

Rockford Volleyball Association Parent Information Manual 2010

Table of Contents

<u>Page</u>	<u>Subject</u>
2	Welcome to Rockford Volleyball
3	What is Club Volleyball?
3	Dues, Fees, and Methods of Payments
4	Parent Responsibility
4	Practices
5	Bad Weather Conditions
5	School Sport Athletes
5	Extreme Teams
5	Team Selection
6	Player Movement or Transfers
6	Playing Time
6	What is There for Boys?
6	Uniform Policy
7	Overnight Tournaments
7	Fund Raising
8	Team Parent Application Form
9	The History of Rockford Volleyball Association
10	How to be a Great Fan

Appendices

- Program Comparison Chart
- Competition Schedule
- Team practice Schedule

Welcome to Rockford Volleyball Association 2010 Season

Welcome to Rockford Volleyball Club. Founded in the fall of 1985 for the purpose of promoting the growth of volleyball in the Rockford area, Rockford Volleyball has grown year by year to become the competitive and respected club it is now. In 1998 Rockford Volleyball secured its first “home to call it’s own” at The Open Net Sports Center in Loves Park, Illinois. Rockford Volleyball, working in partnership with the Rockford Park District, moved into a new home at the Indoor Sports Center at 8800 East Riverside Blvd. in Loves Park in January 2002.

In 2001 Rockford Volleyball qualified it’s first team for Nationals. In 2002 Rockford Volleyball qualified the 18 Select team for Nationals in Salt Lake City and the 15 Select team for the National Invitational in Louisville. In 2003 the Select 15 Gold team took third place, Select 13’s won Silver, and Select 16 Gold placed 5th at the National Invitational tournament in Phoenix. In 2004 Select 16 Overkill qualified for Nationals in Houston, Texas by winning the Spokane NorthWest Qualifier and the Select 14 QuikSilver Team placed 3rd at Invitationals in Austin, Texas. In 2008 Rockford-Forresteron 18’s qualified for Nationals in Dallas, Texas.

This year’s programs include Extreme teams, National teams, Regional teams, and Club Chaos. Extreme teams practice 3 times weekly, compete in national qualifiers and regionals. National level teams practice twice weekly, have an option to compete in a national qualifier and possibly regionals. Regional level teams practice twice weekly and play tournaments only within the Great Lakes Region. Club Chaos teams practice one a week and play tournaments at the Indoor Sports Center exclusively.

The club is a director-run organization and benefits from the support group of the Rockford Volleyball Association Board that helps the director in club matters.

An array of competitive and recreational programs are offered by Rockford Volleyball and The Rockford Park District and are designed to meet the growing and changing needs of area junior volleyball players yet continue to allow the Rockford Club to grow in strength and stature in the Great Lakes Volleyball Region. It is the intent of Rockford Volleyball that all players, no matter what their talent, current skill level, or personal level of commitment, are able to find a program to suit their personal volleyball goals and needs either with Rockford Volleyball or with Rockford Park District programs.

ROCKFORD VOLLEYBALL PROGRAMS * 2010

WHAT IS CLUB BALL?

In general, Club Volleyball is an opportunity for athletes to extend their high school volleyball season, play at a higher level, travel to compete, make new friends, and learn new techniques on an organized level. Rockford Volleyball has teams that compete at the following age levels for girls: 12's, 13's, 14', 15's, 16's, 17's, and 18's. Players who compete in club volleyball programs often gain nearly the equivalent of the experience of two or three high school seasons for every club season.

SEE THE COMPARISON CHART OF ROCKFORD VOLLEYBALL CLUB PROGRAMS FOR 2010. www.rockfordvolleyball.org

DUES, FEES, AND METHODS OF PAYMENTS

Once a player is accepted to the club and signs a player contract along with their parent or guardian, parents (guardians) are responsible for **full payment of all club dues and fees for the entire club season. Non-participation or injuries is not an automatic excuse from paying dues.** Accepting a spot with the club means acceptance of that financial responsibility to the club also.

Dues this year include required uniform for the level. If player is able to use jerseys, warm-up, spandex, bag, and practice ball from last year, there can be a savings of up to \$245 off the total dues listed. Dues for Extreme also include entry and coach's expenses to one National Qualifier tournament and the Regional tournament. If a team stays overnight at any tournament, players must room with their parents or parents must arrange for another adult to chaperone their child by rooming with them. All travel, food, and lodging expenses are the responsibility of the individual and are not covered by club fees/dues.

Payment Schedules:

Program	Accepting	Dec. 1	Jan. 1	Feb. 1	TOTAL
Extreme	\$475	\$475	\$475	\$465	\$1,890
National	\$350	\$350	\$350	\$350	\$1400
Regional	\$175	\$175	\$175	\$175	\$700
Club Chaos	\$150	\$150	\$150		\$450

*** Keep this schedule handy. It is your only reminder. Failure to pay installments on time may result in non-participation by the athlete. If you need an alternate pay schedule, please contact Pat Meinert, Club Director. The athlete will not participate in practices or tournaments until dues are paid up to date.**

PARENT RESPONSIBILITY

Being part of a club is a big responsibility not only for the athlete but for the parents as well. Parents are expected to pay dues and make sure the athlete is at all practices and tournaments on time. This may be accomplished by car-pooling, but ultimately the parent is responsible for the athlete's transportation. Occasionally a question or concern arises regarding policies. Please bring personal concerns to the Club Director. As parents, you are role models for your children. Good sportsmanship should always be the number one priority. ***All players are expected to stay at tournaments until the team's responsibilities have been fulfilled. This includes officiating responsibilities. Any player leaving without consent of her/his coach will be sanctioned by reduced playing time during the next tournament.***

PRACTICES

All practices will be held at The Indoor Sports Center at 8800 East Riverside Blvd. All athletes will have the opportunity to learn basic techniques for passing, setting, attacking, overhand serving, blocking, and digging skills. Basic movement and footwork patterns will also be emphasized. As the players move up in age divisions, strategies will expand and the athletes will learn more advanced offensive and defensive systems and techniques.

Coaches must be notified ahead of time about absences from practices and tournaments by the player or parent. Missed practices must be made up. Player/parent should arrange this make-up practice with the coach. In case of injury, players should continue to attend practices so when once again able to participate, the player won't be so far behind her/his team.

Practices are generally 2 hours in length. Extreme, National, and some Regional teams will practice on Mondays and Thursdays including training with Top Performers 45 minutes on those days. Extreme teams will have a third day of practice probably on Wednesdays. A tentative practice schedule follows:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 – 6:45 Extreme/National 15's & older 5:15 – 8:00 Extreme/National 14's & younger 6:00 – 8:00 Regional 14/13's 6:45 – 9:30 Ext/National 15's & older	4:00 – 6:00 Regional Teams (up to 5 teams) Age div. TBD	4:00 – 6:00 Extreme teams (up to 5 teams)	4:00 – 6:45 Extreme/National 15's & older 5:15 – 8:00 Extreme/National 14's & younger 6:00 – 8:00 Regional 14/13's 6:45 – 9:30 Ext/National 15's & older	4:00 – 6:00 Regional Teams (up to 5 teams) Age div. TBD	4:30 – 7:30 Club Chaos Teams (up to 5 teams)

Players must wear Rockford Club shirts to practices. Practice t-shirts, tryout shirts, old Rockford jerseys, t-shirts won at home tournaments and qualifier t-shirts are permissible practice attire. Players not following this rule will be sanctioned! *Shirts with other club's names on it will not be allowed at Rockford practices.*

BAD WEATHER CONDITIONS

In the event that the Indoor Sports Center is closed due to weather conditions, that information will be posted at this number: 654-7452. If the club cancels for any reason, please listen to WROK or WZOK for cancellation information or call 815-885-4351 and a message will be on the answering machine. Once teams are determined, calling trees are usually organized within each team. This information may also be posted on the website. The decision to cancel is usually made by the club director by 3:00pm.

Please use your own judgment when no information is received or available.

SCHOOL SPORT ATHLETES

Athletes who participate in school sports or other activities and also wish to play club volleyball have an added challenge of balancing these activities. It requires a special person to be organized and committed to these activities, but it can be done. Coaches expect that the athlete be honest and open about school sport/activity conflicts so the coaches can plan accordingly. A coach may be able to handle missing one or two athletes during a winter or spring sport season for some tournaments and practices, but will have to be informed of the conflicts at tryout time so she/he can plan to have a “balanced” team. A player involved in school sports will be asked to make-up some missed practices in some way.

EXTREME LEVEL TEAMS

Extreme teams are for those athletes who have a highest level of potential, desire, and dedication. An Extreme program includes:

- A National Qualifier
- Great Lakes Regional Tournament
- A third night of practice
- The goal of qualifying for Nationals

Additional fees have been applied to cover the costs of the additional competition and training.

TEAM SELECTION

All coaches on the selection committee will make every effort to thoroughly and fairly evaluate all players at tryouts. This is usually a very difficult decision-making time. All tryout days will be used to determine which athletes will be accepted and all athletes trying out should make every effort to be present for all dates. At the end of tryouts, athletes will be notified if they have earned a spot with the club. The athlete and her parents will have at least until the following Wednesday, to notify the club of their decision of whether to accept or decline the offer.

During the parent meeting, players will order uniforms, turn in contracts, meet the coaches, and get fund raising information.

December practices may be needed to finalize squads.

PLAYER MOVEMENT OR TRANSFERS TO OTHER TEAMS

Movement between teams and/or levels within the club may be made by the Club Directors and coaches based on the following reasons:

1. Player on a top level team cannot meet the expectations of that team either by attendance, work ethic, or attitude.
2. Players' skill level has risen to the next level and space is available on a more competitive team.
3. Teams are in need of players because of injuries or commitment changes.
4. Players may benefit from additional playing time or playing at a different level.
 - Note: Movement is contingent upon available space and parent consent since such movement may involve extra costs or refund.

PLAYING TIME

It is the decision of the coach, with possible input from the club director, who earns a spot in the starting line-up on his/her team and how he/she develops each player into becoming an integral part of the team. Parents are **NOT** allowed to question these types of decisions. *If a parent chooses to ignore this policy, his/her child may be suspended from participation in tournaments or practices as per coach's/club director's discretion.*

Parents should encouraged their daughter to talk to the coach about concerns about playing time, skill progress, etc. Concerns by parents beyond those handled by the player and coach should be brought to the coach preferably by phone and always away from the practice or tournament site. A conference can be arranged if necessary. If satisfaction is not obtained after discussion or meeting with the coach, parents should contact the club director who will decide if further action needs to be taken.

WHAT IS THERE FOR BOYS?

Efforts to develop a boys program are on-going. As of now, there will be no boys' team for the 2010 season. Boys 14 & younger may compete on a girls/co-ed Regional team.

UNIFORM POLICY

All Extreme and National teams need a full warm-up, two jerseys, spandex, gear bag, and practice ball. These items are all included in the fee. If an athlete is able to use these items from previous years, there will be up to \$245 savings on the dues total. The warm-up, or other club attire (like a team warm-up shirt) must be worn to competitions. The decision of what part of the warm-up to be worn will be at the discretion of the coach and the individual teams. Regional and Club Chaos teams will receive one jersey, spandex, and sweatshirt as their uniform package.

OVERNIGHT TOURNAMENTS

Extreme and National teams may have a few overnight tournaments. USA Volleyball has a policy of Stay to Play in which club teams must use approved housing for the event. Information about hotels for Qualifiers or Nationals will be forthcoming. It will be up to the parents to call, confirm, and place a deposit for their own rooms. Players are expected to stay with their parents or parents must make arrangements for their daughter's accommodations and chaperone. Coaches will set curfew times, team meetings, team meal times, and site directions and schedules.

The following actions may result in the athlete being sent home immediately from travel tournaments and may include possible removal from the club and the United States Volleyball Association:

1. Alcohol, drug, or tobacco abuse.
2. Curfew violations.
3. Members of opposite gender in rooms (except for parents and siblings) at any time.
4. Foul language and fighting.
5. Vandalism.
6. Unlawful conduct such as shoplifting, disorderly conduct, or reckless driving.
7. Leaving the hotel without consent of the coach or chaperone.

FUND RAISING

The club sponsors several programs to help parents and athletes defray some of the cost of dues and fees. The major project is the Club Program Book. Parents and athletes may sell advertisements for the Club Program Book and earn 60% of the cost of the ads toward their dues.

Rockford Volleyball will be participating in the Check Awards program. Players sell "checkbooks" that contain vouchers for various businesses in the area. The usual value of these books is around \$750. The books sell for \$30 and players will make about \$15 per sold book.

Selling cooking dough and popcorn is another popular project the club usually conducts to help raise funds for club fees.

Responsible athletes can also apply to be junior coaches. Junior coaches are assigned to help a younger team or to coach in a Park District Volleyball program. Junior coaches earn \$7 per hour toward their dues. This program is sponsored by Volley Critter funds.

TEAM PARENT

A parent (or two) from each team volunteers to be a team parent(s). Team parents have a few responsibilities to help out the coach and their child's team.

TEAM PARENT RESPONSIBILITIES:

- Organize a calling/phone tree
- Help out on picture night
- Coordinate hotel accommodations for team (Extreme or National).
- Assist coach as needed and/or directed.
- Help fund-raising for team needs.
- Collect for coach's gift.
- Organize team events/parties.

If you are interested in helping out as a team parent, please complete the form below and turn it into the Pat Meinert, Club Director.

TEAM PARENT APPLICATION

I am interested in serving as a team parent for my child's team:

NAME: _____

TEAM: _____

AGE DIVISION (circle): 18's 17's 16's 15's 14's 13's 12's 11's

PROGRAM (circle):

Extreme National Regional Club Chaos

CHILD'S NAME: _____

Rockford Volleyball Association History

Rockford Volleyball Association (RVBA) is a non-profit organization founded in the fall of 1985 for the purpose of promoting the growth of volleyball in the Rockford area. Throughout the years, the club has continued to grow in the number of teams and in the quality of competition. Teams at all age levels now compete in the Power League in Aurora and compete in various tournaments, including National Qualifiers. Rockford Volleyball provides competition for the more elite volleyball players in this area.

Rockford Volleyball Association has provided the opportunity for many young players to enhance their competition level. Many of the players have gone on to compete in college at levels ranging from junior colleges to Division I universities throughout the United States. A list of athletes and their colleges is included in the club's program book. Over the years, many players have received full or partial athletic scholarships and at least one player has gone on to play professional volleyball so far. Keep in mind that college play and athletic scholarship are not the only ways these young athletes may benefit from the program.

In the fall of 1999, Rockford Volleyball formed its' first boys' club team that existed for 3 seasons. No boy's team has been formed since 2001 due to insufficient interest.

The club has not always had a place to call home. In its early years, RVBA had to secure playing space at various sites throughout the Rockford area. Practice sites included the Rockford Armory, JFK Middle School, the Indoor Sports Center, and Eisenhower Middle School. Tournaments were hosted at some of these locations, as well as at Beloit Memorial High School, Jefferson High School, and Rock Valley College. In 1996, increasing rental charges, inconvenient locations and practice times created a need for a home of our own. So the search began for a space with appropriate playing surface, regulation ceiling height, and practice hours appropriate for young people, all at a reasonable cost.

The Court House, Home of Rockford Volleyball, opened its doors in January of 1998. The name was changed to the Open Net Sports Center soon after. The successful venture was due to the efforts of a huge group of people comprised of parents, RVBA players and coaches, adult league players, past RVBA Board Presidents, the Rockford Park District, and various other people in the Rockford area community. In December 2001, Rockford Volleyball joined forces with the Park District and planned a move to the Indoor Sports Center which is the main indoor facility of the Park District's Sportscore Two project. One of the outstanding features of the facility is the beautiful SportCourts that serves as the playing surface for the volleyball courts. The volunteers mentioned above, spent countless hours fund raising and soliciting donations to purchase the courts and then worked to install the floors themselves. Nets and pole systems originally donated by the Chrysler Corporation when the club was based at the old armory downtown, have been replaced by new net systems purchased in partnership with the Rockford Park District.

RVBA is governed by an elected board of volunteers. The Board makes policy, oversees the running of the club and works with the club directors. Most of the responsibility for running the club falls on the Club Director. It is the job of the Director to oversee the collection of dues, hire qualified coaches, and to see that the players develop to their potential in the program.

The website (www.rockfordvolleyball.org) is the lifeline to information about tournaments, dues, and updated club happening. John Smith, father of Caitlin Smith (2002 graduate), was the founder of the website. Sharon Yates worked to give the website a "face lift" in 2003 developing an easy to navigate format. Coach Julie Kimbler was the first webmaster. The website currently is maintained by Sharon Yates. Check out the site for club information.

It is the hope of RVBA to instill a sense of pride for our club and our facility in each of its members. The continued support of volunteers is essential to the success and future of the Rockford Volleyball Association. Please contribute your time and talents to the association in any way you can. That's what keeps the club alive!

Revised 10/9/05

HOW TO BE A GREAT FAN

Be positive at all times. Remember that you are cheering for young people from 12 or younger through 18 years old. At this point, most of them do not possess all the confidence, skills, and toughness they need to play without being self-conscious. Most people, especially kids, perform better with positive reinforcements rather than with negative ones.

Allow your daughter to make mistakes. Volleyball is an intricate game and requires well-defined skills that need to be developed over time. Players must be allowed to make mistakes. Then they can learn from them. If a person is not free to make an error, they will be reluctant to try new and more challenging skills and will only want to play within their “comfort zone” and never improve beyond that level. Most of the time when a player makes a mistake, they know they did and don’t have to be told about it. They know they should get their serves in, hit the ball in the court, set their hitters the ball perfectly – but it doesn’t always happen and hearing parents shout these reminders usually doesn’t help to improve their concentration, confidence, or performance.

The kids on the other teams are just like our kids. It’s not fair, nor sportsmanlike, to be yelling negative comments to them whether they are playing our team or helping to officiate a match we’re playing.

Referees are only doing their jobs. There will be calls you don’t agree with, calls you don’t understand, and calls where the officials just made a mistake. Referees don’t deserve to be yelled at, questioned by parents, or berated. Behavior of this fashion does not usually work in our team’s favor anyway.

Be positive and congratulate good plays (yes, by both teams). If you can’t think of anything good or positive to say, it’s best to remain silent.

I realize that your focus is your daughter and that you have their best interest at heart. Please be aware that your child is one of nine or ten members of a team. The coach has the difficult job of utilizing the skills and talents of each player and putting it all together to make a TEAM. This is an awesome job and often parents don’t consider the magnitude of the coach’s responsibility. Please be supportive of each and every member of the team including the coach(es).

Our coaches, players, and parents are all ambassadors of Rockford Volleyball. We have been very proud in past years of countless examples of great sportsmanship and outstanding behavior by our players, parents, and coaches. We look forward to this tradition continuing.

Pat Meinert, Rockford Club Director