

## 2023-24 Niagara County Volleyball Club (NCVC) Player/Parent Handbook

Welcome to the Niagara County Volleyball Club (NCVC), a member of the Junior Division of USA Volleyball, in the WEVA Region. This booklet is for our players and parents to have access to information about the club and help answer questions that may arise throughout the season.

If at any time you need more information or have questions, please contact a club director. Either by email at [mwills@ncvball.com](mailto:mwills@ncvball.com) or call 716-471-5846

USA Volleyball (USAV), ranks as one of the leading amateur sport bodies in the nation...innovative programming, aggressive in the pursuit of improved benefits for it athletes, and dedicated to bringing world excellence in volleyball to America. USAV is the nation's volleyball leader. It is recognized by the United States Olympic Committee (USOC) as the National Governing Body for the sport.

NCVC is part of the WEVA Region, which covers Western NY.

Our goal at NCVC is to promote youth athletics in the Niagara County area. Our Mission is to help young athletes become the best they can be while providing them opportunities to learn leadership, sportsmanship, teamwork and a drive for excellence in life. Our goal is to provide a quality experience at an affordable price.

### **Registration and Eligibility**

The USAV defines age groups for training and competition. See [www.ncvball.com](http://www.ncvball.com) for age/team rules.

Each year, new members must submit a copy of their birth certificate at tryouts to ensure they are placed on the appropriate team.

### **Coaching Staff**

One of our goals at NCVC is to provide experienced, quality coaches for our programs. We will strive to match coaches with teams based on experience, knowledge, abilities, and personality.

All coaches will be IMPACT certified, registered with the USAV as a coach and will have a completed background check. National team coaches will also have AAU registrations and certifications.

### **Time Commitment**

The season runs from as early as December and as late as the end of May. . Practices will begin in as early as December and tournaments may also be as early as January. Players are expected to be committed to attend practices and tournaments

scheduled by NCVC. Schedules will be handed out to each participant and also available online at [www.ncvball.com](http://www.ncvball.com). Each team may have a different tournament schedule.

### **Policy for late/missed Practices and Tournaments**

NCVC requires you to call your coach if you will be late to a practice, will miss practice, or a tournament. If you do not call your coach to explain the reason you are late or absent, you will be considered unexcused. Unexcused absences will be treated accordingly:

1st Offense = Additional conditioning at coaches discretion.

2nd Offense= Missed set at next tournament

3rd Offense= Missed game at next tournament and a meeting between athlete, parent, coach and a director will be scheduled.

NCVC follows the *USA VOLLEYBALL PARTICIPANT CODE OF CONDUCT* for ALL participants.

#### THE FOLLOWING ACTIONS ARE PROHIBITED:

1. Violation of any anti-doping policies, protocols or procedures as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), Federation International de Volleyball (FIVB), US Anti-Doping Agency (USADA) or the United States Olympic Committee (USOC). Violations of this provision will be adjudicated only by USADA or the proper anti-doping authority, not USA Volleyball (USAV).
2. Possession, consumption or distribution of alcohol and/or tobacco if illegal or in violation of USA Volleyball (USAV) or Regional Volleyball Association (RVA) policy
3. USAV policy prohibits the possession, consumption or distribution of alcohol and/or tobacco by anyone registered as a junior volleyball player at the event venue of any USAV/RVA sanctioned junior event.
4. Use of a recognized identification card by anyone other than the individual described on the card.
5. Physical damage to a facility or theft of items from a room, dormitory, residence or other person. (Restitution will be part of any penalty imposed.)
6. Possession of fireworks, ammunition, firearms, or other weapons or any item or material which by commonly accepted practices and principles would be a hazard or harmful to other persons at USAV/RVA sanctioned events.
7. Any action considered to be an offense under Federal, State or local law ordinances.

8. Violation of the specific policies, regulations, and/or procedures of the USAV, RVA or the facility used in conjunction with a sanctioned event. (It is the responsibility of the individual to be familiar with applicable specific policies, regulations and procedures.)

9. Conduct which is inappropriate as determined by comparison to normally accepted behavior.

10. Physical or verbal intimidation of any individual.

11. Actions that will be detrimental to USAV or NCVV.

#### USA VOLLEYBALL DISCIPLINARY POLICY:

<b>Infraction</b>	<b>When Occurred</b>	<b>Suggested Maximum Penalty **</b>
First	Before or during event	Individual disqualified (if person is a junior, he/she will be sent home as soon as possible and parent or guardian notified). The individual may be declared ineligible for USAV registration or RVA membership for one year starting from the date of infraction.
	After event concludes	The individual may be declared ineligible for USAV registration or RVA membership for one year starting from the date of infraction.
Second	Before or during event	Individual disqualified (if person is a junior, he/she will be sent home as soon as possible and parent or guardian notified). The individual may be declared ineligible for USAV registration or RVA membership for two years starting from the date of infraction.
	After event concludes	The individual may be declared ineligible for USAV registration or RVA membership for two years starting from the date of infraction.
Third		Individual may be declared ineligible for USAV registration or RVA membership for the remainder of his/her lifetime.

#### **Practices**

In the event of an absence from a practice, please contact your coach to inform them. Unexcused absences may result in loss of play time in upcoming tournaments. You will also be required to be on time to practices and tournaments. Please always be ready at practice 15 minutes early, to ensure you have time to put shoes/knee pads on, as arriving right at scheduled practice times will take away from time you need on the court.

The coach has the right at any time to discuss with the player/director any problems that continually occur with attendance times and missed practices.

Lack of practice attendance may affect playing times at tournaments as well as missed training time may affect the well-being of the team and the individuals own skills advancement.

## **Tournaments**

No travel expenses are included in your participation fees. All travel expenses are the responsibility of each family. Time played at tournaments is earned and not always given out equally. Practice is where the girls learn and get better. You pay for practice, and you earn tournament play time.

Tournaments could be on Saturdays, Sundays or Mondays for special holiday events. Tournaments usually begin around 8am and run until approximately 5pm. You will be required to arrive 1 hour early to each tournament. If we are asked to referee the first game instead of play, you will be required to be there 30-45 minutes early. Please plan travel time accordingly! It is the responsibility of the tournament site to post all of this information, and it usually is not made available until Wednesday prior to the tournament. An email will also be sent to each player/parent with all tournament times and locations and addresses.

If there is a major conflict with a scheduled tournament and you absolutely are unable to attend (not having a ride is not an excuse for missing a tournament), please let the coach/director know AS SOON as you realize there is a scheduling problem. NCVC is not responsible for any transportation to or from any tournaments; however, we will work with you in the event that a player is without a ride.

## **Financial Commitment**

Each Player is required to pay a participation fee while she participates with NCVC. Various factors can affect the cost and there is no guarantee there will not be an increase due to circumstances beyond our control; however, we will do everything in our power to keep this from happening. The fees include uniforms, player gear, USAV membership fees, facility rental, cost of equipment, certifications, coaching expenses, etc.

Once you sign your player contract and pay your fee, you are committed to the season with NCVC. Should you quit before the season is over, you will not be entitled to any refunds or monies already paid.

Full payment is due at first practice.

Failure to make the payment as agreed upon by the player contract can render the athlete ineligible to practice or compete with NCVC until the balance is paid in full.

## **Uniform and Equipment**

Team Uniforms are provided by NCVC and our athletes will be required to wear issued gear at all competitions.

NCVC is sponsored by NIKE and all players are required to wear issued gear, NIKE knee pads (players responsibility) and NIKE socks (players responsibility).

Proper care of the uniforms is each player's responsibility. Parents are asked to review and follow the care instructions on labels to ensure they that all the gear is in the best condition possible for the season.

### **Team Selection**

Teams will be selected by NCVC Directors and coaching staff on the date of tryouts. Teams could range from 10 to 13 players. Depending on the ability and ages of athletes trying out, players may be asked to play up to the next age division, which is permitted. Athletes may play up to the next age, but may not play down to a lower age division. \*\*\*\*\* It is our goal and desire to place each girl on a travel team, however, sometimes that is just not possible due to coaching availability, practice facility time, and the number of girls trying out for a particular age group.

### **WEVA Registration**

Before your tryout you will be required to register with the WEVA or Sports Engine. This information must be completed as soon as possible in order for you to be able to tryout for a team. The registration fee needs to be paid online at the WEVA website ([www.wevavolleyball.org/](http://www.wevavolleyball.org/)).

You will need to print out the documents you completed online and bring with you to your first practice.

### **Insurance Coverage**

It is the responsibility of parents to ensure that their athlete is covered by medical insurance. Volleyball is like any other sport – the risk of accidental injuries is inherent in the nature of these activities. These risks include, but are not limited to, the potential for injury, accidents or illness while traveling to and from competition sites, while participating in the various program activities, and while playing volleyball. We attempt to minimize the existing risks through use of proper sports equipment, proper facilities, and sound safety practices. Participants should realize that these risks couldn't be eliminated.

PLEASE NOTE: Your registration includes USAV supplemental insurance coverage.

### **Communication**

NCVC is dedicated to keeping an open line of communication between all involved. We want the players/parents to feel comfortable with our staff and know that

we are here to make this enjoyable as well as a great learning and growing experience for your daughters. This is also designed to help your daughters learn how to interact with adults and authority figures.

If there is a conflict or problem with your daughter and coach, please follow the chain we have set up for this matter. Please know that we feel very strongly that our coaches will respect our desires and treat your daughters respectfully, yet firmly regarding their performances and as a young lady and athlete. We will not accept inferior coaching, and we hope that this policy will help alleviate a lot of problems in our club.

The chain of communication is as follows:

- Your daughter may talk to the coach prior to or after practices. Please do not do this at tournaments, as tournaments are stressful enough and we would rather save issues for practice days.

- If your daughter has already talked to the coach and the issue is not resolved, please contact a club director with your issues or concerns; and we will be certain to talk to the coach and try to resolve it and will get back to you with our findings.

- Should the above 2 steps fail to rectify the problems, please ask a director to schedule a meeting between the player, parent, coach, and director. We hope we should never have to do this, but if needed, please rest assured that we will.

IMPORTANT - Please be sure that if your contact info (email/phone) changes, you make sure the coach, team parent and director are aware of the changes, so you do not miss any important information.

### **Team Parents**

NCVC would like to have 1 parent per team to help with team bonding, to help to keep communication open, organize a food table for the tournaments and hotel bookings.

### **Fee Schedules**

NCVC will accept cash, check (made payable to NCVC), Credit Cards via PayPal using the website [www.ncvball.com](http://www.ncvball.com). A 3% Service fee will be added to all online payments.

ANY Checks returned due to insufficient funds will be charged a \$40.00 fee to NCVC, in addition to any fees your bank charges you. This fee will be required to be paid prior to participating in any additional practices.

### **Guidelines for Being a Positive Player-Parent**

Cheer your player on, be supportive of her, console her; but do it without judging her, the coach, officials or teammates.

Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.

Encourage your child to seek her own answers. Coaches respect players who come to them and privately question their playing time or role; it immediately indicates they want more.

Understand the rules of the game and the coach's philosophy.

Do your physical part as a parent. Get your child to practice on time and pick them up promptly. Demonstrating responsibility and commitment can be incredibly effective, and is a good example for you daughter to follow as she grows and matures herself.

Positions and talent sometimes do not match up. Coaches attempt to do what's best for the team, putting the best physical mix and best "chemistry" on the floor. That may mean that sometimes your daughter may be playing "out of position" in an attempt to strengthen the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay positive, and maybe your child will flourish.

If you have real concerns, and your player has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story – a common occurrence). If you are trying to resolve a problem, help your player by being a role model in the problem solving procedure. Please follow our guidelines on communications.

Never approach a coach with complaints after a tough game. Most coaches are highly competitive, and just like players, do not like being confronted after tough games. Please wait 24hrs or until next practice and follow our communication guidelines.

Please think before criticizing anyone connected with your player's club or team. Criticism is contagious and often hurtful. The damage could be irreversible.

Visibly show that you enjoy watching your child perform; this will make him/her feel better about individual participation, no matter what the role is.

### **Final Words of Thought**

Please focus on your daughter's improvement, motivation, and desire. We have coaches to focus on her volleyball skills and performance. Above all be Supportive. NCVC wants all the girls to be successful on and off the court.

Thanks for giving us the opportunity to share in your daughter's achievements here at NCVC.

Have fun this season and enjoy the NCVC experience with your daughter and the other club parents!