meets before and during the Junior Olympic season and sets the base player fees, the general guidelines and direction for the club. The board may hear appeals from players or parents if a player has been suspended or dismissed from any team during the Junior Olympic season.

NAVC reserves the right to maintain fees collected for operating and maintaining budget. Any exceptions for requests for reimbursements must be submitted to NAVC Board of Directors in writing for approval. NAVC is a non-profit organization. Our Club's budget is set by the number of players selected to the teams.

### **Mutual Agreement Between Players and Coaches**

Every player will show respect for coaches as ultimate decision makers in practice and tournaments. Players will listen and make good faith efforts to follow guidance and advice provided by coaches.

Every coach will give his/her best efforts to carry out her/his responsibilities to develop volleyball skills and techniques. Coaches will encourage and show respect for each player as a committed individual and team member. He/she will set aside times to listen to and discuss, in good faith, constructive suggestions and requests by the players.

Players and coaches acknowledge NAVC is dedicated to the development of competitive volleyball players. This requires the nurturing and enhancement of both competitive spirit and cooperation. While everyone gets relatively equal practice time, it is the players who most help the team, in the coaches' opinion, who will get more playing time. Each player will get some minimum of playing time by: (1) being selected to play for a specific team; and (2) following the guidelines and rules of conduct for NAVC members. To play more, she has to earn it.

### **Guidelines for Conduct of NAVC Members**

Every player who joins NAVC accepts a responsibility to herself, her teammates and other members of the club to comply with the Mutual Agreement Between Players and Coaches and give her best efforts to:

1. treat all club members, parents and others in the volleyball community with respect;
2. help, encourage and support her teammates in a positive way during good times and bad;
3. practice and play with intensity, focus, and persistence in a self-disciplined season-long effort to become a better individual and team player and meet her individual and team goals;
4. conduct herself in a manner that reflects positively on herself, her teammates and NAVC.

Every coach who joins NAVC accepts a responsibility and an obligation to comply with the Mutual Agreement Between Players and Coaches and the Southern Region Volleyball Association, Code of Ethics.

### **NAVC Rules of Conduct for Practice**

1. Practice starts at the designated time unless otherwise notified by the coaching staff. If a player is going to miss practice, arrive late or leave early it is her responsibility to notify the coaching staff as early as possible prior to practice.
2. Practice is mandatory. Any missed practices may result in a reduction of tournament playing time. Players may only miss up to four (4) practices that have not been 'made up'. If the limit of four (4) practices is exceeded, players may be removed from the team or otherwise sanctioned, as determined by the head coach. Players may 'make up' a practice, by practicing with another NAVC team (with both coaches prior consent), a maximum of twice a month.
3. On a weekly basis, players on each team are encouraged to voluntarily work out a fair rotation of players to set up nets, and any other set up work needed, before practice, and break down and put away at the end of practice. If players do not do it voluntarily, the coach will assign a rotation schedule for groups of 3 or 4 players to set up and break down as needed.
4. Every player is responsible to clean up after herself.

5. Players should mentally prepare before practice by discussing and reviewing the skills and techniques emphasized during the previous practice.
  6. Players must comply with any safety rules designated by the coaches.
  7. Players must report any sickness or injury to the coaching staff immediately upon detection.
  8. Injured players may not practice without a medical and parental release.
  9. Overt displays of anger, frustration or disrespect will not be tolerated. Any obvious lack of effort by any player is unacceptable. If repeated or excessive, the player may be sanctioned, requested to leave practice or be removed from the club.
  10. No sitting during practice except when warming up or given permission by the coaching staff.
  11. Players jog or run everywhere, except when on a break announced by the coaches.
  12. Players shag their own balls and do not ask others to shag on their behalf.
  13. When shagging balls in a drill every player is responsible to ensure no balls roll into or through an active drill area, especially where players are jumping, to prevent any potential injuries.
  14. When some teammates are in a fatiguing drill, all others should be encouraging.
  15. Every player should go after every ball that is in a playable area where she is not going to collide with another player or object. It is no excuse not to go for a ball if you can't reach it. If you can make an attempt you should make an attempt.
  16. Every time a player makes a decision to play a ball she should call "Mine" or "Ball" immediately as she moves to get in position to play it.
  17. Every player shall comply with the USA Volleyball Participant Code of Conduct.
- A. Coaches will advise players of general safety rules, and any specific concerns, to avoid injuries.
  - B. Coaches will allow appropriate warm-up and stretching time at the beginning, and stretching time at the end, of every practice.
  - C. Coaches will give regular water breaks during practice.
  - D. Coaches will remain on the premises until all players have departed from the facility.

### **SANCTIONS FOR VIOLATIONS**

Violations of any practice or tournament rules may be sanctioned by (1) additional exercises for offending individuals and/or other team members, (2) sitting out part of or an entire drill or practice, (3) repeating a drill, (4) loss of tournament playing time, (5) being asked to leave practice or a tournament early, (6) being suspended or, (7) being dismissed from the team. Coaches and players of any team can mutually agree to additional sanctions as well. The degree of violation will determine the degree of the sanction. No player will be suspended or dismissed from a team without an opportunity to appeal, and be heard by, the Board of Directors.

### **NAVC Rules of Conduct for Tournaments**

1. Injured players may not participate without a medical and parental release.
2. Players are responsible for being on time and fully prepared (uniforms, kneepads, volleyball shoes, contacts? or glasses?, etc.) to play and compete in every match.
3. Players on the benches should give encouragement and show support for the players on the court. Substitutes should be mentally and physically prepared to enter the game at any time.
4. Players (and parents) should always show respect for decisions made by the coaches during a game. If players (or parents) strongly disagree with a decision made by the coaches, they (or the parents) should wait to discuss it in a calm, constructive and respectful manner after the game or match is completed.
5. Players should always show respect for opposing players and the officials working a match. The captain is the only player allowed to, respectfully, openly question or discuss any decisions made by a referee.

6. Each player shall learn to score or referee. Working assignments will be rotated fairly.
7. Players are responsible for all drinks, meals and snacks during tournaments, as well as clean up.
8. No players should leave a tournament site at any time without notifying the coaching staff.
9. No players may use alcohol, tobacco or illegal drugs. Conduct that will bring embarrassment to the team or club, while traveling or during a tournament is prohibited.
10. Every player shall comply with the USA Volleyball Participant Code of Conduct.
  - A. Coaches shall strive to be organized, self-disciplined, fair, positive and adaptable.
  - B. Coaches are responsible for line-ups, substitutions, time-outs, and the first aid kit.
  - C. Coaches shall provide encouragement, directions or advice that they feel is appropriate.

### **NAVC Overnight Tournament Rules**

1. Each player and a parent or guardian should read, and then must sign a copy of “NAVC Overnight Tournament Rules” and return a signed copy to the coach before an overnight tournament.
2. Players must be in their rooms by 11:00pm for the night or other specific time set by the chaperones and/or coaches.
3. Players cannot leave the hotel without a parent or chaperon and must notify either a chaperon or coach before leaving.
4. Players must be in groups of two or more, preferably more, when leaving their rooms and at all times when outside their rooms.
5. No visitors are allowed in players’ rooms who are not members of the team or club.
6. No more than four (4) players will be assigned to a room, unless the need arises to add an additional player.
7. A time and location will be designated for morning departure to the tournament. Players must be ready to leave at that time. This includes being packed, checked out of the hotel and eating breakfast.
8. Teams must be accompanied by at least two adults, one of which must be a parent of a team member.
9. All Players shall comply with the NAVC Rules of Conduct for Tournaments listed above.

Sanctions for violations of any tournament rules are the same as listed in the sanctions for Rules of Conduct for Practice.

Chaperons and head coaches will carry copies of team member’s Medical Release Forms.

A copy of this form must be signed by both the player and a parent/guardian and returned to NAVC. It covers all overnight volleyball tournaments for the playing season.

Player: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# **NORTH ATLANTA VOLLEYBALL CLUB GUIDELINES**

I hereby agree to, and have received a copy of the North Atlanta Volleyball Club Guidelines.

Print Player Name \_\_\_\_\_ Team # \_\_\_\_\_

Player sign: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_