

INTRODUCTION: High Rock Volleyball Club (HRVC) is the merging of Davidson County Volleyball Association and Rowan Volleyball Club. We are building on our success and learning from our challenges. HRVC is a part of USA Volleyball and a member of the Carolina Region.

The goals of our teams are to: 1. Provide an environment that fosters growth in each player - as athletes, as students and as citizens. 2. Develop a solid foundation of fundamental and technical skills. 3. Provide a place for players and families to grow and increase their volleyball knowledge. 4. Increase the skill level of the players at the middle school and high school level.

High Rock Volleyball Club is governed by a board of directors and operates as a non-profit organization. This handbook is to provide you with an overview of the club, its philosophies, and what it takes to become successful in our program. **WELCOME TO HIGH ROCK VOLLEYBALL.**

MISSION STATEMENT: HRVC believes that every child should be offered the opportunity to develop skills that will enable them to excel and compete successfully at the middle school and high school level. We are a community-based non-profit organization committed to training and developing student athletes through competitive participation in the sport of volleyball.

We strive to provide a solid foundation of fundamental and technical skills to help participants develop, not only as athletes, but also as individuals. Teaching positive lifelong character traits including sportsmanship, leadership, and cooperation are important to the success of our teams.

We are committed to providing the best possible environment for our volleyball players to reach their maximum playing potential through excellence in coaching and community support. Our players will be challenged to excel not only for their own personal growth but also for the betterment of their team, the organization, their communities, and the development of area club coaches.

TEAM SELECTION: Teams will be comprised of selected players from the Carolina Region who are willing and able to contribute and subscribe to the rules, philosophies and goals of each team. An average of ten players will be chosen based on skill level, athletic ability, attitude and ability to understand roles as well as the concept of being a team player.

COACHING STAFF: Teams will be staffed with coaches who promote fairness, high work ethics, integrity and good sportsmanship. Coaches are responsible for establishing this environment and supporting the enhancement of players' volleyball skills, leadership abilities, teamwork and individual development on and off the court. Each coach involved in the development of the team should be treated with the utmost respect. Any abuse of our coaches by a player or a parent may be dealt with swiftly and fittingly. It is the intent of HRVC to provide an on-going learning environment for its coaches. We consider the interaction between our coaching staff members to be vital.

COACHING AND PLAYING PHILOSOPHY: It is our philosophy that practices are the time to improve skills and work on new concepts. The fundamentals, which are emphasized initially

through positional training and small group work, are used to develop proficient offensive and defensive tactics.

It is important that players and parents accept the club mantra: "Players pay to train, not to play. Playing time is not a given; it is earned first by hard work, positive attitude, and display of skills on the practice court." If you do not accept this, do not play for HRVC.

A continual source of frustration for players and parents alike is the issue of playing time. The reality is that equal playing time is not a guarantee. Our philosophy on playing time is stated below:

During tournament play, the coach has the right to determine the line-up that he or she determines best suited to meet the goal of the particular level of participation. An "equal play philosophy" does not apply in many situations. It is each player's responsibility to perform at a level that is consistent in keeping with the goals of the team. If the player does not, for whatever reason, fulfill their obligations on the court, it is the coach's right to substitute them out so that the team may achieve its goals. Players are expected to perform certain roles on the bench as well, which greatly contribute to the success of the team.

Coaches will do his/her best to give each player playing time. **THIS DOES NOT TRANSLATE TO EQUAL PLAYING TIME.** The coach will base playing time on what the line-up/substitution scenario best offers the team a chance to be successful. The players (and parents) must understand that the playing time among the team members may be different. One player's role may be to play three rotations, while another player's role may be to play six rotations. A player that plays three rotations in every game will be considered a full-time participant.

All players earn their playing time in practice. It is the player's task to work hard enough and learn enough to get on the court during tournament games. Some players will get specialized assignments while others must work to be the best alternate starter that she can be. Regardless of the role that evolves over the season, all players and parents are expected to remain positive and committed to the goal of having the TEAM do as well as possible by the end of the season.

Based on position, a player may play back row and rotate out or play front row and rotate out when reaching the back. It is important for players and parents to understand that the goal of the team is to compete successfully at tournaments and go to the highest level possible. If it is the player's belief that she is not being treated fairly and playing an appropriate amount, she should discuss it with the coaching staff first and foremost. The coaching staff sees your daughter at each practice and may see something that parents do not. Parents and players should remember that playing time is earned. The players, by working hard in practice to improve skills and consistency, will determine how much playing time they will get.

In reaching our goal to educate players in life skills outside of volleyball, we feel it is important for players to create and maintain good dialogue with their coaches regardless of age. This is particularly true with the 14 and older age groups. The 11/12/13 age groups should be a balance of teaching a young player to learn to communicate, while having the guidance of a parent as needed.

The parent's role is one of support to the players, coaches and club. Parents should not engage in "coaching" from the sidelines, criticize players, coaches or game officials or try to influence the makeup or operation of the team at any time.

* Parents are not to approach coaches regarding team issues. We encourage player communication with their coaches. * If a parent feels that he or she must address a team situation, they are permitted to contact the coach 24 hours after the last game of a tournament to discuss their concerns. * At no time should a parent approach a coach during a game. No parent should come onto the court for any reason during competition.

TOURNAMENT INFORMATION: The location and number of tournaments is set every year by the board of directors. The club will guarantee each of its teams a full season, which includes a minimum number of regular season tournaments and a regional championship tournament.

Individual tournament information will be made available as soon as it is received but often times the play schedule is only available the week or days prior to the tournament. The club will utilize the Carolina Region schedule information for disseminating this information.

FEE STRUCTURE: The cost for membership on a team varies depending on the level of the team. The fee covers the operation of the club and entry into the tournaments. When your child is selected to represent a team, the parents are required to submit payment to the club to cover the fee. The fees and payment schedule can be found on the HRVC website under the information field.

As previously mentioned, the club is a non-profit organization and bases its fees on the expected cost of running a successful club volleyball program in a given year. The fee that is paid goes toward covering the following:

* Carolina Region club registration fees * Carolina Region team registration fees * Carolina Region tournament entry fees * Out of region tournament entry fees (travel teams) * Facility rental costs * Training equipment * Salary for coaches * Training for coaches * Travel accommodations for coaches (travel teams) * Administrative costs and supplies * Website maintenance fees * Miscellaneous expenses

Fees will not be refunded for players who choose to leave before the end of the season. Fees do not cover the travel, hotel accommodations or food a player may need during a tournament. Players and parents often work out carpools to tournaments to reduce costs.

TRAVEL POLICIES: 1. Your team may take overnight trips to tournaments. These trips require that you will have some rules to live by including curfews. It is expected that you will respect all of the rules that are made as well as the coaches and parents who enforce them.

2. The coach will select the time and location of departure when traveling to a tournament. Any parent volunteer providing transportation for a tournament is under the direction of the coach, regarding when and where athletes are required to be. Please do not volunteer if you cannot work in conjunction with the team requirements.

3. Transportation to and from all practices, club-sponsored clinics, and tournaments is the responsibility of the parents.
4. Be sure to bring all jerseys and spandex, kneepads, socks, shoes, large water bottle or jug.
5. At no time will an athlete be allowed to leave hotel property without the express permission of their coach or chaperone. Your parents may request, if there is appropriate "down time", to take you off premises.
6. When at the lodging location, athletes must travel in pairs (as a minimum) when walking outside of the lodging premises. There shall be no display of disrespect toward any club coach, athlete, parent, chaperone, or hotel guest/employee.
7. Males are not permitted in the rooms or hallways of the athlete's lodging at any time. The only exception is relatives to the athlete. Violation of this policy can result in immediate expulsion from HRVC and an athlete being sent home.

INJURY POLICY: Any player that suffers an injury that is medically proven to prohibit them from participating in practice and competition with their HRVC team for the duration of the current season, may be eligible for the following refund of the club membership fee:

* Notification to the HRVC Board of Directors prior to January 1st - 75% refund * Notification to the HRVC Board of Directors prior to February 1st - 40% refund * Notification to the HRVC Board of Directors prior to March 1st - No refund

EXPECTATIONS OF PLAYERS: Just showing up for practice is not enough. HRVC needs players who are punctual, who are in the proper frame of mind to work hard, and who pay attention to instruction and cooperate with teammates and coaches. HRVC players should be warmed up and ready to compete at the time listed to begin practice.

COMMITMENT: It is vital to be fully committed to the HRVC program. If you do not really want to participate, please don't. If you work hard in practices, matches and scrimmages, you are likely to have a successful season. Players who are committed to improving have little time for players who simply wish to turn practices into social events. This also means being committed to your team. All players are to stay with the team until all "team assigned duties" are completed. Failure to follow this rule will have consequences.

ATTENDANCE: We know that not all players can show up to every practice. However, it is important to player and team development to attend every possible practice. 24-hour notice to your coach is expected when you know you will miss practice, and earlier if it is known. Missing practice will be considered for required High School events which are beyond the direct control of the player's family. Players are allowed to play other sports for their high schools but must communicate tournament dates to their school coaches. Players attending school sporting events on club tournament dates may hinder participation at future volleyball events. It must be understood that missing practices and/or tournaments does not signify full commitment to the

team and its goals. Missing practices will have consequences - an unexcused practice will result in a one-set suspension at the next tournament.

RESPECT FOR THE RULES OF THE CLUB: This includes the club's rules as well as any rules of Carolina Region and USA Volleyball. Rules will be clearly stated, and will be enforced. The team may have its own rules established by the coach and approved by the club Directors.

GENERAL FACILITY RULES: * Water and sports drinks only on courts * No athletes or parents should be in any area of any facility not being used for volleyball (such as classrooms/hallways/commons areas of any school) * No coolers or outside food allowed in the facility * Volleyballs are to be used in court area only * No street shoes allowed on the courts * Do not bring valuables to the gym. We are not responsible for lost or stolen items * Demonstrate respect for yourself, other patrons, staff and property while enjoying the facility * Parents should not be on the courts during practices. They must remain in the lobby area or along the outer walls of the facility. * Additional rules may be added during the course of the season

IMAGE PRESENTATION: You are representing yourself, your family, and HRVC at every tournament. We are a club that will be known for good sportsmanship and integrity by our players, coaches, and parents. Players arguing with officials is never appropriate and not tolerated. For the older girls, you will not always know when a college recruiter is in the gym; therefore, it is important to display proper behavior at all times. College coaches do not just watch you play. They watch you and your parents interact with everyone around you at all times.

CONDUCT AT TOURNAMENT/PRACTICE SITE: It is the intent of HRVC to be a leader in the Volleyball Community. It is also the intent of HRVC to lead by example, which means you: the athlete, the parents, and the coaches. These guidelines are set forth to protect the safety and integrity of the athletes, parents, coaches and HRVC. Please note that all circumstances are not accounted for and in the event of an undue circumstance, the Club Directors will take appropriate action.

1. Conduct Unbecoming an Athlete will not be tolerated at any HRVC function. This covers a wide variety of circumstances, for example, not being a team player, getting into fights with fellow team members, the use of foul language or rude gestures toward team mates, other athletes, parents, coaches, officials or opponents.
2. No cell phones are allowed to be "ON" in the gym during any practice. At tournaments, all devices will be turned off in the evening at curfew.
3. Proper nutrition is required. Practices will be very demanding on your physical abilities. Tournaments are an all-day affair, and in some cases two or three days long. Your coach will advise you when to eat from the Tournament Table when that is set up for the team. It is important to stay hydrated at all times.
4. For many tournaments, teams will be responsible for officiating, scorekeeping, and handling lines. We want to officiate other teams the way we would want to be officiated. This means no headphones or cell phones in use.
5. No team member is permitted to leave a tournament site until all officiating responsibilities are completed. There may be circumstances for local tournaments where the Head Coach can give you permission to leave.
6. You are to support your teammates at all times while on the team bench, whether you are playing in a particular match or not.
7. Parents are to be supportive of the entire team at all times. Parents are not to engage in any behavior in cheering that would reflect negatively on

HRVC. Guidelines for parents are no different from players in this regard, and the same consequences can be put into place for an athlete due to parents' behavior. 8. Automatic expulsion from the Club can result for the following offenses: a. Using alcohol or drugs at any time during an HRVC function. b. Leaving lodging premises without notifying the Coach and without a chaperone. c. Having boys in your room (other than relatives) 9. Only the Team Captain (under the direction of the Head Coach) or the Head Coach may question an official. 10. If any HRVC teams are playing at the same tournament site, teams will be encouraged to watch and cheer for the HRVC teams.

MAINTAINING GOOD GRADES: We consider HRVC to be a club of scholar athletes. It is important to maintain good grades. If we are to guide you through the process of becoming a better player, you must do your part in the classroom. Time management is a critical skill that successful student athletes need. Players are expected to plan ahead and make sure that preparation for school work is completed well in advance of the assignment due date. No consideration will be given for failure to plan ahead resulting in missing practice to complete assignments or study for tests. Getting home late the night of a tournament does not allow you to miss school the following day.

EXPECTATIONS OF PARENTS: Yes, we do expect something from our parents. There are many ways parents can be a part of the team and contribute to the team's success. 1. Drop off and pick your child up on time from practice and tournaments. Allow your daughter ample time to change into their court shoes/volleyball garb before practice begins. Make every attempt to have your daughter at the practice site **AT LEAST 15 MINUTES PRIOR TO THE START OF PRACTICE TIME**. Your daughter is required to be warmed up and ready to start practice at the start of practice time, and if you get her there 5 minutes before practice, she will not be ready. 2. Do not instruction or talk to your child during practices. The coach needs their undivided attention to get the most out of practice. 3. Assist with communication to coach in the event your daughter will not be in attendance at practice. As soon as possible, and 24-hours in advance of practice. 4. Help with transportation of players to out of town tournaments. 5. Athletes are not allowed to stay in hotel rooms by themselves. They must have an adult chaperone with them on out-of-town tournaments. If a parent is not able to attend, it is the parent's responsibility to find a chaperone for their child and inform the Coach in advance. 6. Supervise your child after the coaching staff has released them from tournament play. 7. Be positive. 8. Refrain from yelling at the team, coaches, referees, and line judges, the other team's players and coaches and abide by the 24-hour rule. Above all, encourage your daughter and her teammates. 9. Pay your fees on time. Budgets are designed to meet expenses and if fees are not paid, we will not be able to meet those expenses in a timely fashion. If fees are not paid, your daughter will not be permitted to participate in practice and tournaments. 10. Take and submit photos of the team to Suzanne Michael via email for the website. 11. Help plan fundraisers and special events. 12. Solicit corporate financial sponsorships - many parents have contacts that may be able to assist in sponsoring your team and/or the club as a whole. 13. Remember that you are paying for your daughter to be trained and to improve, and remember that playing time is earned, not given. It is also not debatable. If there is a question, the player will talk to the coach first. If there is still a concern, the parent and the player can discuss it with the coach together at an appropriate location and time. 14. Along with the girls, you are also representing our team and our club. Our team will be respectful of the opposing teams, officials, and location we are playing. Do not

scatter stuff everywhere as we are sharing the facility with several teams. Keep trash picked up in our area. Pay attention to the rules of the gym. 15. Encourage your child; it makes more of a difference than you realize! Have fun! Everyone is expected to work together - players, parents, coaches, and administrators - to make the season go smoothly.

GRIEVANCE PROCEDURE: This procedure is designed to help athletes and parents with questions, concerns or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved. At any time during this procedure, one of the Board of Directors will be available to meet and discuss any concerns with all parties involved. 1. 24-hour rule: If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24-hours after the conclusion of the event to discuss the issue with the coach. 2. The athlete must first ask for a meeting between the coach and herself to discuss the issue at hand. In the case of players on 13's or younger teams, the parents may request the meeting. 3. If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion - NOT at a tournament or practice. 4. If the issue is unresolved, the parent will ask for a meeting with the Board of Directors, coach and athlete. A scheduled time away from practice or a tournament is appropriate. The decision of the Board of Directors at this point is FINAL.

Thank you for your support of High Rock Volleyball Club. Again, welcome to HRVC.