



# Handbook

## 2018-2019 Season

### Mission Statement

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Rainier Volleyball Club (RVC) provides athletes with high-level technical skills training in a positive learning environment. Our program encourages personal growth and development with a core passion for the game of volleyball.

### Club Philosophy

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We are committed to ensuring that every RVC athlete has a positive experience that fuels their love of volleyball and competition. While we do provide our athletes with the highest caliber of volleyball training, it is equally important that athletes learn life lessons that will stay with them long after their volleyball career comes to an end.

Our coaches are mentors, role models, and above all, teachers. We will teach our athletes to be disciplined, compete and train at full effort, be a positive and supportive teammate, be a problem solver, push beyond their comfort zone, and compete with confidence and enthusiasm.

RVC is a family. Our older athletes are expected to work with and get to know our younger athletes. Our teams support and cheer for each other whenever possible. We will host club wide events and activities throughout the season that will give all of our athletes and families the chance to get to know each other better to create a broad, holistic volleyball community.

RVC has no intentions of growing into a club with numerous teams at each age group. Limiting the number of RVC teams allows us to focus on our organizational abilities and maintain our attention to detail. RVC can then ensure that every team has extraordinary coaches.

### Commitment & Priority

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Academics are the number one priority of our athletes; however, homework and school projects are NOT an excuse to miss numerous practices or tournaments. Players must be able to manage their time so that they get their schoolwork done appropriately and are still able to attend practices and tournaments with quality physical and mental focus.

RVC is committed to supporting athletes who participate in school sports. Players will not be penalized for missing a club event for a school athletic competition.

It is very important to have quality and timely communication with coaches about any possible conflicts. The player must let her RVC coaches know as soon as her school sports schedule is available, preferably at least two weeks before the event. Athletes competing in other club sports need to communicate those conflicts to the coaches. Playing time in tournaments may be affected due to practice and tournaments missed for another club sport. Absences due to school athletics or required school events as well as injury or illness may be excused. All other absences are unexcused and are likely to affect playing time.

Excessive unexcused absences may result in dismissal from the team as determined by the coach. Players and their families will receive a warning if a player is reaching their limit of unexcused absences. The coach has the right to dismiss the player from the team if a lack of commitment and attendance continues.



# Handbook

## 2018-2019 Season

### Coaching Expectations

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We are very fortunate to have an outstanding group of coaches. Our athletes can rely on them for instruction, guidance, and support.

Coach's responsibilities include:

- 1) To teach proper technique and fundamentals to all players.
- 2) To teach and apply proper strategies.
- 3) To communicate clearly, to each player, her role on the team.
- 4) To balance hard work, fun, and discipline.
- 5) To provide a positive and trusting environment for all players.
- 6) To act as a positive role model for players both on and off the court.
- 7) To prepare players for any and all situations that might occur when playing in a match.
- 8) To motivate players to compete at a high level due to strong work ethic and responsibility to their teammates.
- 9) To never provide or condone the use of tobacco products, alcoholic beverages, or recreational drugs to RVC athletes or other minors. The use of any illegal substance will not be tolerated.
- 10) Being cautious and mindful of your social media presence. As a representative of RVC posts containing drugs, alcohol or sexual content are not appropriate.

### Practice Expectations

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- 1) Players should be at practice at least 15 minutes early so they have time to put on shoes/kneepads, and have the net up by the time practice is scheduled to start (It is not the coach's responsibility to put up the net.).
- 2) Players need to bring their own water bottle to every practice so that they stay well hydrated and water breaks can be taken quickly.
- 3) Come to practice mentally prepared; have personal goals set for yourself before each practice.
- 4) If a player is going to miss a practice, they must inform their coach directly and in advance. Telling a teammate to tell the coach is not acceptable.
- 5) NO WALKING - run or jog everywhere!
- 6) Find ways to improve and have a specific technical goal to work on during every drill. Don't just go through the motions.
- 7) Do not speak or distract teammates while the coach is communicating with the team.
- 8) Practice the way you want to play at tournaments. All of your habits and foundations for your play are created during practice.
- 9) Take care of our facilities - Remove all water bottles, towels, etc. from the floor. Replace equipment quickly and neatly, exactly as or better than you found it.



# Handbook

## 2018-2019 Season

### Player Expectations

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As a member of RVC, it is critical to understand that you represent yourself and the club, coach, family, and the Rainier Volleyball Club community at all times. Whether you are on or off the court, we expect all players to maintain a positive image that reflects highly on all of the activities and behaviors described below.

- 1) To attend all practices and tournaments. If for some reason a player is going to miss a practice or game, it is her responsibility, not her parents, to contact her coach directly as far in advance as possible.
- 2) Be a team player. Volleyball is a team sport. The team comes first, always.
- 3) Have a positive attitude at all times.
- 4) Encourage and support your teammates to the best of your ability whether you are on the court or on the sidelines.
- 5) Demonstrate strong club/team spirit and pride.
- 6) Be a leader on and off the court.
- 7) Stay focused, mindful, and display a strong work ethic at every practice and tournament.
- 8) Always show respect to all teammates, parents, coaches and officials.
- 9) Do not provide, use, or condone the use of tobacco products, alcoholic beverages, or recreational drugs. The use of any illegal substance will not be tolerated.
- 10) Show good judgment in your use of social media. As a representative of RVC, posts containing drugs, alcohol or sexual content are not appropriate.
- 11) Clean up after yourself (gyms, cars, hotels, restaurants, schools, etc.).
- 12) Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team successes.

### Tournament Expectations

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- 1) At the completion of each tournament be sure the team area is left the way it was found.
- 2) Obey all food and beverage policies of the tournament or gym.
- 3) Abide by all rules set by the coaches or chaperones at all times.
- 4) Check in with coaches and chaperones before leaving the playing facility, hotel, lobby, pool, etc. Players must always travel or be accompanied by at least one or more teammates.
- 5) For overnight tournaments, each team's coach or chaperone will assign a curfew. Team chaperones will oversee and regulate his/her own team's curfew.

### Officiating

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- 1) Officiating is the responsibility of the entire team.
- 2) No player is ever allowed to leave the tournament while her team is officiating.
- 3) Each coach will determine a procedure that his/her team will follow for officiating duties.



# Handbook

## 2018-2019 Season

### Playing Time

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- 1) All players will have equal opportunities to train and play during practice sessions.
- 2) Players are NOT guaranteed equal playing time during tournaments.
- 3) Coaches will make playing time decisions based on what they think will bring success to the team.
- 4) Players will be expected to earn a starting position or playing time every day in practice. Every practice should be considered an opportunity to earn starting positions.
- 5) Coaches will consider the following when determining playing time:
  - a) Attendance at practice,
  - b) Attitude,
  - c) Work ethic,
  - d) Leadership skills,
  - e) Team chemistry,
  - f) Statistical analysis, and
  - g) Performance during practices and matches.
- 6) When on the bench, players will encourage their teammates and show their support for players on the court. No bad attitudes or sulking will be tolerated.

### Communication

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- 1) Our website provides us with an excellent tool for communications club wide. Please use this resource to find information regarding schedules, club information, and registration and payment procedures.
- 2) Coaches will provide their teams with their preferred method of communication and will work closely with their team parent to make sure the team has all relevant information for practices and tournaments.
- 3) Please communicate with all coaches, club staff, fellow parents, and players in a respectful and considerate manner. Disrespectful or rude communications will not be tolerated.
- 4) If there is an issue or matter of concern that needs to be addressed the process needs to adhere to the following guidelines:
  - **Step 1:** Player addresses any issues or concerns directly with their coaches, first adhering to the '24 hour rule'. If the issue is not resolved then:
  - **Step 2:** Parents and players meet with coaches together – not during or immediately following a tournament. If the first two steps have taken place and the issue still has not been resolved:
  - **Step 3:** Contact the Club Director to arrange a meeting.



# Handbook

## 2018-2019 Season

### Parent Expectations

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- 1) To provide or arrange transportation to and from all practices and tournaments.
- 2) You are financially responsible for your child, whether or not you attend a tournament. This includes financial responsibility for additional tournaments not included in the RVC base fees and any post-season tournaments and travel in which the team becomes eligible to participate. If you will not be accompanying your daughter to a tournament, be sure to give her enough money to cover any reasonable expenses.
- 3) Contact your team parent prior to a tournament if you need additional information.
- 4) It is your responsibility to know where a tournament is held and how to get there.
- 5) As part of the RVC family, you are expected to encourage and support your athlete, teammates, and coaches.
- 6) Be respectful at all times.
- 7) As a representative of RVC, refrain from the use of alcohol, tobacco, drugs, and profanity during all practices and tournaments.
- 8) Practice caution with social media. Negative or derogatory posts related to RVC may be grounds for removal from our program.
- 9) Approaching or communicating with tournament officials is strictly prohibited and can result in penalties against a team. Please direct any concerns to your coaches. They will address them as they see fit.

### Team Parent Purpose and Responsibility

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The primary reason for having a team parent is to help provide clear and consistent contact between the entire team and coach. This includes the following:

- 1) If any changes to practice times/facilities happen, the coach will contact the team parent and he/she will contact the rest of the team.
- 2) The team parent will be the point of contact for any questions regarding travel, tournament dates, times, and locations.
- 3) The team parent is responsible for distributing directions and logistical information for tournaments, play sites, and hotels.
- 4) Other misc. coordination (i.e.: carpools, room assignments, food/snacks, eating out, etc.)
- 5) The team parent will also be in charge of communicating travel information and associated costs to the team.



# Handbook

## 2018-2019 Season

### Parent Code of Conduct

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- 1) Be positive at all times. It is important to cheer for our team, and not against another team.
- 2) Do not argue with officials. Keep in mind; officials are trying to do their best.
- 3) Good sportsmanship is a vital component of RVC, so be a good role model for your daughter and demonstrate good sportsmanship at all times.
- 4) Aggressive or hostile confrontations between a parent and any coach, official, player, or other parents will not be tolerated and may result in parents losing the privilege to attend team tournaments or practices.
- 5) If you have nothing positive to say, say nothing at all. Discussing negative comments or criticizing RVC coaches, administrators, team parents, chaperones, or players will not be permitted. This creates a negative culture that we will not tolerate. If you have questions for a coach or administrator please direct your question to that coach or administrator directly as opposed to discussing the matter with other parents or players. Please set a good example for your daughter by showing respect to our coaches and administrators and complying with their rules and decisions.
- 6) Parents are not to discuss playing time or other concerns regarding strategic decisions with the coaches at a tournament or practice. If you have concerns please set up a separate time to speak or meet with the coaches.
- 7) A parent's role is to support their daughter and support the team she made a commitment to whether you agree with a coach's decisions and strategies or not. You must understand that RVC coaches will make choices based on what they believe to be in the best interest of the team as a whole, the team's goals, and not with the interests of a single player in mind.
- 8) Please leave the coaching to our capable coaches and don't provide feedback to your daughter that is potentially conflicting with the training she is receiving from her coaches. This is especially important during tournaments. Parents are there to support their daughters and celebrate team successes and for a hug after a rough match.
- 9) Parents must ally themselves with the coach in teaching their daughter how to cope with the potential frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of highly competitive situations. They must be taught how to be a valuable team member regardless of their role, how to make use of both positive feedback and constructive criticism, how to cope with adversity, and how to be a gracious competitor.
- 10) Please take the time to consider how much time, energy, effort, and dedication your team's coaches are putting into coaching the team for relatively little compensation. They do it because they are passionate about the sport of volleyball and want to pass that along and help your daughter and her teammates to be the best players and team that they can be. Please be appreciative of their efforts and all that they do and realize that they deserve your respect and support. Our coaches are always well intentioned and have the best interests of their teams in mind.
- 11) Emails - Parents will NEVER express concerns or ask specific questions relating to playing time, positions, or strategic coaching decisions over email. Parents are welcome to discuss these matters in an appropriate setting but must do so by arranging a time to meet with the coaches. Additionally, emails to the entire team are to be used only to distribute logistical information to the team and parents. Any other team wide discussions related to the team are to be had in person and in an appropriate setting.



# Handbook

## 2018-2019 Season

### Base Charge

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The following is included in the RVC base charge:

#### Peak (local)

- 2 jerseys, team warm-ups, team backpack, 2 t-shirts
- Facility use for practice
- PSRV Power League tournament entry fees
- Two (2) additional local tournament entry fees
- Head Coach and Assistant Coach pay and uniform
- Necessary administrative fees
- Use of RVC equipment

#### Summit (regional)

- 2 jerseys, team warm-ups, team backpack, 2 t-shirts
- Facility use for practice and speed and agility training
- PSRV Power League tournament entry fees
- Two (2) additional tournament entry fees
- Pacific Northwest Qualifier (PNQ) tournament entry fees
- Puget Sound Region (PSR) Regional Championship tournament entry fees
- Head Coach and Assistant Coach pay and uniform
- Necessary administrative fees
- Use of RVC equipment

As part of their uniform and not included in the RVC base charge, each RVC athlete is responsible for providing their own:

- Black spunks
- Black knee pads
- Black, ankle height, socks
- Athletic shoes designed for volleyball, preferably black

Each RVC team has the opportunity to participate in additional tournaments. Fees, including but not limited to tournament entry fees, additional coaching fees and travel costs, are not included in the RVC base charge and will be totaled and evenly distributed across the participating players.



# Handbook

## 2018-2019 Season

### 2018 Base Charges

	Peak (local) All Ages	Summit (regional) All Ages
Annual total	\$1,400	\$1,600

### 2018 Payment Plans

#### Pay in Full (1 payment)

	Peak (local) All Ages	Summit (regional) All Ages
Due with signing	\$1,400	\$1,600

#### Payment Plan 1 (3 payments)

	Peak (local) All Ages	Summit (regional) All Ages
Due with signing	\$400	\$500
Jan 15	\$500	\$550
Mar 15	\$500	\$550

#### Payment Plan 2 (4 payments)

	Peak (local) All Ages	Summit (regional) All Ages
Due with signing	\$400	\$500
Jan 15	\$333.33	\$366.66
Feb 15	\$333.33	\$366.66
Mar 15 <sup>h</sup>	\$333.33	\$366.66

#### Payment Plan 3 (5 payments)

	Peak (local) All Ages	Summit (regional) All Ages
Due with signing	\$400	\$500
Jan 15	\$250	\$275
Feb 15	\$250	\$275
Mar 15	\$250	\$275
Apr 15	\$250	\$275



# Handbook

## 2018-2019 Season

### Team Selection and Tryouts

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Team selections will be made by each coaching team; with input from other coaches and the Director if needed.

The Director reserves the right to allow offers be made to athletes without attending tryouts.

Tryouts will be held in accordance with the PSRV tryout process. Attendance at tryouts does not guarantee placement with a team.

There is a \$20 fee charged to attend tryouts. If attending tryouts, each athlete is responsible for being on time and prepared. If an athlete is unable to attend the scheduled tryout contact the Director. The Director, at his/her discretion, may schedule an individual tryout.

Athletes should arrive at tryouts early and dressed appropriately with t-shirt or athletic top, shorts, knee pads and athletic shoes designed for volleyball. Other equipment needed will be provided by RVC.

Every effort should be made to prepare any required forms before arriving at tryouts. A Junior Tryout Membership obtained through USAV is required. A Medical Release form and Concussion form are also required in order to participate in tryouts.



# Handbook 2018-2019 Season

## Athlete Agreement

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Please Sign and return this portion to Rainier Volleyball Club

I \_\_\_\_\_, have read, understand, and agree to the policies, procedures and obligations set forth in the Rainier Volleyball Club Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

## Parent's Agreement & Consent

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I \_\_\_\_\_, have read, understand, and agree to the policies, procedures and obligations set forth in the Rainier Volleyball Club Handbook. I understand the severity of breaking a rule. If I violate or challenge a rule, I realize that I face possible dismissal from Rainier Volleyball Club. I understand that it is the decision of the coach and club director to assign the consequence that he/she feels necessary to fit each individual circumstance. In addition, I certify that as Parent or/Guardian of this athlete, I have explained to my daughter the aforementioned stipulated conditions and their ramifications, and I consent to his/her participation in the programs conducted under USAV, Puget Sound Regional Volleyball, and Rainier Volleyball Club of which she is a member. I agree to pay the fees set forth by Rainier Volleyball Club, allowing my child to participate in the program. I understand that any refunds are offered at the complete discretion of the club and will be decided upon by the club director on a case-by-case basis.

\_\_\_\_\_  
(1) Parent/Guardian Name (please print)

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
(2) Parent/Guardian Name (please print)

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date