

Legacy Volleyball Club, Inc.



Parent & Player Handbook 2020-2021

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Guide to becoming a Legacy Volleyball Club Student - Athlete

Our Mission and Philosophy

Welcome to Legacy Volleyball Club!

The Legacy Volleyball Club is a 501 (c) (3) non-profit organization that provides an opportunity to young student - athletes to compete in volleyball. The program was founded by Joel Sanchez in 2011 and it has grown exponentially since then. Legacy Volleyball has sent several players to compete at the collegiate level across the country and continues to do so graciously. Our goals and philosophies are as follows:

- Assist with the promotion of volleyball at an early age in New York City
- Engage inner city youth to new opportunities through volleyball
- Enhance the values of teamwork, responsibility, self-discipline, and motivation
- Provide quality training in the physical, cognitive, and social domains
- Build self-esteem
- Compete locally, regionally and nationally
- Promote healthier lifestyles
- Encourage school discipline and responsibility
- Instill high academic values within each inner city student - athlete

Student – athletes in the program come from all sorts of school settings, ranging from public, private, charter, and parochial school systems within the 5 boroughs and southern Westchester. Legacy Volleyball believes in working with each student – athlete, on and off the court, to promote teamwork, responsibility, and self-discipline, both in school and on the court. We strive to provide quality training in all aspects in relation to volleyball and the classroom to develop our athletes physically, cognitively and socially. As an organization, we are proud to announce that many of our student – athletes go on to study and play at collegiate institutions ranging from division 1, 2, 3 and NAIA schools across the country.

At Legacy Volleyball we believe that the success of each team is not only measured by a winning statistic but also on the academic achievement of our student – athlete as well as their individual growth, both on and off the court. Our hopes are that each student – athlete will form friendships through volleyball networking that will last a lifetime.

CLUB/TRAVEL TEAMS INFORMATION

General Information

Our teams are designed for student - athletes ages 9 to 18, who are interested in developing their volleyball skills and are willing to commit to a competitive environment. To maximize each participant's experience, each team will be limited to 12 players or less, with developmental teams with 15 players. Participants must be evaluated via try out annually to be placed on a team or on a developmental program that will eventually place them on a team. We expect all teams to be competitive and to play with the goal of earning a bid to the Junior National Tournament.

Playing time in tournaments is not guaranteed. Some players will play more than others. Practices are the place where players have the opportunity to improve their skills, strength, and the overall understanding of the game of volleyball.

Time Commitment

Season: The season for travel teams run from December into May. Teams that have earned a place in a national tournament will play an extended season into late June or early July. Players that earn a spot on a national team commit to the entire season into July when they accept a position on the team.

Practices: Practices will be held weekly either once to three times a week, depending on the team and upcoming holidays, emergencies, or any other circumstance that may occur. In some cases, teams will conduct a fourth practice or clinic throughout certain weeks to maximize their training. For liability reasons, all practices are closed to parents and/or spectators and all parents will be asked to leave or stand clear of the practice area. Please be courteous and respectful of all facility employees by adhering to any rules or request they may put into place.

Tournaments: Each team will be scheduled for tournaments throughout the season. These events are primarily single day tournaments held on Saturday or Sunday. Our Premier and National level teams will compete in multi-day overnight tournaments. These multi-day tournaments typically take place during holiday weekends (Martin Luther King Jr., President's Day, Easter, etc.). You will be asked to plan your vacations accordingly upon accepting a position on a team. Teams that travel to National Qualifiers or other large, multi-day events may miss a day of school at the most.

Attendance and Punctuality: All student-athletes are expected to attend, and be on time for all practices, tournaments, and club meetings. If your child has an extenuating circumstance that causes conflict with a tournament, it must be communicated ASAP to the club administration and other team staff members. Player absences in practice will result in less playing time at tournaments.

Club Season Fees

The fees covers team expenses such as coaching stipends, practice facility, tournament entry fees, uniforms, practice shirts, hotels for premier and national teams, flight for national teams, and administrative fees.

Fees do not include ground transportation for local and overnight tournaments that are within the 2 hour driving limit, as well as meals and snacks during these events.

COACHING STAFF

Selection of Coaches

Legacy Volleyball Club staff members are a group of qualified professionals that are dedicated and committed to teaching the sport of volleyball to young student-athletes. In addition, each staff member has a unique passion for academic success and advancement that translates into their overall teaching methods as the student - athletes balances their academic responsibilities with their extracurricular activities. Our staff members include Professional players, National team players, college coaches, college players, high school and middle school coaches. Coaches are carefully selected and assigned to teams based on who we feel will do the best job meeting the goals and needs of a specific age group. All Legacy Volleyball coaches have successfully passed the USA Volleyball IMPACT (Increased Mastery and Professional Application of coaching Theory) and many are en route to obtaining their CAP (Coaching Accreditation Program) certification through USA Volleyball. All coaches must pass a background check and obtain a CPR / AED / First Aid/ Concussion certification before working with any of our student - athletes.

Currently, our coaching staff includes players and coaches from the following institutions:

- Lehman College
- Monroe College
- John Jay College
- New York City Tech College
- Preston High School
- Spellman High School
- John F. Kennedy High School
- Riverdale Country School
- Success Academy Charter School

Information and communication

Coaches are responsible for enforcing all Legacy Volleyball Club rules, making sure that their respective teams understand what is expected of them as members of the club, and ensuring that all pertinent information is passed along to the team personally or via IParent. Players and parents should take all questions, comments, or concerns during the season to their team coaches or IParent directly.

Coaches' Conduct

Coaches must maintain a high standard of conduct and sportsmanship. Legacy Volleyball coaches are required to be good role models for players and to maintain personal conduct that is a credit to Legacy Volleyball Club and the sport of volleyball.

Coaches must refrain from any conduct or display that may arouse players, team followers, fans, or spectators to engage in unsportsmanlike behavior. At all times, coaches must respect game officials, opposing players, coaches and spectators.

Coaches answer directly to the Legacy administration for coaching performance and conduct during Legacy activities. If a coach displays attitude, actions, or conducts in a manner that is contrary to Legacy Volleyball Club's rules, regulations, standards, or philosophy, it should be reported to the director in writing who will, at their own discretion, take the appropriate action.

PARENT INFORMATION

General Responsibilities

Parents, guardians, or persons in charge of a Legacy Volleyball Club participant must abide by and uphold all Legacy Volleyball Club rules and procedures. They will respect the decisions of coaches and officials made in the course of performing their duties, and assume full responsibility that the player they register does the same. If the parent, guardian, or person in charge fails to do so, or the player they register fails to do so, they and/or the player may be removed and barred from Legacy Volleyball Club practices, games, or events.

Payment Dues

Fees are due according to the schedule outlined in the team acceptance contract parents sign when committing their child to play on a team at the commencement of the season. Payments are accepted in cash, money orders or personal checks made out to Legacy Volleyball Club.

Please remember that the club cannot operate and meet financial obligations if any member defaults on the payment of dues. If a club member is delinquent in their dues, they will not be allowed to participate in practices and or tournaments until payments are up to date. If additional time is needed to make a payment, the information must be communicated to the Finance Director at adults@legacyvbc.com or the Head Coach at least 72 hours before the due date. If a payment is 2 weeks overdue, a late charge of \$25 will be added to the total due. Also note that a \$35 fee will be charged for cancelled checks or declined credit card payments.

Financial Assistance

Legacy Volleyball Club willingly accepts all athletes who are able to make a commitment to the club. Any family that is seeking financial assistance must communicate the need to the Finance Director at adults@legacyvbc.com via email immediately before making the Legacy Volleyball Club team. We want every student-athlete to have the opportunity to play regardless of their family's financial situation. Every family will be expected to pay a minimum fee that will be determined upon making the commitment.

Transportation

Parents are responsible for arranging transportation to all practices, tournaments and other events. All practice facilities are easily accessible by car and/or public transportation.

Single day tournaments are held within the GEVA (Garden Empire Volleyball Association) Region, which are all areas within New York City, Long Island, Westchester, and New Jersey. GEVA is the local region of USA Volleyball (the National Governing Body of Volleyball in the US) that is responsible for the promotion and growth of volleyball in the New Jersey, Long Island, Westchester and Greater Metropolitan Area of New York City. Travel Tournaments generally include a two or three night hotel stay and two or three days of competition. Travel teams can expect to travel to various locations in Pennsylvania, upstate New York, Washington, DC, Baltimore, and occasionally to National tournaments across the country. Parents are responsible for transportation to and from these tournaments.

Carpooling is always acceptable and highly encouraged. Legacy Volleyball recognizes that parents may have conflicting obligations which make it difficult to provide transportation for their child. Please remember to always appoint a guardian for your child if you are unable to attend a tournament. Coaches must be free to fulfill all coaching obligations and cannot be expected to take responsibility for an unchaperoned player. To assist you with making carpool arrangements, all parents and players will receive a team roster with the contact information for each family on their team. If you have any questions or difficulty coordinating transportation, please contact your team's IParent.

IPARENTS (Informational Parents)

Each team needs one volunteer parent to take on the role of IParent. This person will act as a liaison between team parents and coaches/Legacy administration. The main responsibility of an IParent is simply communication, and he or she can choose to delegate parent responsibilities as needed.

Examples of possible responsibilities of IParents include:

- Assisting coaches with distributing information and schedule changes
- Organizing team chaperones for tournaments
- Assisting with tournament logistics (collecting money, awareness of team member travel plans, etc.)
- Acting as representative for your team to Legacy Volleyball's Administration

Chaperoning

A female (Girls club) or a male (Boys club) chaperone must accompany every team during overnight travel tournaments. Legacy Volleyball depends upon parents to volunteer to chaperone. If there are insufficient volunteers then your team will be prohibited from attending. As an incentive to volunteer and to thank you for your efforts, the club will arrange for and pay the cost of the chaperone's hotel accommodations for the duration of that tournament. Please note that only one room will be covered by the club with the expectation of double occupancy. In the event that other family members may want to attend, you will have to make your own arrangements to accommodate your needs.

Chaperone rules and responsibilities include:

- Chaperones must be at least 25 years of age.
- Smoking and consuming alcoholic beverages is prohibited while working with players.
- Reinforcing the coach's instructions and providing logistical support for all meals, activities, and general supervision.
- Being familiar with and enforcing club rules for player behavior and conduct.

Sign-ups for chaperone duties will be available upon your daughter's acceptance into a travel team or via email. Once you have agreed to chaperone an event, please reference our "Chaperone Guidelines" on the Legacy Volleyball Club website, located under Club Info and Documents.

Tournaments

Parents are encouraged to attend as many tournaments as possible. Spectator seating and refreshments are often limited so you may want to bring folding chairs and snacks for your comfort and convenience. However, many venues restrict coolers and sometimes do not allow outside chairs to be brought in. Be sure to have an IParent or chaperone check the rules of your playing venue ahead of time to avoid inconvenience.

GEVA's single day junior tournaments are held on weekends at various venues throughout the region and typically last all day, starting at 8:00 am. Plan to travel up to two hours, arriving by 7:45am and staying until 8:00pm (times vary considerably based on tournament format).

For overnight tournaments, Legacy Volleyball will make an effort to secure a block of rooms to offer to parents, but since this is not always possible due to availability, parents should be prepared to make their own hotel reservations. Please do not be concerned about staying at a different hotel than the team, as all players will be under adult supervision at all times and will spend most of their time with their team and playing volleyball. **All athletes are expected to be with their team at all times throughout the duration of the tournament.** Parents/Families are encouraged to attend any and all team dinners and activities at their convenience. Under extenuating circumstances, players may be released to their parents, but only at the discretion of their Head Coach.

At most tournaments, teams are generally required to work the first match after losing in a play-off round. All players on the team must stay until the team is finished and dismissed by the coach. While we realize that families are often anxious to get on the road home, staying together until dismissal is part of the team experience and commitment in addition to being a mandatory obligation by all teams participation in any event.

Hotel & Meals/Nutrition (overnight tournaments)

The club will book rooms for coaches, athletes, and official chaperones at a tournament-approved hotel. Your child's name will be on their room for check-in. They may check on their own in unless chaperones have arranged to check in all rooms prior to your arrival. Most hotels require an adult to be present for a minor to check-in. The club credit card will be authorized for all of these rooms. You should NOT have to provide a personal credit card for your child's room. If you are asked for a credit card upon check-in, please advise the hotel staff that the room should be authorized for ALL CHARGES and text us if they give you a hard time: 646-554-6651 or 917.659.7732. Athlete rooming assignments will be completed by the club. Athletes are NOT allowed to stay with parents except in the case of serious illness or other necessary accommodations. One chaperone room is paid for by the club for each team. Coaches and Chaperones have authority over all athletes on the team during hotel stays and should enforce all team rules and expectations. Athletes should advise the coaches and chaperone if they wish to go anywhere. Don't leave anyone alone. Chaperones will enforce curfew and inform coaches the following morning if anyone was found outside their room after curfew, or caused any other kind of problem/concern.

All meals should be planned by the chaperone and eaten together as a team. Parents can be invited to meals, but typically make their own plans. Coaches will inform chaperones as to appropriate food or time to eat. Parents should encourage proper hydration and eating habits. Educate yourself and your daughter about great foods to fuel athletes.

Talking to the Coach

Be friendly with your child's coach, but remember that coaching is their number one priority, so try not to distract them from the team. Parents often offer coaches rides, snacks, or meals. This is fine, but be aware of perception when it comes to close relationships with coaches. They do not want to appear as to be showing favoritism to parents and/or players. When socializing after play or outside of scheduled events, remember that everyone is representing Legacy Volleyball Club and should behave accordingly. Be mindful if engaging coaches in conversations about volleyball. Keep it positive.

Parents are encouraged to discuss the following with their child's coach:

- Ways to help their child improve
- Concerns about their child's behavior
- Coach's expectations for their child and their team
- Team rules and requirements
- The college recruiting process
- Academic opportunities
- Tutoring sessions
- School Grades

Parents should not discuss the following with their child's coach:

- Playing time
- Strategies used by the coach during tournaments
- Other players or parents

Players are encouraged to discuss these issues with their coach directly. This is the best way for them to gain an understanding of what they need to do to achieve their personal goals. It is very difficult to accept that your child is not playing as much as you hope they would, or in the position you might think is best, but coaches must make judgments and decisions based on what they believe to be in the best interest of the team. The coach must take into account ALL members of the team, not just your child.

Playing Time

Playing time is based on Attendance, Attitude, Skill and Practice Outcomes, not necessarily in that order. While all team members will generally play at some point in all events, court time will NOT be equal. The coach's primary responsibility is to the needs of the team as whole, over any given individual. NO ONE is guaranteed playing time. Players (not parents) should discuss issues regarding playing time with the coach, and only at appropriate times. Playing time concerns should NOT be discussed during tournaments.

If an **athlete** is unhappy with her role on the team, the athlete must ask the coach(es) for a quick meeting before or after practice. This is to ask the coaches "how can they increase/change their role on the team?" If the **athlete** is still not happy, they can ask for a meeting with the coach(es) AND either Coaches Director or Executive Director Coaches must have written down what the athlete can do to

improve their role on the team. If athlete is still not happy, then a parent can ask for a meeting with the athlete, coaches, a club director and parents.

*****Any deviation from this protocol, including a parent approaching the coaches about the athlete's ROLE on the team, or any other break in this chain of communication, will result in a one week suspension of the athlete.*****

COMMUNICATIONS

Website

The single best source for current information is the Legacy Volleyball Club website, which is **www.legacyvbc.com**. Information about practice and tournament schedules is posted there as soon as it becomes available, and updated as necessary. Due to privacy and security concerns, an account must be created and users must sign in before any information is available to them.

Email

Coaches, IParents, and Legacy Volleyball Administrators will frequently disclose important information about upcoming events via email. Please make sure your email address is correct on your team roster and take a moment to register on www.legacyvbc.com in order to receive all communications from the club.

PLAYER INFORMATION

Legacy Volleyball Club is dedicated to improving the volleyball skills of each and every student-athlete in the club. This goal cannot be met unless each team member fulfills their obligation to attend all practices and tournaments on a consistent basis.

Attendance and absences

Legacy Volleyball understands that family obligations, school functions, and illness are a part of life, and that in the event of conflict, personal choices must be made. However, as team sports rely on the dedication of all those involved, and it stands to reason that the players who are best prepared in practice will be the best equipped to play in games, Legacy Volleyball urges all members to not take their commitment to this program lightly. Please familiarize yourself with the attendance policy below, and consider all outside obligations before committing to a team.

- Players are permitted two excused absences from practice without consequence.
- Players are NOT excused for any missed tournaments, or practices in excess of two.

- In the event that a player must miss practice or a tournament they MUST inform their coach in advance and as early as possible.
- Any unexcused absence from practices or tournaments will result in reduced playing time at the next attended tournament. The player will be prohibited from playing the first match of the tournament as a consequence for an unexcused absence at practice, and one additional match for each additional missed practice. Players who miss a tournament will sit out at least two matches of the next tournament.

Practice Rules

- **Schedule** for practices is set at the beginning of the season. On occasions, it may be necessary to make a temporary change due to emergency cancellations. Schedule changes will be posted on the club website: www.legacyvbc.com and sent via mass email or text messages. Players are responsible for frequently visiting the website and being aware of any changes.
- **Punctuality** is extremely important in order to make the most of practice time. Players are responsible for arriving 15 minutes prior to the start of practice and are expected to be ready and on the court at the scheduled start time.
- **Appropriate attire** is required at all times. Gym clothes and sneakers should be worn. No jewelry may be worn during practice and cell phones should be put away.
- **Illness and injury** are an unfortunate part of the volleyball season. Players who are ill and contagious should not attend practice. Players who are injured should attend practice even if physical participation is limited, because there is still much to be gained from observation and listening to the coach's instructions.

Please sign the attached page to acknowledge that you have read and agree to the policies outlined above.

Legacy Volleyball Club
PO Box 468
Bronx, NY 10473
Jsanchez@legacyvbc.com
www.legacyvbc.com
Parent/Player Handbook

Signature Page

Please sign and detach this page and return it to your coach with your acceptance paperwork:

My child, _____, and I,

_____ have been offered a position on a Legacy Volleyball Club Team, and in accepting that position, I have read this handbook in its' entirety and do promise to abide by the rules and practices included therein. I understand that my failure to do so may result in disciplinary action or my/my child's dismissal from the club.

Player signature _____ Date: _____

Parent/Guardian signature: _____ Date: _____

