



Club Extreme Volleyball

Parent & Players Handbook



Table of Content

| | |
|---|----|
| Introduction | 3 |
| Why Play JO Volleyball..... | 3 |
| Ohio Valley Region Information..... | 4 |
| Club Extreme Volleyball History | 4 |
| Clubs Philosophy | 4 |
| Playing Time | 4 |
| Player Selection Process | 5 |
| What a player can expect from Club Extreme Volleyball | 5 |
| What a parent can expect form Club Extreme Volleyball | 6 |
| What Club Extreme Volleyball expects form it’s players | 6 |
| Club Extreme Volleyball’s code of conduct..... | 7 |
| What Club Extreme Volleyball expects from parents | 8 |
| OHSAA Rules Affecting Participation..... | 9 |
| Formal Grievance Policy | 9 |
| Club Extreme Volleyball Fees | 10 |
| Memorandum of Understanding (to be signed by player and parent) | 11 |
| Club Extreme Volleyball Player Contract (to be signed by parents) | 12 |
| Club Extreme Volleyball’s payment plan contract | 13 |

Introduction

Welcome to Club Extreme Volleyball. This handbook tells you a bit about junior volleyball in general, about our club, it's philosophies, and what it takes to become successful in our program. We hope this booklet will assist you in making an informed decision about whether if Club Extreme Volleyball is right for you and your daughter.

Why Play JO Volleyball?

JO volleyball programs have exploded in Ohio as well as in the rest of the country. There are many factors that have influenced this growth. The most important factor is the overall growth of women's sports programs. The success of our national teams and the increase in money available for college women's programs are also factors. As women's collegiate programs have prospered, the level of play has increased greatly. The average level of ability of junior players has increased as well. So successful are some Jo Volleyball athletes that most college coaches recruit exclusively from JO programs. The reason for this is simple. Coaches can see many solid prospects in a single day at a junior tournament, while it is difficult to see more than one prospect a day during the high school season. This becomes even truer with the new NCAA rules governing the number of times a collegiate coach can contact or observe in person a given player. Efficiency in recruiting is now an action word with college coaches.

Is junior volleyball only for the college bound athlete? Certainly not! For most of our players, JO volleyball is simply another challenging experience, which should lead to a lot more success on the court as playing skills increase. Playing for college teams is far from the minds of most of our players. Traditionally, over half of our program has been comprised of players in the 14 and under and 16 and under divisions (7-10th grades.) In most cases, these players have recently been exposed to junior high or high school programs and a higher level of competition than they have been previously experienced. Most players in our program fall into one of two categories: those who are trying to move up a level for the next season or those who are playing to maintain skill levels while participating in other school activities. We have a training program designed to help them do just that. We can help, but much of an individual's advancement and improvement is still up to that individual. Athletic talent, size, quickness, and good work habits are all necessary for top success as an elite player. Players who lack in any of those qualities have to make up for the deficiency in one area by working harder to improve another. If you have a sincere desire to improve, then you can do well in a junior volleyball program.

So what about scholarships? Well, they do exist. However, let's keep it in perspective. Most of the players involved in Club Extreme Volleyball participate as underclassmen than as seniors. By the time the senior season is reached, players usually know whether they have the ability and the desire to compete at the college level.

In conclusion, junior volleyball is a great place to meet new friends, learn about volleyball, sweat a lot, get lost trying to find gyms, and increase the player's enjoyment of the sport. If you want to experience that, then join us.

Ohio Valley Region

The Ohio Valley Region (OVR) is a non-profit regional association of USA Volleyball dedicated to the promotion and growth of volleyball. They offer competition for juniors and adults of all ages and levels, educational programs for officials, coaches, and club directors, High Performance teams and elite juniors, and much more.

OVR is one of the largest regional volleyball associations of USA Volleyball with over 1,200 teams and 12,676 members. (As of 2002) OVR offers a wide variety of tournament, clinics, camps, and other events through which its members find challenge, growth as players and officials, and just plain fun.

For more information about the Ohio Valley Region please visit www.ovr.org

Club Extreme Volleyball

Club Extreme Volleyball was reorganized in 2007 to better serve its players and participants. The club is sponsored and run by the Massillon Parks & Recreation Department with the help of dedicated coaches. The club's main focus is to help local players refine their skills in volleyball through hard work, practice, tournament game play and of course to have fun.

The early part of the season emphasizes individual and team fundamentals. The later part of the season the emphasis changes to the proficient use of defensive and offensive team tactics.

Philosophy

Club Extreme Volleyball is dedicated to the personal and athletic development of youth through the pursuit of excellence in volleyball. Participants in our Junior Olympic program can expect not only outstanding team training but also outstanding position-specific and skill-specific training. Club Extreme Volleyball is committed to helping its players improve as athletes. We seek to promote integrity and leadership among our players. Our coaches recognize and embrace that they have a unique opportunity to help their players develop skills beyond the volleyball court. Players will learn the values of such principles as respect, responsibility, commitment, and teamwork. Club Extreme Volleyball's main focus will be in fundamentals, skill development and the enjoyment of playing a team sport.

Playing Time

Regarding playing time, Club Extreme Volleyball recognizes that participation in competition is a critical part of each player's development. Moreover, we believe our coaching staff shares the responsibility to develop an on-court role for each player that lends to the competitive success of the team. If we didn't intend to play all team members consistently, it would be wrong to accept their money when they joined the team. We will work towards helping all Club Extreme Volleyball players and teams achieve their best through developing and utilizing all of their talents.

Player Selection Process

The selection process starts at open tryouts. During tryouts participants will display their skills to club coaches in a variety of drill and game scenarios. Athletes will be selected based on athleticism, potential, attitude and skill. Player selection will be made without regard to high school or previous club affiliation. Teams of 8-10 participants will be chosen per team, based on OHSAA restrictions.

What can a player expect from the Club Extreme Volleyball?

Each player has a different experience as a club member. Naturally, some players are more successful than others. Players who put more effort into the program usually get more out of it than those who do not attend practices. These are what we feel are the major benefits of the program.

Quality instruction: The majority of our staff is made up of local junior high school and high school coaches. Occasionally, we have inexperienced coaches who want to learn more about the game. These coaches are paired with an experienced coach for practice and tournaments. We make use of these coaches to provide additional teams for players that normally would not qualify for our program. All coaches are certified by the National Alliance for Youth Sports program.

Extended training schedule: Since high school programs are restricted to a few weeks of practice followed by an intensive match schedule, good technical instruction is hard to obtain during school. Our January to April training and competition phase allows ample time to work on techniques so players may improve their skill levels.

New friendships: Since our players are committed to becoming excellent players, many new friendships are formed with players from different schools. These friendships often cause the battles between schools to become even more competitive during the next school season.

Increased discipline: The time commitment required to be in a junior program requires that study habits improve and players budget their time better. It is also vital that players have disciplined work habits on the court.

Exposure to college recruiters: As a member of most high school programs, it is likely that the only way a college coach will see you is if you or your opponent has an outstanding player. Due to NCAA regulations, budgetary and time constraints, collegiate coaches regularly attend junior competition in order to view more players in one sitting.

Top level competition: Through practices, scrimmages and competitions, participants compete with and against some of the top players in their age group not only in Northeast Ohio but the state of Ohio.

Fitness: Conditioning does not play a large part in our plans because it takes vital time away from practices, however, it is necessary for players to be fit in order to succeed. Conditioning for volleyball will take place during practice drills. Conditioning outside of practice sessions is encouraged.

Leadership skills: The age-group system requires that younger players become leaders. The oldest players in the 16-unders, for example, are sophomores. Players returning to high school as juniors are often leaders ahead of their time due to their junior volleyball experience.

Education: We are trying to create smarter players, not just better players. Volleyball is a sport in which new situations happen frequently and players must learn to deal effectively with each new situation.

Fun: We think it is a lot more fun to play volleyball at a higher level. As player's progress, and the speed of the game increases, it becomes more fun all the time.

What can parents expect for the Club Extreme Volleyball?

Parents of players can expect a well organized and informed club that is dedicated to teaching, encouraging and preparing its players to become better volleyball players.

The Club Extreme Volleyball will hire well qualified and experienced coaches to help teach and promote the sport of volleyball with in our community. All club coaches will follow a strict code of conduct, must insure quality instruction, display good parent relations and maintain a good coach/player relationship with all players and be certified by the National Alliance for Youth Sports. All coaches will have a background check and be required to attend coach's clinics sponsored by the Ohio Valley Region.

What Club Extreme Volleyball expects from its players.

Just showing up for practices isn't enough. We need players who are punctual, who are in the proper frame of mind to work hard, who pay attention to coaches and cooperate with teammates and coaches.

Commitment: It is vital to be committed to the program. If you really don't want to participate, please don't. If you work hard in practice, matches and scrimmages, you are likely to have a successful season. Players who are committed to improving will have little time for you if you simply wish to turn practices into social events.

Regular Attendance: We know that not all players can show up to every practice. School commitments and other activities sometimes must take priority. It is important that you attend every possible practice, though, and notify coaches when you can not attend.

Respect for the rules of the club: This includes the club's and USA Volleyball's Player's Code of Conduct. Rules will be clearly stated and will be enforced. Each team will also have its own rules established by its coach.

Cooperation: You may, for example, take an overnight trip with us. These trips require that you will have some rules you will have to live by. We expect you to respect the rules we make.

Image Presentations: Most of the time, players are not aware when college coaches are present. You can make or break your recruiting chances by the way you act.

Maintaining good grades: Even though not all players are trying to earn scholarships, we still consider our players to be student-athletes. We think that you should consider yourselves scholar-athletes and strive for the best possible performance in school.

Club Extreme Volleyball, Code of Conduct

1. SUBSTANCE POLICY

Use of alcohol, drugs and tobacco products is prohibited. Alcohol consumption by minors (under age 21) is prohibited by law in Ohio. Possession or use of drugs is illegal. If a player uses any of these substances while competing as a member of a junior team, the team may be declared ineligible for further competition. Therefore, any use of illegal drugs or alcohol by athletes will result in immediate suspension from the club.

The sale of tobacco products is illegal to persons under 18 years old. Additionally, there is overwhelming evidence that tobacco degrades health and athletic performance. Therefore, the use of tobacco products is subject to the same penalties as alcohol and drug use.

If a player is suspended for violation of the substance policy, the terms of the suspension will be specified in writing by the club's age group director. Each case will be reviewed individually, and the age group director has the authority to suspend an athlete for the remainder of the club season if necessary. Subsequent violations may result in permanent expulsion from the club.

A suspended athlete may appeal the suspension in writing. This appeal must be signed by both athlete and a parent, and must be submitted within 14 days of the administrator's decision. The case will be reviewed by the other age group directors.

2. CONDUCT DURING COMPETITION

This section pertains to any competitive event, whether a sanctioned tournament or not. Athletes are subject to these rules from the time of their departure from home for an event until they return home.

- All athletes are subject to the rules of competition and conduct specified by USA Volleyball. These rules require that athletes treat coaches, teammates, opponents, and officials with courtesy and respect. These rules require the team to officiate. Each player is expected to contribute to the team's responsibilities.
- Coaches will announce the expected arrival time for an event to their teams prior to the event. All athletes are expected to arrive on time. If this is not possible, coaches should be notified in advance.
- Players are not excused to leave following competition until released by their coaches. Players and parents should not expect special treatment, such as permission to leave earlier than teammates if the athlete's team must officiate following its final match. Athletes who must leave early due to other commitments should clear this in advance. Players should not leave a playing site between matches without permission. Teams may have meetings, officiating duties, or may need to stay to support other teams.
- All players will compete in proper club uniforms.
- All players are expected to share team duties of line judging, score keeping and second referee responsibilities with teammates. Players are expected to behave in a professional manner while officiating.

- Individual team coaches will establish other rules.
- Competitive events requiring overnight stays will require parental supervision for each team. Athletes must understand that parents will have the same authority as the team coach, and are to be treated with the same respect and courtesy.

What we expect from Parents

Yes, Parents, we do expect some things from you. We are a club dedicated to improving volleyball in our surrounding area schools. We are a not for profit organization. Just writing out a check does not necessarily keep the club operating smoothly. Please remember that there are several areas in which you can help us:

1. Deliver and pick up players on time. Please remember that coaches have families or other commitments after practice.
2. Please assist with transportation of players to out-of-town events.
3. Volunteer in tournament responsibilities as needed.
4. Please watch your daughter when they compete. Even though they may not let you know they will appreciate it if you are there to offer encouragement. Please do not coach your daughter or any other player during a practice or tournament.
5. Attend team organizational meetings. At the beginning of each new season and occasionally during the season, parent meetings will be held to update and answer any questions or concerns. Each team and individual coach has a few differences, and it is important for coaches and players to know each other.
6. Pay fees on time. If fees are not paid, bills can not be paid and players may not be permitted to practice and/or compete.
7. Please assist us in planning and administering any tournaments we have. We need volunteers to setup and take down courts and cleanup each tournament site.
With good cooperation from parents and players, we feel that the club will continue to enjoy a satisfying season.
8. Club Extreme Volleyball will not tolerate hostile, aggressive confrontations between a parent and any official, or a parent and any coach, or a parent and any athlete, or a parent and any other parent, whether the coach, athlete or other parent is a member of the Club Extreme Volleyball or not. Violation of this policy may result in the athlete being dismissed from the Club Extreme Volleyball without refund.

OHSAA Rules Affecting Participation

1. No coach from a specific school may, at any time, coach roster players from that same school. High school coaches may coach junior high players and junior high coaches may coach high school players. Coaches may coach players from other schools.
2. No more than 3 players from 1 school team may play for a single team. This rule applies to junior high eighth graders. This rule does not apply to graduating high school seniors.
3. The above two rules do not apply to grade school students or to students who are not on the school's team.
4. Athletes may play for an outside sport at the same time as they play another sport for their high school.
5. You may not participate in JO volleyball and a high school volleyball team at the same time. This is why Club Extreme's season does not begin until after the State Volleyball Tournament is over.

Please note that other states have differing rules. When we play teams from other states, they play under their own state's rules even while in Ohio. We play under OHSAA rules wherever we play.

Formal Grievance Policy

Should a player or parent have a grievance regarding the Club Extreme Volleyball or coaching staff please follow the policy below.

1. All Grievances must be typed and returned to the Club Director within a timely manner
2. The club director will form a temporary board of the following:
 - a. The Club Director
 - b. Clubs Tournament Director
 - c. 2 random parents of players (not associated with the team that has written the grievance)
 - d. 1 coach (not associated with the team that has written the grievance)
3. This temporary board will meet once to review the grievance. They will decide if the grievance has merit. If it is not found to have merit no further action will be taken.
4. If the grievance has merit, a meeting will be set involving the temporary board, the individual involved in the grievance with a witness and one none party witness. After the meeting a decision will be made.

Any appeals will need to be addresses to the Superintendent of Recreation for the City of Massillon Parks & Recreation Department. A new temporary board will be assembled for the meeting. The decision after the appeal process will be final.

Club Extreme Volleyball Fees

Club Extreme Volleyball is not operated to generate a profit for any specific individual or organization. Any change in policies that directly increases the clubs costs will be added to the base fee. All payments of any kind to Club Extreme Volleyball should be made by check, cash or credit card at the Massillon Recreation Center front desk. Checks should be made payable to "City of Massillon".

Club fees are due at the first practice in January.

A payment plan option is available for a **\$20** fee and will consist of three monthly installments. The first payment of \$200 is due at the first practice in January. The remaining payments of \$115 each are due February 5 and February 19.

Items included in fee costs:

The following items are included in the fees charged:

Clothes: Club uniforms and volleyball

Registration: USA Volleyball registration is required for every player and coach before a player participates. This is a requirement for all competitions and for our insurance.

Insurance: Supplemental medical insurance (excess coverage only) is provided by USA Volleyball. We advise that no player participate unless she is covered by her family's health insurance.

Coaches: Our coaches are paid their expenses. Reality is that we must compete with programs that pay their coaches up to \$2000 or more for coaching. We do not come anywhere close to this amount. We have been fortunate to have coaches who coach to help the overall area programs in return for having some of their players assured positions on our teams.

Club operating expenses: Volleyball equipment, postage, telephone, paper, copies, and other general office expenses are paid through player fees.

Practice facilities: Club Extreme pays for the use of practice facilities.

Tournament entry fees: Generally tournament entry fees are \$135 to \$175 per team. Tournament entry fees must be paid well in advance of the tournament to ensure participation. If a team cancels their participation in a tournament, that entry fee is not returned.

What is NOT covered by the fees:

Transportation: Travel to tournaments is not covered. We encourage ride sharing for practices and tournaments.

Tournament expenses: Food, overnight lodgings, etc. are not covered unless stated otherwise by the Club.

Important Phone Numbers

Club Director

Greg Mytinger, Sports Supervisor

Phone: 330-832-1621

Email: gmytinger@massillonohio.com

