



2018-19 PLAYER/PARENT HANDBOOK

“Preparing Today’s Athletes for Tomorrow’s Success”

Club Solano Volleyball is a non-profit youth sports organization established in 1994. Club Solano has provided youth athletes in Northern California with quality volleyball training program and a platform to showcase their talents in a competitive learning environment. Many of our club athletes have grown to experience high levels of personal achievement and team success.

Coaches and staff are pleased to have you as a member of Club Solano as we embark on our 25th season of competition in NCVA league.

At Club Solano Volleyball the goal of our program is to enhance the growth of our players:

Growth as a player

- Fundamental volleyball skills are a key focus for our players, as it is this skill base that we can progress our teams on to higher levels of play. Our coaching staff evaluates players at the beginning of the season to identify the needs of each player based on strengths and weaknesses found, then proceeds to train them as needed. Along with the focus on fundamental skills, coaches teach offensive and defensive strategies to team with the goal to play competitively at tournaments. We strive to bring out the best in each player so that they reach their ultimate potential.

Growth as a team member

- As we all know, volleyball is a team sport. Games cannot be won by just one player, it requires the cohesive play from all players working together as one unit. At Club Solano Volleyball we strive to teach our players the ability to successfully interact with their teammates through communication, trust and cooperation. The interpersonal skills they learn at Club Solano Volleyball will only serve to help them in their everyday experiences in which interaction with others is key to succeeding.

Growth as an individual

- To succeed in life you must be willing to work for what you want. Already, our players have shown their ability to set goals and attain them by coming to try-outs, playing their best and making a team. Our aim is to continue to develop this work ethic. We teach our players to set goals for their development and assist them in achieving those goals, in both practice and in competitions. Equally important to a strong work ethic is a positive mind-set. In club volleyball high-pressure situations arise, such as rigorous training sessions and tournament matches and we teach our players how to face these situations with a positive attitude and a sense of determination. We instill in each athlete a positive attitude toward; the sport, our club, teammates, coaches, hard work, dedication, winning, losing and our competitors.



Sponsorship Agreement with Nike



Club Solano has entered into a sponsorship agreement with Nike. This is a very exciting time for Club Solano as we hope this will help us provide our young athletes with the best athletic gear on the market. Club Solano is committed to providing the best for our players and we believe this partnership with Nike will help us continue down that path. All Club Solano uniforms and spirit wear will bear the Nike logo.

Club Solano Coaches

Club Solano seeks and employs quality experienced coaches to instruct and lead our club teams. Our director and staff members attempt to match coaches to meet the needs of each individual team. All coaches will attempt to communicate with players and parents in a constructive, positive, and professional manner. Each will strive to be firm, fair, consistent, encouraging mentors who will train each athlete accordingly, in all aspects of volleyball and use the defined disciplinary measures (listed in this handbook) whenever necessary. Their goal is to instruct and assist each team member to perform up to their individual ability and potential. All coaches will be required to undergo a personal background check.

Policies and Team Expectations

For our program to be successful, team rules as well as policies discussed in the handbook must be followed and enforced. Our program is committed to treating all athletes fairly and gives each individual the opportunity to improve the many skills associated with the exciting, demanding, and rapidly changing sport. The following information is provided as a guideline and to enhance communication between coaches, athletes and parents. Brief explanations of policies and are as follows:

Attendance

All tournaments are **MANDATORY**. Any absence from practice or events warrants a call from the parent to the coach. Athletes should give proper advanced notice when an absence is unavoidable. Please keep in mind that any absences may have a negative effect on the athlete's playing time and/or lead to possible removal from the team. If you are a two-sport athlete, please see the club director in advance to discuss possible practice conflicts.



AAU/USA Volleyball Junior Nationals

All athletes who are selected to power teams can participate in either USA Volleyball Girls Junior Nationals (if qualified to do so) or AAU Girls Junior Nationals. All athletes who would like to participate in AAU GJNC must accept the financial responsibility to pay for any/all additional fees required for any Nationals participation. If a team collectively decides to attend any additional tournaments, a deposit may be required mid-season to secure travel arrangements and fees.



2019 USA Volleyball Girls Junior National Championship – Indianapolis, Indiana



2019 AAU Girls' Junior National Volleyball Championship – Orlando, Florida

Player Guidelines, Training and Tournament Policies

1. Athletes should maintain good grades. Time management is a critical skill that successful student athletes need. Players are expected to plan ahead and make sure preparation for schoolwork is completed well in advance of the assignment due dates.
2. Athletes must adhere to ALL Club Solano, NCVA and USA Volleyball rules, regulations and policies (both written and verbally stated).
3. Athletes will be representing Club Solano Volleyball and must be courteous to officials, opponents and coaches at all times.
4. The use of social media directed at team members, parent, coaches, Club Solano, or other teams in a negative/disrespectful manner by players or parents is not acceptable. Failure to abide by this rule may result in disciplinary action and/or expulsion from the Club.
5. Proper conduct is a must. If negative behavior becomes a problem and continues, athletes may be released from Club Solano **without a refund**.
6. ***Athletes that are delinquent in payment of membership dues will NOT be allowed to practice or compete in tournaments.***
7. Athletes must commit to their Club Solano team schedule both physically and financially. Season ending injuries incurred during practice or tournament may be eligible for a prorated refund.
8. Athletes must report any and all injuries to their coaches. This is imperative to the safety of the players.
9. ***There is no guaranteed playtime.***
10. **All practices and tournaments are mandatory.** Although some absences may be excused due to illnesses or other activities, excessive excused practice absences may result in a loss of playing time. It is imperative that all athletes participate in practices in order for their unit to properly prepare for tournaments.
11. Under no circumstances will a coach or director be approached about a grievance at an event or during practice. If there is a problem, please contact the team coach to schedule a meeting.
12. Athletes are expected to give 100% effort at all times. Athletes must be coachable, willing to make technical changes, learn new skills, and display a positive attitude toward practices, teammates and coaches.
13. Athletes will refer to their coach for practice times, dates, sites, and updates.
14. Athletes must arrive for practice early enough to put on gear, set up nets, and perform any other pre practice duties before scheduled practice time.
15. No jewelry of any kind is allowed in practices or tournaments.
16. Athletes must have and wear proper gym apparel to all practices and tournaments.
17. Athletes will be responsible for their own knee pads, shoes, and other items necessary for practices and tournaments.
18. Athletes will be responsible for transportation to and from all practice sessions and tournaments. Club Solano will not be liable for damages or injuries occurring during these events or traveling to and from the events.
19. Athletes must arrive early on all tournament days. Your coach will inform you as to what time you will be expected to arrive at the facility (usually 45 minutes before first whistle). Even if you are not scheduled to play in the first match, your team may be required to officiate.
20. Athletes should remain together as a team during tournaments. Team chemistry and unity is extremely important.
21. All athletes are required to perform officiating duties as assigned by coach.
22. Team parents will arrange for team food (snacks and/or meals) on site for tournaments. Should this not be the case, most sites provide a concession stand. Many of our athletes bring their own sack lunch, drinks, and snacks with them. However, parents or others may leave to purchase a meal for athletes and bring it back to the facility to be eaten there and ensure that athletes are present when they are required to play or officiate.
23. Athletes may NOT leave tournament facilities until their coach has excused them.
24. It is the responsibility of each athlete to have uniforms at tournaments and to keep them clean and presentable at all times.
25. Athletes will be charged for replacement of lost or damaged equipment. Club Solano is not responsible for lost or stolen items at practices, tournaments, or club events.
26. The use of alcohol, drugs, or controlled substances is strictly prohibited by any player and/or anyone within the facility where any team event is taking place.
27. Athletes and parents must read the Club Solano Handbook and familiarize themselves with the information provided.



Team Practices/Locations

Practices are tentatively scheduled to take place at local gym facilities primarily in the Fairfield area. Due to previously or unexpected scheduled school events, there may be times when our practice sessions may be cancelled, rescheduled or moved to another available location. All practice schedules will be posted on the Club Solano website at: www.clubsolano.com. Any necessary cancellations and updates will also be posted on the web site. Coaches and/or director will attempt to contact each club member in the event that a change is necessary. However, please check with your coach for the most up-to-date information on a daily basis.

Mare Island Sport Center

785 Walnut Avenue

Vallejo, CA 94592

Sheldon Elementary School

1901 Woolner Avenue

Fairfield, CA 94585

Allan Witt Sports Center

1741 W. Texas Street

Fairfield, CA 94533

Salvation Army Kroc Center

586 E. Wigeon Way

Suisun City, CA 94585

Multi-Sport Athletes

Club Solano encourages multisport athletes but please note that our policies on this issue are that when it comes to tournaments that your Club Solano team is 1st priority and communication between parents and coaches is a MUST.

Scholarships

Club Solano will be offering two scholarships for our graduating seniors.

The "**Coach Bill**" *Scholarship* is offered to seniors to honor the memory of one of Club Solano's beloved coach, Bill Matsu. The leadership, energy, knowledge and passion for volleyball that Coach Bill exhibited left a lasting impression on his players. Coach Bill took great pride in seeing his players develop as athletes on the court and as fine and respectable individuals off the court. The scholarship will be awarded to the Club Solano player who shares Coach Bill's "love of the game". In addition to academic excellence, the candidate must have exemplary volleyball skills, exhibit leadership, teamwork, and coach ability, and consistently demonstrate courtesy, respect and good sportsmanship on and off the volleyball court.

The "**Club Solano**" *Scholarship* will be awarded to select graduating seniors who demonstrate the following characteristics: commitment to academic achievement, passion for her sport, loyalty to her team and Club Solano, integrity and strength of character.



Club Membership Dues

Upon submission of the player's Commitment Form to participate on a Club Solano Team, athletes can pay their club membership dues in one single payment or in four separate payments. The first payment of \$1000.00 (Power 1) and \$850 (Power 2) is due at the signing – Monday, November 12, 2018. This payment is non refundable.

Personal checks, sponsor checks, money orders, cashier's checks, and cash payments are accepted. Please make all payments payable to **Club Solano Volleyball**. Credit card payments are accepted, with processing fees being paid by the player/family. Payments will be made through Sportngin.com, contact our Treasurer Alana at: csv.alana@sbcglobal.net.

Returned Checks or Invalid Credit Card Transactions

Returned checks will be charged a \$25.00 processing fee. If not paid in full within ten (10) days of the returned check notice, your child will be ineligible until the full payment is settled with Club Solano.

In the event that a credit card needs to be charged and is later found to be invalid, an additional \$25.00 fee will be added to the bill. If the payment is not made in full within ten (10) days, your child will be ineligible to practice or play until the payment is settled with the Club Solano.

All settlement payments should be sent to:

Club Solano Volleyball

c/o Wayne Bucaojit

PO Box 336, Suisun City, CA 94585

USA Volleyball Membership

Being part of Club Solano also requires that you are a member of USA volleyball. The cost of this membership is \$70.

- If you played club volleyball last year, you can renew your membership starting on September 1st.
- If you are new and paid the \$70 fee before tryouts, your membership is good through 2018 and no further action other than ensuring "Club Solano Volleyball" is noted on the club affiliation during registration.

Bring a copy of the registration confirmation or USA membership card at signing (November 12th).

The link to register is: <http://www.ncva.com/info/registration/register-as-a-member/>



Parent's Information

Club Solano can teach many positive traits, such as spirit of cooperation, self-discipline, and respect for commitment to excellence. In order for these positive traits to take hold, the adults around them must also set proper examples. Parents are welcome and encouraged to attend team practices/games and become familiar with our program and training procedures. However, if any problem should occur, we may ask individuals to not attend certain events in an effort to have athlete's full attention and avoid any possible distractions.

We ask that parents:

- Ensure that their athlete is prepared mentally and physically for play.
- Support and encourage good work ethics, cooperation, dedication and hard work in their child(ren).
- Do your physical part as a parent. Get your child to practice and tournaments on time and pick them up promptly.
- Ensure that athletes receives a proper diet.
- Understand or learn the rules of the game and the coach's philosophy.
- Refrain from criticizing a teammate of their child, other parents, opposing players, coaches, referees or other officials, etc.
- Please remain seated and respectful at all contests.
- Refrain from giving instruction or coaching advice to players from sidelines or during any practice or tournament.
- Let the coaches handle situations that arise from a poor call or disagreement.
- Follow the rules of the facility such as "no food in gym, no coolers, no chairs", etc.
- Do not drink alcohol at tournaments or come to a tournament impaired.
- Contact the coach or the club director if there is a concern or grievance. Coaches and the director should **NOT** be approached during a practice or tournament.
- Athletes and parents must read the Club Solano Handbook and familiarize themselves with the information provided.

Parent Participation in Club Solano Volleyball:

There will be many opportunities to participate in the Club this year. These volunteer opportunities are a great way to become more involved. The amount of parental involvement helps determine how smoothly the team will run. Each team will have a Team Parent who helps coordinate various issues between the coach/club/team. The following six team roles will be coordinated through the team parent:

- Travel/Food Coordinator
- Team Treasurer
- Social
- Video/Photo Coordinator
- Fundraiser
- Score Representative



Grievance Procedures

Competitive team athletics, by its very nature, creates an environment where athletes, parents and/or coaches may not be in agreement with all decisions made. Knowing when and how to communicate with the coach or Club Director is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

1. Athletes are encouraged to communicate with their coaches. Athletes are expected to discuss any issues concerning playing time or any other volleyball related subject with their coaches first before escalation is needed.
2. Parents are encouraged to communicate with the Club Director only after exhausting all resources to resolve the problem.
3. Coaches are not required to defend his/her thought process or conclusions at any time during the season.
4. Coaches are instructed not to engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed to: politely decline to discuss any controversial matter or to refer the parent to a Club Director. Please allow the 24 hour 'cooling off' period after any tournament to approach a coach concerning any issues.

Parents and athletes are to adhere to the following grievance process:

1. The athlete meets with the coach to discuss the matter. If the matter is not resolved or the athlete has a reasonable concern about speaking to the coach, please proceed to step two.
2. The parent meets with the coach to discuss the matter. If the matter is not resolved or the parent has reasonable concern about speaking to the coach, please proceed to step three.
3. The parent meets with the Club Director or Club Rep. In certain situations, the Club Director may ask either the coach or athlete (or both) to attend the meeting.
4. All decisions and recommendations by Club Solano and the Club Director are final and not subject to appeal.

Disciplinary Steps

Step 1: Verbal warning – given by coach to player

Step 2: Set up a meeting between coach(es) and parents.

Step 3: If problem persist after having completed Step 2, set up a meeting with the club director.

Athletes who are expelled from the program, at the discretion of the Board Member, will be dismissed without refund. This action may be for the remainder of the current season or a specified number of years. Implementation of suspension or expulsion will also result in a conference with the parents.

Parents should not make excuses for athletes. Please support the coach's decisions. If there are any disagreements, to avoid turmoil, please talk with the coach about the disagreements, not athletes or other parents. Please attempt to discuss grievances and concerns with the team coach. If a problem(s) cannot be resolved, then, contact the club director to schedule a conference meeting to resolve the issue(s).