

# **XCELERATION VOLLEYBALL CLUB**



**2011 / 2012 HANDBOOK**

## **Introduction**

Welcome to the Xceleration Volleyball Club. The club owner is Jon Segall, who began the club in 2002 to give volleyball players in the area a competitive club in which to participate and to provide training to serious minded players. Each year our club has enjoyed great success, growing in number of participants and competitiveness of our teams. We provide a well rounded program that teaches skills, leadership and a strong work ethic. We set a high standard for our administration, coaching staff and players. Our programs are designed to develop the ultimate potential in the player.

Is Xceleration VBC a place where only college bound athletes compete? Absolutely not! Learning a lifelong sport, making friends from a host of different schools, and having fun are often the reasons a young girl will get into volleyball. While we are proud of the girls who have gone on to play at the intercollegiate level, we are equally proud of the girls who have simply learned the enjoyment of playing a game that they can carry with them into the future. We strive to develop the athlete not only as a player but also as a person, learning life long skills such as teamwork and interpersonal skills, the ability to handle pressure situations and to effectively use goal setting to accomplish anything.

We've put this Handbook together to try and tell you a bit about junior volleyball in general, about our club, its philosophies, and what it takes to become successful in our program. We hope this Handbook will assist you in making an informed decision about whether Xceleration is right for you and your daughter.

## **Why Play Junior Volleyball?**

Junior volleyball programs have exploded in California as well as in the rest of the country. There are many factors that have influenced this growth. The most important factor is the overall growth of women's sports programs. The success of our national teams and the increase in money available for college women's programs are also factors. As women's collegiate programs have prospered, the level of play has increased greatly. The average level of ability of junior players has increased as well. So successful are junior program athletes that most college coaches recruit exclusively from the junior program ranks. The reason for this is simple. Coaches can see many solid prospects in a single day at a junior tournament, while it is difficult to see more than one prospect a day during the high school season. This becomes even truer with the new NCAA rules governing the number of times a collegiate coach can contact or observe in person a given player. Efficiency in recruiting is now an action word with college coaches. Is junior volleyball only for the college bound athlete? Certainly not! For many of our players, junior volleyball is simply another challenging experience, which should lead to a lot more success on the court as playing skills increase. For our younger players,

playing for college teams is far from their minds in most cases. Most players in our program fall into one of two categories: those who are trying to move up a level for the next season or those who are playing to maintain skill levels while participating in other school activities. We have teams designed to help them do just that. We can help, but much of an individual's advancement and improvement is still up to that individual. Athletic talent, size, quickness, and good work habits are all necessary for success as an elite player. If you have a sincere desire to improve and a good work ethic, then you can do well in a junior volleyball program.

For our more serious older players, we do have an outstanding and recognized college development program.

In conclusion, junior volleyball is a great place to meet new friends, sweat a lot, get lost trying to find gyms, increase your skill level, perhaps even think about playing at the next level and just feel good about yourself. If you want to experience that, then join us.

## **Xceleration Volleyball Club Training Program**

Practices are held two or three times a week depending on the team. Weekday practices will not begin earlier than 4:30 P.M. and will not run later than 10:00 P.M.. Weekend practices could start earlier in the day depending upon the coach and gym availability. Practices will emphasize team fundamentals along with defensive and offensive strategies. Girls are evaluated in the early part of the season and particular strengths and weaknesses are identified and communicated to the player, and will be worked on throughout the practices.

Xceleration practices run 2 hours. Every practice will involve stretching and conditioning. The girls will be given a warm-up and stretching program by their coach or the club trainer at the beginning of the season. All coaches have been instructed to make certain the girls complete their training session prior to stepping on the court for practices and tournaments.

### **What can you expect from playing at Xceleration Volleyball Club?**

Each player has a different experience as a club member. Naturally, some players are more successful than others. Players who put more effort into the program usually get more out of it than those who do not attend practices. These are what we feel are the major benefits of our program:

#### **Quality Instruction:**

Our coaching staff is made up of former collegiate coaches, current and former collegiate players, and local high school coaches. All of our coaches are IMPACT certified by USA volleyball and have years of experience coaching volleyball. Many of our coaches are CAP certified and Gold Medal Squared Certified as well. A listing of our coaches can be found near the back of this handbook.

### **Fitness Training:**

Xceleration is pleased to announce we have two avenues available to its players that will enable them to put in extra conditioning during the season. Mike Campbell, a personal trainer, is offering customized workouts to Xceleration players. His training sessions will be offered 1 Saturday a month from at our gym in Concord where for \$15, you will go through a one hour workout and receive a “take out” work out to be done at home. Teams may elect to attend these Saturday sessions as a team. That is up to the coaches and the players. Mike is also available for personal training programs should you wish to have a player receive a more directed workout.

In addition, Velocity Sport Performance in Dublin is offering Xceleration members discounted rates on their training programs.

Club volleyball is a long season. We encourage the girls to keep up with their conditioning on the days that they are not in on the court. We want our girls in shape for the entire season and we want to minimize injuries as the season progresses.

YOU GET OUT OF VOLLEYBALL WHAT YOU PUT INTO IT !

### **Extended Training Schedule:**

Since high school programs are restricted to a few weeks of practice followed by an intensive match schedule, good technical instruction can be hard to come by during school. Our December through May or June training and competitive phase allows ample time to work on techniques so players may improve their skills.

### **“Transfer”:**

At Xceleration we believe in running drills that “Transfer” into real time court situations. Your girls will be running drills at a fast pace with multiple repetitions and touches. All the drills will be supervised with the intention of placing the girls into situations that they will see once they take the court in a game situation.

### **Increased Discipline:**

The time commitment required to be in a junior volleyball program requires that study habits improve and players budget their time better. It is also vital that players have disciplined work habits on the court and these will be stressed during training.

### **Education:**

In addition to creating better players, we are striving to create smarter players. Volleyball is a sport in which new situations happen frequently and players must learn to deal effectively with each new situation. We try, through repetitions, to place girls into situations in practice that will carry over to the court.

### **College Development:**

As stated earlier, not all girls are playing junior volleyball with the intention of playing at the intercollegiate level. However, if that IS your goal, then Xceleration VBC has programs in place to assist parents and players with the process. There IS a definite process that can help your athlete in this area and we have our own Recruiting Co-ordinators at the club who will personally assist you and guide you through the process. Details of this program will be provided to you at the Recruiting night meetings sponsored by the club at various times during the season. **We currently have 26 former players on an active college roster.**

Our recruiting director is also available for one on one sessions. You must contact him to set up these private meetings.

### **Weekend Lessons:**

Xceleration VBC will be offering optional Saturday lessons during the season for athletes who are interested in additional skill development and instruction from coaches. We have specific lesson coaches who will be offering lessons as well as selected team coaches who will be available. You MAY NOT take a private lesson from one of your CURRENT coaches. Prices and times will be posted on our website.

### **Fun:**

We think volleyball should ALWAYS be fun. As players progress, the speed of the game increases and it becomes more fun all the time.

## **Our Expectations for Xceleration Players**

Just showing up for practices is not enough. We expect our players to be punctual, to show up in the proper frame of mind to work hard, and to pay attention and cooperate with coaches and teammates.

### **Commitment:**

It is vital to be committed to the program. The club season is a great opportunity to improve individual volleyball skill if you are committed. If you work hard in practice, matches and scrimmages, you are likely to have a successful season. Players who are committed to improving will have little time for you if you simply wish to turn practices into a social event.

### **Regular Attendance:**

Players are expected to attend every practice. You will be given a practice schedule prior to your committing to the club and once you have committed to the club we are assuming that you are committing to attending practices. Missed practices WILL cost you playing time and should be avoided at all costs.

Of course, situations beyond a players control do arise and each will be handled between the player, the players family and the coach.

### **Respect for the rules of the club:**

This includes the club's and USA Volleyball's Player's Code of Conduct. Rules will be clearly stated and will be enforced. Each team will also have its own rules established by its coach.

### **Cooperation:**

You may, for example, take an overnight trip with our Power League Teams. These trips require that you will have some rules you will have to live by. We expect you to respect the rules we make.

**Image Presentations:**

We are proud of our club and we want you to be proud of it as well. Keep in mind that every time you attend a tournament or step on a court, you are representing Xceleration VBC. We expect our players and parents to handle themselves accordingly.

In addition, to those players being recruited, players are not aware when college coaches are present. You can make or break your recruiting chances by the way you act.

**Maintaining good grades:**

Even though not all players are trying to earn scholarships, we still consider our players to be student-athletes. We think that you should consider yourselves scholar-athletes and strive for the best possible performance in school.

## **Xceleration Volleyball Club Code of Conduct**

### **SUBSTANCE POLICY**

Use of alcohol, drugs and tobacco products is prohibited. Alcohol consumption by minors (under age 21) is prohibited by law in California. Possession or use of drugs is illegal. If a player uses any of these substances while competing as a member of a junior team, the team may be declared ineligible for further competition. Therefore, any use of illegal drugs or alcohol by athletes will result in immediate suspension from the club. The sale of tobacco products is illegal to persons under 18 years old. Additionally, there is overwhelming evidence that tobacco degrades health and athletic performance. Therefore, the use of tobacco products is subject to the same penalties as alcohol and drug use.

If a player is suspended for violation of the substance policy, the terms of the suspension will be specified in writing to the athlete by the club's area director. Each case will be reviewed individually, and the area director has the authority to suspend an athlete for the remainder of the club season if necessary. Subsequent violations may result in permanent expulsion from the club.

A suspended athlete may appeal the suspension in writing. This appeal must be signed by both athlete and a parent, and must be submitted within 14 days of the director's decision. The case will be reviewed by the other club directors.

### **CONDUCT DURING COMPETITION**

This section pertains to any competitive event. Athletes are subject to these rules from the time of their departure from home for an event until they return home.

All athletes are subject to the rules of competition and conduct specified by USA Volleyball. These rules require that athletes treat coaches, teammates, opponents, and officials with courtesy and respect. These rules require the team to officiate. Each player is expected to contribute to the team's officiating responsibilities.

All players are expected to share team duties of line judging, score keeping and second referee responsibilities with teammates. Players are expected to behave in a professional manner.

Coaches will announce the expected arrival time for an event to their teams prior to the event. All athletes are expected to arrive on time. If this is not possible, coaches should be notified in advance.

Players are not excused to leave following competition until released by their coaches. Players and parents should not expect special treatment, such as permission to leave earlier than teammates if the athlete's team must officiate following its final match. Athletes who must leave early due to other commitments should clear this in advance. Players should not leave a playing site between matches without permission. Teams may have meetings, officiating duties, or may need to stay to support other Xceleration teams.

All players will compete in proper club uniforms.

Individual team coaches may establish other rules.

Competitive events requiring overnight stays will require parental supervision for each team. Athletes must understand that parents will have the same authority as the team coach, and are to be treated with the same respect and courtesy.

## **Rules and Regulations**

1. All athletes are expected to behave in a responsible manner.
2. An athlete with a delinquent account during the current season may be denied the ability to participate in practices or tournaments until the account is paid in full.
3. In case of a facility change, the coach or someone from a phone chain will call your home to notify you of the changes. Also, the web site will be a primary source of information.
4. We strongly encourage athletes who participate on an Xceleration Volleyball Club team to take their participation seriously. When they miss a practice or a tournament they affect the entire team. Once they are a member of a team their participation is expected.
5. Coaches determine if their practices are open or closed.
6. All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time.
7. Attendance at practice will affect playing time at the coaches discretion.
8. Proper conduct is expected by all members of the club, this includes athletes, parents and supporters.

9. It is also expected for all members of the club to be courteous and respectful of other clubs' parents and supporters.
10. Athletes/Parents are expected to provide transportation to all tournament sites. Xceleration Volleyball Club does not allow our athletes to drive to out of town tournament sites.
11. Athletes will not be allowed to leave the tournament sites until excused by the coach.
12. Athletes may not leave a tournament site until all officiating assignments are complete. Every player is required to stay until the entire team can leave. Do not ask the coach if you can leave early.
13. Athletes are expected to be supportive of their fellow team members in practice and in tournaments, and to display the qualities of a dedicated athlete such as: a positive attitude, good team spirit, and the desire to learn and improve.

## **Grievance Procedures**

Competitive athletics by its very nature will not allow all people involved to be happy at all times during a season. In the case there is a grievance please know when and how to resolve the discrepancy. It is NOT appropriate to approach coaches on tournament days to discuss playing time or coaching decisions. Our coaches have been instructed to walk away from these types of situations.

In the event you or your child has a grievance:

1. The athlete should speak with the coach about the problem. If this does not resolve the situation then,
2. The parent should call or make an appointment with the Club Director for a meeting with the athlete present. If this does not resolve the problem then,
3. A meeting with the coach, player, parent and Club Director may be needed.

In regards to complaints: Parents are asked to refrain from negative comments around your daughter and the other athletes. Young players are vulnerable if they hear complaining about the coach, the coaches style, or club policies as this can have an adverse effect of their performance and/or attitude. If you, as parent, are unhappy with something, you should follow the grievance procedure to resolve the matter. Repetitive violations of the clubs grievance procedures or complaining to athletes or third parties that interfere with the clubs efforts of providing a wholesome, competitive environment for girls to play volleyball, may be cause for the club to ask the member to resign.

## **Multi Sport Athletes**

If athletes participate in more than one sport during the club season we request they provide their Xceleration VBC coach with a schedule of their other sports contests and practices. If a game for another sport conflicts with an Xceleration practice the athlete will be excused from the Xceleration practice. Conflicts between another sports scheduled event and an Xceleration tournament on the same day will be handled on a case-by-case situation between the athlete and the Xceleration coach and/or directors if needed. Multi-sport athletes will not be allowed to miss more than 25% of their practices and tournaments. Athletes who expect to miss more than 25% of practices and tournaments should not try out for a team.

## **Playing Time**

Areas that will affect an athlete's playing time are as follows: attitude, skill, attendance at practice, position, and status of payment. We keep teams at a maximum number of 12 players and some times only 11, therefore making it fairly easy for coaches to utilize all players during tournaments. We give equal practice time, not equal match playing time.

If an athlete has a problem with playing time, playing position, etc., she shall talk to her coach about it first. Most of the time, this approach alleviates the situation without the parents or club director getting involved. It is highly recommended that the communication lines remain open between the athlete and coach. If there is still a problem then the aforementioned grievance procedures should be followed to remedy the situation.

## **Practice Attendance**

Attendance at practice is very important for athletes to get maximum benefit of the program. Missing practice not only hurts the individual, but also the team. Practices are where skills are learned and polished, therefore those not in attendance will miss out on the repetitions necessary to improve their skills. It is unfair for athletes attending all practice sessions to sit out while those who do not attend practice get to play. Missing practice hinders skill development and will result in loss of playing time. In certain situations, if a player missed a practice she will be allowed to make it up by practicing with another team in the club. These arrangements require the approval of BOTH coaches involved and should be limited to the occasional situation.

Advance notice of unavailability is very important. If a player will miss practice or tournaments for any reason, she must call the coach in advance. Players desiring to participate in the Xceleration Volleyball Club program should consider their capacity to compete in multiple activities simultaneously before making this commitment.

Power League team players are expected to make practice attendance a priority. Participating on a Power League team requires dedication on the part of the individual athlete to ensure the success of the team.

## **What we expect from Parents**

Yes, Parents, we do expect some things from you. We are a club dedicated to improving volleyball in our surrounding area schools. We are a not for profit organization. Just writing out a check does not necessarily keep the club operating smoothly. Please remember that there are several areas in which you can help us:

1. Deliver and pick up players on time. Please remember that coaches have families or other commitments after practice.
2. Please assist with transportation of players to out-of-town events.
3. Please watch your daughter when they compete. Even though they may not let you know, they will appreciate it if you are there to offer encouragement. Please do not coach your daughter or any other player during a practice or tournament.
4. Attend team organizational meetings. At the beginning of each new season and occasionally during the season, parent meetings will be held to update and answer any questions or concerns. Each team and individual coach has a few differences, and it is important for coaches and players to know each other.
5. Pay fees on time. If fees are not paid, bills can not be paid and players may not be permitted to practice and/or compete.
6. Please assist us in planning and administering any tournament travel we have. We need volunteers to setup and take down team areas at each tournament site. With good cooperation from parents and players, we feel that the club will continue to enjoy a satisfying season.

## Team Parent Liaisons

Each team will have a volunteer representative who serves as the liaison between the parents and the coach/club parent liaison/club director. Listed below are the responsibilities for the Parent Liaison.

### Job Responsibilities:

1. Acts as a liaison between the coach and parents. Communicates regularly with the coach and informs the team of practice, tournament schedule changes and any other information that need to be disseminated to the team.
2. Acts as the point person for any complaints and concerns relative to the team. Refers concerns and complaints to the coach and/or Club Team Liaison.
3. Prepares a team roster for all parents with names of players and parents, addresses, phone numbers, school affiliations and any other pertinent information. When travel begins, car phone numbers are great to have.
4. Assists in working with the club Travel Co-ordinator in making travel arrangements for overnight tournaments. Assists coach in distributing tournament information to team. Coordinates hotel accommodations with other parent reps traveling to the same tournaments.
5. If volunteers are needed for local tournaments, the parent rep will help recruit parents from their team to assist with food, carpooling, etc..
6. Works with the club Tournament Co-ordinator on any and all paperwork issues for qualifier tournaments and special tournaments.
7. The parent rep is not an assistant coach and is not involved in any coaching decisions regarding line-ups, playing time, etc.

## Team Travel

When the tournament being attended requires air travel, Xceleration VBC will make the necessary air, hotel and transportation arrangements for the players, coaches, chaperones and as many parents as possible. We will do our best to set aside a block of rooms for parents at our club rates, but we cannot guarantee rooms will be available for all parents. If parents wish to guarantee travel with the club, they can make these reservations themselves. The club will be posting the travel arrangements we have made as quickly as possible in order to afford parents and siblings every opportunity to travel and stay with the teams. In some cases however, parents and siblings may have to travel separately and stay in alternate accommodations.

As to tournaments that do not require air travel but involve hotel accommodations, it is up to each team to make their own arrangements for the travel itself. Xceleration VBC will make hotel reservations for the players, coaches, chaperones and as many parents as possible. If parents wish to guarantee travel with the club, they can make these reservations themselves. The club will be posting the travel arrangements we have made as quickly as possible in order to afford parents and siblings every opportunity to travel and stay with the teams. In some cases however, parents and siblings may have to travel separately and stay in alternate accommodations.

On our younger teams (13/14) we do allow the players to stay with their parents on the road. If all players do not have a parent attending, arrangements must be made by the team to accommodate those players. If necessary, the team will appoint a chaperone and have the girls without a parent attending stay in a room together and be supervised by the appointed chaperone.

## Chaperones

Chaperones will have their travel costs and hotel costs paid by the **team**. Xceleration VBC expects chaperones to take their responsibilities seriously and understand that it is a large undertaking. Chaperones are responsible for the safety of the players they are with. Xceleration Chaperones will abide by the USA Volleyball Code of Conduct for chaperones as listed here:

## Chaperone Responsibilities

Thank you very much for volunteering to be a junior team chaperone. As a chaperone you are assuming certain responsibilities for the welfare of the players under your care, custody and control. To assist you in knowing what your responsibilities are we have created this information sheet for you. Please read and discuss these responsibilities with the team coach or manager. If you understand and accept these responsibilities please sign and date the bottom of the form and return the form to the coach or manager.

As a Chaperone, I understand and take responsibility for the following:

1. As an assigned driver transporting players to and from an event, I will obey all traffic laws and will not take any driving risks that will place the players or me in a harmful situation. All players as well as myself will wear seatbelts while in the automobile.
2. If using my personal automobile for transporting players, I understand that I am responsible for any accidents or injuries to my automobile, myself or to the players. I agree to have automobile liability insurance in the amount of \$300,000 or more covering the automobile I will use to transport players. I agree not to transport more players than my automobile has seatbelts for.
3. I will have a meeting with the coaches that will include the players I am chaperoning to discuss the following:
  - a. Room accommodations - player responsibilities and conduct
  - b. Curfew
  - c. Check-in requirements with you if the players are going to leave the hotel.
  - d. Review of departure times and team activity agenda times.
  - e. Alcohol, tobacco and illegal drug restrictions.
  - f. Team meals.
4. I will refrain from using alcoholic beverages while conducting my chaperone responsibilities. I will absolutely not drink and drive myself or any players while acting as a chaperone. If for any reason I feel impaired to chaperone, drive, or carry out any of my responsibilities I will personally contact the team coach or manager and advise him/her of my impairment.

5. I will do everything that is reasonable and prudent to insure the safety of myself and the players while performing any chaperone duties.
  
6. I will not leave the players unattended at any point while performing my duties. Should an emergency arise, I will make alternate plans for the girls supervision until I am able to resume my duties.
  
7. As a chaperone, I understand that I am working under the direction of the Club, Regional Volleyball Association, or USA Volleyball Association. Any *General Liability* insurance available to the Club, Regional Association or USA Volleyball Association (excluding auto insurance) is also made available to me while working on behalf of or at the direction of the Club, Regional Association or USA Volleyball. I understand that I may be personally responsible and liable for any of
  
8. my actions that fall outside the scope of authority granted to me by the Club, Regional Association, or USA Volleyball.