



Sunnyside Volleyball Club

Player and Parent Handbook

Welcome to Sunnyside Volleyball Club!

Club Website: www.sunnysidevbc.com

Handbook subject to change

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Club Information

Sunnyside Volleyball Mission Statement:

The purpose of Sunnyside Volleyball Club is to provide an environment where young athletes will improve in the game of volleyball and learn the important values of team spirit, sportsmanship, and a “Culture of Excellence.” We will encourage the development of skills and techniques necessary for players to compete at a high level in the game of volleyball. Focusing on the physical, mental, and emotional development of all players. We will utilize the sport of volleyball to teach lifelong lessons to our players (hard work ethic, dealing with adversity, communication, ethics, loyalty, teamwork, etc.) We aim to cultivate individuals who love volleyball and have fun playing the game.

Regular Practice Time:

Sierra Vista is our home practice gym. Days and times will be announced per team. Reminder: If Sunnyside School District has a closure due to weather or holiday practice will be canceled. Sunnyside School District also has a right to push back practice times to accommodate for School sports or events first.

Game Times:

Tournaments are located throughout Central/Eastern Washington. If you cannot attend a specific date, please contact your coach and let them know as soon as possible. Schedules will be released by team Mid-December

Staff Contact information:

<u>Position</u>	<u>Name</u>	<u>Email</u>
Director	Geordan Skyles	sunnysidevbc@yahoo.com
Treasurer	Sarah Heeringa	sarah@carpenterranches.com
Coaching/Parent Liaison	Angel Carrizales	andynangel3@gmail.com
Social Media	Leah Diddens	leah.diddens@sunnysideschools.org

Teams

18U Level	This level of play mirrors a High School Varsity level and requires minimal errors, content knowledge to understand all the rules in the game, understand the tactical side of reading offensive and defensive plays, and making quick clean decisions. These athletes are working on precision and power against their opponents.
16U Level	This level of play requires strong fundamentals and footwork ready to grow as a team learning more about the tactical side of play.
14U Level	This level provides athletes the opportunity to fine tune and develop their fundamental skills, learn how to work together developing rotations and establishing positions.
12U Level	This level provides beginning athletes the chance to experience club volleyball tournaments at a high level than developmental. Athletes will work on learning their fundamentals while also learning the basic rules of playing in a sanctioned volleyball tournament.
Developmental	This level of play is great for athletes to get some exposure to the game of volleyball. Developmental athletes will learn how to pass, set, serve, and hit with the goal to compete in small games by improving each rally. This level of play stays local and remains in Sunnyside.

Coaching Staff

Coaches are IMPACT certified and are required to register with Evergreen Region Volleyball Association which include a full background check.

Registration and Eligibility

Players and parents must complete the following before being allowed to participate.

- Signed the Sunnyside Volleyball Club Contract
- Complete the Evergreen Region Volleyball Association Membership Paying \$60 Fee online.
- Register online at Sunnysidevbc.com
- Make first payment or pay in full online at our website by the first practice.

Club Sports Policies and Procedures

Sportsmanship

Sunnyside Volleyball club expects positive and professional interactions for all players, parents, coaches, staff, and fans throughout the season. Review the following for each below.

Players

- Come to practice 100% focused.
- Be ready to learn and give maximum effort.
- Trust, respect, and build a relationship with your coaches and teammates.
- Attend EVERY practice, game, and tournament.
- Communicate with your coaches first if there is any issue.
- Be Early to practice.
- Help with set up and take down of the nets.
- Take pride in the program, talk highly of your teammates and coaches.
- Clean up all equipment.
- Refrain from any profanity on and off the court.
- Be mentally prepared for each opponent.
- Be physically prepared with all equipment.
- Never argue with the refs.
- Celebrate with your team. Sit together to support every team in our program.

Parents

- Support all athletes in our program. Refrain from negativity or talking poorly about your daughters' play or anyone else who is playing. If negative talk continues you will be asked to leave the gym and not attend the current game.
- You are required to stay until the end of every tournament. This means if the team is reffing the last game all teammates stay until the game has concluded.
- Coaches are coaching please refrain from having any major discussions with them during Tournament days. Wait 24 hours.

Tournament Expectations

Players are expected to complete each tournament by staying until the team is cleared to leave. This includes reffing duties. Each player needs a parent representative at every tournament. If arrangements need to be made the coach needs to know in advance what parent is responsible for the travel and health of each player. We highly encourage parents to drive their daughters to their tournaments even if the player is old enough to drive. In the event of an emergency or issue we want a parent to be available to drive our athletes home.

Uniforms and Balls/Equipment - Sunnyside Volleyball Club is providing Jerseys as an included part of the fees. Therefore, athletes will need to be responsible for their own equipment making sure they have all Jerseys and equipment each tournament.

Balls/Carts - It is the responsibility of every player to make sure they keep track of the number of balls at each tournament. If a coach assigns a player a volleyball to keep track of they are responsible for that item. The loss/damage of a volleyball will result in a \$45 replacement fee.

Travel

Travel expenses are the responsibility of each family. If traveling out of the area, the team will stay at a designated hotel if it is a Stay-and-Play tournament. Other tournaments it is up to the coach to decide if the team should stay in one location.

Hotel Stays - Players will not leave the hotel without a chaperone or parent and must adhere to the coach's set curfew time. Parents will need to help enforce team rules at hotels. Possession of or to have used alcohol, tobacco or other controlled substances while representing Sunnyside Volleyball Club will be sent home immediately at the expense of the parent or guardian leading to possible dismissal from the entire club program with no refund of fees.

Attendance

Coaches and teammates are expecting 100% attendance at every practice. **Players who are missing a practice will lose the appropriate playing time at the next tournament (coach's discretion).** Players need to contact their team coach and communicate their absence a minimum of 1 hour prior to their practice time.

Multi-sport Athletes are required by WIAA to attend High School sporting events first before club. We understand that these athletes are juggling different sports and priorities. Coaches still have the right to deduct playing time for missed practices. All athletes will need to provide written information to their coach regarding which practices and tournaments they will have conflict with and a plan for what they will be missing at the beginning of the season.

If injured discuss your injury with your team's coach. If pulled out of a tournament due or practice due to a concussion or possible concussion you are required to be cleared by a doctor before returning to play (bring a note).

Playing Time

Time playing at tournaments is earned and not always given out equally. Practice is where the athletes learn and grow in skill development. All playing time is depending on but not limited to positions, fundamentals, skill ability, work ethic at practice and games, attitude, practice attendance, and ability to keep the ball in play and maximizing points earned.

Tournaments usually are on Saturday and Sundays. All players are expected to be in the gym, ready to warm up, at the arrival time determined by the coach. Traditionally if a tournament starts at 8am. Doors open at 7am and teams are on the courts by 7:20am with a coaches meeting at 7:30am.

Grievance Procedures

Competitive team athletics, by its very nature, creates an environment where athletes, parents and/or coaches may not be in agreement with all decisions made. Knowing when and how to communicate with the coach or Club Directors is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

Playing Time or Program Issues

There is a 24 hour rule in contacting or approaching a coach at a tournament about any major issue or involving playing time. Please respect our coaching staff by waiting a day before approaching the subject. Coaches are not required to defend his/her thought process or conclusions at any time during the season. Coaches are instructed not to engage in controversial discussions during the tournaments. If a coach is approached during a tournament, he/she has been instructed to: politely decline to discuss any matters following the correct process.

After 24 hours parents and athletes are to adhere to the following grievance process:

1. The athlete will meet with both the head and assistant coaches to discuss the matter. If the matter is not resolved please proceed to number 2.
2. The athlete and parents will meet with the coaching staff to discuss the matter.
3. The athlete and parent will meet with the coaching staff a club director and a board member of the club at a scheduled meeting time. Prior to this meeting they will fill out a cub complaint form which will help facilitate a professional conversation.

Coaches will not discuss the following with parents at anytime:

1. Other athletes in the program and their playing time.
2. Discussion about other coaches in our program.
3. How the club program is run, game strategy, lineups, or tactics.

Coaches will always be willing to discuss anything that may assist the athlete in achieving their goals in this program as well as any future plans in volleyball. Coaches also welcome any discussion around the health or well-being of your daughter.

Communication and Social Media

Club Website: www.sunnysidevbc.com

Facebook Page: Sunnyside Club Volleyball

Instagram Page: Sunnyside.vbc

We will have an APP that also will link you to the Website.

Please check these for updates taking place throughout our program.

Athletes are to communicate clearly when they are going to miss or be late to any practice or tournament. This could be a phone call, text, or a message sent through the website team communication.

Communications involving minor participants should be appropriate, productive and transparent, as part of USA Volleyball's emphasis on participant safety.

Communications concerning travel, practice or competition schedules are crucial. The improper use of mobile devices and electronic communications can result in misconduct. Below are USA Volleyball Social Media and Electronic Communications Policy requirements.

USA Volleyball junior clubs are required to implement a social media and electronic policy.

- All electronic communication between adult and player must be for the purpose of communicating information about team activities.
- Adults, players and all team personnel must follow appropriate guidelines regarding the volume and time of day of any allowed electronic communication.
- All content between adult and player should be readily available to share with the public or families of the adult or player.

Request to discontinue all electronic communications without repercussion must be granted following receipt of a written request by the player's parents that their child not be contacted by any form of electronic communication by coaches or other adults, their club, team, coaches and administrators.

Covid-19 Policies and Procedures

We all need to work together in limiting exposure to Covid-19. In order to have the opportunity to play volleyball during this pandemic, we need to be responsible and follow all Covid-19 rules and regulations. The following regulations are subject to change depending upon Department of Health recommendations. Thank you for doing your part in helping us continue to play volleyball!

Practice Time

In order to use the Sunnyside School District Facilities, we need to abide by the School District and/or the Yakima County Health Dist. rules. Volleyball is considered a Moderate Contact Sport by the WA State Dept of Health. All athletes, including unvaccinated people, are not required to wear face coverings while engaged in indoor training or competition for low and moderate contact sports.

Competitions

When playing in tournaments, players will follow all specified rules regarding mask wearing and social distancing. The hosting club will specify rules that need to be followed and we will comply. Spectators will be required to follow all rules and regulations in order to attend tournaments.

Covid Screening

All athletes should screen themselves for symptoms of Covid-19 before attending any practices or competitions.

Facilities should not allow anyone onsite if they:

- Show symptoms of Covid-19. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Please be diligent in screening yourself for symptoms.

- Are not fully vaccinated and have been in close contact (within 6 ft for 15 cumulative minutes over a 24 hr. period) with someone who has tested positive for Covid-19 with an antigen or molecular test in the past 14 days.
- Has tested positive for Covid-19 in the past 10 days or are awaiting results of a Covid-19 test due to possible exposure or symptoms and not from routine asymptomatic Covid-19 screening
- Has been told by a public health or medical professional to self-monitor, self-isolate, or self-quarantine because of concerns about Covid-19 infections in the past 14 days.

Responding to Cases or Suspected Cases of Covid-19 – Return to Play Guidelines

If anyone develops symptoms, they should stay at home and not participate in volleyball activities. If any players develop symptoms, they should stay home and call their coach to let them know. The player who is possibly infected should get tested for Covid-19 and isolate until they receive their results. Once results are received, they should report results to the coach. If other players on the team are deemed as close contacts, unvaccinated players will need to be tested for Covid before returning to play and vaccinated players will need to monitor for symptoms. DOH guidelines should be followed. If a player has a positive Covid 19 test, they should isolate until the following criteria have been met: quarantine 10 days since symptom onset or positive test collection date if no symptoms are present AND 24 hours after fever resolves without use of fever-reducing medications AND symptoms have improved. Coaches/helpers will follow same procedures as players, but will report symptoms to Director.

Club Dues and Payment Policies

Financial Commitment

Depending on your team level fees go towards paying for gym and facility rental, coaching stipends, tournament registration fees, uniforms and equipment. In order for Sunnyside Volleyball Club to execute its annual plan, we must adhere to our budget. If a family decides to voluntarily withdrawal from the club for personal reasons or is removed from the club for any violations they will be responsible for the balance of their dues.

Refunds

Refunds are only granted under extreme cases and voted on by the Sunnyside Volleyball Club Board of Directors. In most cases refunds will not be granted but arrangements will be discussed for remaining balances of the athletes account.

Failure to complete the payment schedule as agreed upon by the player contract can render the athlete ineligible to complete with Sunnyside Volleyball Club until the balance is paid in full. Under no circumstances should coaches collect money for payment of dues and/or fees. Sunnyside Volleyball Club requires all payments to be made online on our website or by cash or check to our Club directors or Treasurer.

Team Dues

Each team has an appropriate cost that is determined by the amount of play and the expense of each tournament they are attending.

Payments are due on each scheduled payment date. Any payments received 3 days after the due dates will be considered "late" and a late fee of \$25.00 will be applied to the balance of your account. Any Checks returned due to insufficient funds will be charged a \$35.00 fee plus late fees. All fees and late charges must be paid prior to the player participating in any additional practices or tournaments. Our website will auto deduct the amount from the card and account last used for each future payment.

Extras

Fundraising

Sunnyside Volleyball Club offers some fundraising options for athletes as a courtesy of our members. Fundraisers are optional and individual.

Poinsettia/Wreaths – This fundraiser takes place before practices start. If you want to participate in this fundraiser, you need to keep an eye out on our social media and check with Debbie Rhode to get all info.

Serve-a-thon - Players will request funds from friends, family, and the community to sponsor them individually for their serves. Sometime during December or January, we will host the serve-a-thon. Athletes will need to turn in all of their funds by January 15 to be deducted from your account.

Meals

Most teams will do a food table for tournaments where each person brings a rotating food item. Check in with a team chaperone or coach for a schedule.

Equipment/Jerseys

Players will receive 1 jersey and a team t-shirt.

Insurance Coverages

It is the responsibility of parents to ensure that their athlete is covered by medical insurance. If a medical emergency takes place Sunnyside Volleyball Club will take the steps necessary to contact Emergency Medical Care for the athlete. The resulting expense is the responsibility of the Parent or Guardian

Sunnyside Volleyball Club Handbook
Parent/Athlete Agreement

Player Name: _____

I have read the 2021-2022 Sunnyside Volleyball Club Handbook and I understand the consequences of noncompliance. I understand that failure to comply could result in the inability to participate, dismissal or suspension from the team, and/or forfeit of any payments.

I understand quitting the program midseason will impact the team and all unpaid fees will need to be paid to be dismissed freely from the club.

Student Athlete Name: _____

Student Athlete Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____