



# MN Attack Volleyball Club 2025-2026 Club Handbook

MN Attack was created in October of 2014 to help bring a high intensity option of competitive off-season volleyball to Southern MN. We are very excited to offer quality volleyball training to help players acquire technical, tactical, and mental skills in an encouraging yet competitive arena. The coaching staff is qualified to teach elite volleyball skills and to incite motivation and excitement using disciplined yet positive instruction.

The handbook details expectations, requirements, and consequences for all members of our club. The handbook is to be read and understood by every parent, player, and coach involved with our club.

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**Mission Statement:**

MN Attack Volleyball Club will provide an encouraging environment where athletes can develop their volleyball skills and knowledge to the highest level in a competitive volleyball program.

**Vision:**

MN attack will provide an opportunity where the players will be educated to improve their physical, mental, social, and emotional abilities both on and off the court.

We will provide an environment where parents, players, and coaches aspire to conduct themselves in a manner that respects themselves, their families, their coaches, their teammates, their club, and the sport. We will teach the importance of teamwork, discipline, and integrity.

MN Attack is excited to establish ourselves in Southern MN by creating a strong and consistent club that will all practice and play the same. All our teams will practice under the same disciplined format, run the same offenses and defenses, and all age levels will be held to the same standards.

**GENERAL INFORMATION:**

- Our club season will run from early December through mid or end of March
- MN Attack runs under the management of Juniors Volleyball Association (JVA). JO programs are not tied to any High School and run independently of all High School sports.
- The total player fee will be set in advance. 11-12s will be split into two payments. 13-18s will be split into three payments.
- Any player fees not paid in full by January 10<sup>th</sup> will receive an email reminder. If not paid by the 20<sup>th</sup> of the month, the player will officially be ineligible to practice/play and the coach will be notified. Players will remain ineligible until fees are up-to-date or a payment plan has been established.
- Every player will need to donate her time working at one of our home tournaments or donate \$40 towards the cost of running our tournaments. These donations are selected online and due January 6<sup>th</sup>.
- Each team will consist of 9-10 players. The number of teams formed is based upon the number of coaches, gym space and ability to have a team where all athletes are at a similar skill level. The team's name will represent the oldest player on the team regarding JO rules.
- Practice locations, days, and times vary so please look closely at the schedule. Any changes to the schedule will be notified via email and updated on our webpage.
- Athletes are responsible for their own transportation and lodging for all tournaments.
- Playing time
  - All athletes who make a team will see playing time but there will NOT be equal playing time on any age level. Athletes are expected to earn their playing time by great work ethic, implementing coach's suggestions on improvement, and being a good teammate.
- If Mankato school district closes school due to weather, practice will be canceled. We will make any weather cancellation notices by 3:00pm regarding any change to practices. An email will be sent out and coaches will notify their team. We will do our best to make up any canceled practices, but it depends on if gym space is available.

## GENERAL EXPECTATIONS

### Athlete Expectations

- 100% dedication.
- To follow all club rules and to be respectful at all times.
- To be open to trying new things and willing to take risks.
- Good sportsmanship at all times
- Good time management
- Athletes are expected to attend every practice. It is the athlete's sole responsibility to notify her coach of an illness, upcoming absence, or if she will be late to practice.
- Athletes should be dressed in appropriate practice attire – volleyball shoes, knee pads, shorts, practice T-shirts and hair should be pulled back. Athletes are required to wear their practice t-shirts and will not be allowed to practice if they do not have on their issued practice shirt.
- Athletes should maintain respect and self-discipline towards themselves, their teammates, and their coaches at all times.

### Parent/Guardian Expectations

- Respect for all coaches and our role in teaching your children.
- Positive encouragement and support to your daughters and to the club.
- Help your child meet her responsibilities to the team and the coach.
- Parents are asked to refrain from negative comments around your daughter and other players. Young players are vulnerable and if they hear complaints about the coach, the coach's style, or club policies, this can have an adverse effect on their performance and attitude. If you have a legitimate concern, you should contact the club director. Repetitive complaining to the player(s) or third parties (other parents/supporters) interferes with the club's efforts to pursue its purpose of providing a positive and healthy competitive environment for the players and may jeopardize club participation by the athlete
- Communicating with coaches:
  - a. Parents can call/text/email the team coach with questions regarding practice schedules, tournament information, or any other issues related to being gone. All other volleyball related issues (playing time, etc.) are to be communicated directly between player & coach first. After player has spoken with her coach, any parent concerns should be communicated to the club director.
  - b. All other communication should be directed to the club director.

### Coach/Director Expectations

- We will do everything in our power to keep your daughters safe every moment they are with us.
- We will be consistent in our teaching, coaching, and disciplining.
- Club Director Responsibilities
  1. All paperwork
  2. Coach management
  3. Large group practice planning
  4. Communication among all members of the club (parents, players, and coaches)
- Head Coach Responsibilities
  1. Practice planning
  2. Make game line ups
  3. Delegating duties or specific roles regarding reffing
  4. Proper team management at tournaments

## TOURNAMENT POLICIES

While players are always primarily the responsibility of their parents, we have the following rules in place that the club and coaches will adhere to:

- Players are not allowed to be anywhere by themselves at any moment when they are at a hotel. A minimum of one other person must always be with them.
- Players are to spend time with each other and not isolate themselves from their team.
- Players should never tell other people what room they are in or allow other people to enter the room at any time without parental permission.
- Players are not allowed to leave the hotel premises at any time unless they are with a parent/legal guardian for that weekend.
- All players must notify their coach and parents of any emergency immediately upon receiving information of such incidents.
- Players will maintain professional behavior towards each other and the hotel premises. This includes but is not limited to noise levels, cleanliness, destruction of property, tv programs/movies/shows, conversations and use of phones/computers/tablets and any form of media and apps.
- Players should be in bed at a reasonable time to allow proper rest for the next day's competition.
- When your team is assigned to ref, players must know their assigned roles for both the first, second and possible third set before the match starts. All players on the team must remain on the court side while your team is the work team. Be attentive and focused on your responsibility as we expect the same from others when we are competing.
- At NO point are you allowed to leave the tournament facility during competition. Teams should also remain together through the tournament day. You should never be alone except for bathroom breaks.
- Players are required to bring two jerseys to every tournament day regardless of the color teams choose beforehand. (13-18s teams)
- Players are required to wear MN Attack apparel at all tournaments. The team may select a specific warm up (hoodie, t-shirt, etc.), but any Attack apparel is acceptable.

## PLAYING TIME POLICY

- In volleyball, there are two types of matches we will participate in during tournaments – pool play and playoffs/brackets. All players will receive some playing time during pool play at the discretion of the coach. However, in playoffs/brackets, the coach will decide the line up on what he/she believes gives the team the best opportunity to win. Some athletes may not play during bracket play.
- During a tournament, coaches are constantly adjusting and evaluating line-ups, which means that some players will receive more court time than others. Players are expected to understand and accept their role as defined by the coach and concede that the performance of the team has priority over the individual player.
- Under no circumstances is it permissible for a parent to approach a coach during a competition, or at a tournament site, to discuss playing time. If a player is concerned or unclear about her role on the team, she should initiate a meeting with her coach to discuss the matter either before or after practice.
- Players must speak with team coach regarding playing time or position concerns before the next step
- Parents are required to wait 24 hours after the triggering event before initiating any type of communication with the club director regarding playing time issues. ANY COMMUNICATION REGARDING PLAYING TIME THAT IS RECEIVED BEFORE THE 24-HOUR RULE WILL NOT BE ADDRESSED. PARENTS ARE NOT TO APPROACH COACH IN PERSON, VIA EMAIL OR TEXT REGARDING PLAYING TIME. ALL COMMUNICATION SHOULD BE SENT DIRECTLY TO COACH KIRBY AT [MNATTACK@GMAIL.COM](mailto:MNATTACK@GMAIL.COM) REGARDING ANY PLAYER-COACH CONCERNS.

**CLUB VALUES:**

MN Attack is based around these five core values: Passion, Consistency, Trust, Teamwork, Inclusivity

**PASSION****EXPECTATIONS**

- Coaches and players will be actively involved while on the bench by cheering, giving feedback, talking to players on the bench and having their eyes focused on the court
- Coaches and players should not be scared to let their passion show-even if not always fully positive. We can also use our frustrations to fuel us to make change as long as done in a respectful way.
- Passion is demonstrated by not only your love of the game, but the love of the club and the love of your athletes (giving high fives, hugs, smiles, etc.)

**UNACCEPTABLES**

- Players swearing on the court at a teammate or at their coach
- Any member of our club swearing at a ref or any of the refing team; coaches approaching any ref in a disrespectful way (rolling eyes, yelling, etc.)
- Talking poorly about the opposing team outside of strategy (it is ok to point out their weaknesses, a player who is struggling, etc.)
- Parents coaching from the stands – telling their daughter strategy or technique that may be different than the goal for the team
- Parents yelling or making any body gestures towards the score table when the score is wrong
- Parents approaching the coach in a negative manner during, or at the conclusion, of a match

**CONSISTENCY****EXPECTATIONS**

- All teams will run the same warm up/practice format
- All members give the same effort regardless of if you are coaching/playing on a 1s or a 4s team
- All members have the same consequences
  - Not being able to practice without their practice t-shirt
  - Burpees for lack of effort
- All playing time concerns or other issues should occur directly between player and coach. Any parental concerns should be discussed with the club director. Any other player concerns can also be brought to the club director
- Coach will be the first to arrive and last to leave at all events

**UNACCEPTABLES**

- Not showing up for practice, tournament, etc. without being approved by the team coach or club director.
- A parent reaching out to a coach via email, text, call or in person regarding a concern other than details relating to player missing a practice or scheduling details. **ALL PLAYING TIME AND OTHER CONCERNS SHOULD BE BROUGHT TO THE CLUB DIRECTOR'S ATTENTION AND A PLAYER/PARENT/COACH MEETING WILL THEN BE SCHEDULED IF NECESSARY**
- A coach choosing to disregard protocol and speak with a parent regarding playing time/issues

- Coaches missing any tournament or missing more than four events/season (coach training, practices, tryouts, team bonding, etc.)
- Players skipping practice that was not approved by coach (example – going to a school dance)
- A player leaving when her team is scheduled to ref a match even after they have lost or if she does not have a reffing duty. ALL players must stay when their team is reffing.

## TRUST

### EXPECTATIONS

- Our staff has trust in one another to ask for help from his/her fellow peer coaches when needed
- Our staff will go directly to the club director if issues arise among his/her team
- All members of our club can trust that mistakes are ok. This will be displayed by coaches not issuing consequences for mistakes in technique but instead giving instruction to improve the error. This is displayed by athletes trusting in the instruction given by the coach and doing their best to make the changes requested by coach.
- All members of our club will be allowed second chances
- There is no judgement given to another member (coach or player) who asks for help
- We trust all the members on our team by being vulnerable and giving your all to the team.
- Our parents trust our coaches to have the best interest of our athletes foremost but realize that coaches will make their decision based on what is best for the entire team and not just an individual athlete

### UNACCEPTABLES

- Parents, players, or coaches punishing mistakes of oneself, teammate, or coach by doing or saying something that makes a person feel unsafe or scared to make another mistake
  - Rolling your eyes at someone after a mistake
  - Refusing to set the player again
  - Parent leaving the stands because player made a mistake and got subbed out
- Having inappropriate talks with our youth – talking about drinking, adult behaviors, etc.
- Sharing private player information with another person other than the club director or authority for safety concerns.
- Parents going against the coach's goals for the team by telling his/her daughter to do something different (example: only set your middle hitters, etc.)

## TEAMWORK

### EXPECTATIONS

- Finding a way to have a relationship with all members of your team: This includes relationships between
  - Coach and coach
  - Coach and player
  - Player and player
- Valuing all members/roles among our club
  - Coaches allowing all players on your team to provide feedback regardless of how many minutes they are on the court
  - Athletes taking instruction from any coach – even if he/she is not your team coach
  - Our older athletes being a role model and leaders for younger players by helping them when they are in the gym together
- Coaches sharing the work of building strong teams
  - Sharing the practice planning when sharing a court
  - Coaches being willing to separate into positional work for different coach strengths

### UNACCEPTABLES

- Leaving a member of your team off a group chat or event
- When coaches are sharing a court for practice and one coach must make all the practice plans and implement the drills
- When teams are sharing a court for practice and a team refuses, or shows attitude, when having to practice with a specific coach or other level of team

## INCLUSIVE

### EXPECTATIONS

- Staff giving the same effort and energy to all members of his/her team
- Athletes giving the same effort and energy to any coach in the club
- Athletes congratulating all members of her team and not only the ones on the court.
- Staff building relationships with new coaches and ensuring a positive relationship among all coaches
- Staff being willing to help athletes at any age level
- Staff will find ways outside of the gym to teach our youth to be accepting, forgiving and kind
  - Team bonding events
  - Group chats, social media, etc.
  - Open discussions led by coach

### UNACCEPTABLES

- Talking negatively about our club or a fellow coach to the general public, parents, players, or other coaches.
- Making comments about any member of our club, or those we come into contact with, based on gender, sexual orientation, race, or other areas that would be prejudiced thoughts
- Not including someone on your team based on what school they go to or what team they were on in the past

## CONSEQUENCES

Any disrespect, or behavior listed above in the unacceptables, that occurs will be managed in this order of consequences:

1. Warning – coach will remind athlete again of the expectations as a MN Attack player and give her a verbal warning. The club director will give a written or verbal warning to the parent who demonstrated poor behavior.
2. Sitting out – the athlete will sit out of practice or the game. She will remain in the gym and near the team but will not be allowed to participate.
  - 2a. If a player has an alcohol/tobacco/drug/vaping violation, the athlete will sit out of two practices and the first match of the next tournament. This violation is independent of MN State High School league rules and players would still need to serve out any violations mandated by their school. This includes any posts found on any social media platform showing the athlete holding and/or using these items.
  - 2b. If there is a second chemical violation, the athlete will be immediately terminated from the club.
3. Athlete, coach, and director will schedule a meeting before or after practice to discuss the issue and make a plan to improve the situation.
4. Athlete, coach, director, and parent will schedule a meeting to discuss the situation.
5. Athlete will sit out an entire tournament. She is still expected to attend the tournament and be on the bench but will not be in uniform.
6. Athlete will be removed from the club.

I have read the MN Attack Club Handbook. I understand all the expectations and consequences for the season. By signing this agreement, I promise to be fully committed to my team and the club.

**\*Sign online to complete the agreement. ALL athletes, parents and coaches must sign to be eligible to compete during the season. \***