

NORTH STAR VOLLEYBALL CLUB Handbook

(This) North Star Club Handbook was created to give an overview of Youth Club Volleyball and also help answer questions you may have regarding North Star Volleyball Club, our goals for our athletes, our club philosophy, and policies for parents, players, coaches & staff.

NORTH STAR VBC Mission Statement

North Star Volleyball Club is building a volleyball community through Diligence, Intention, Commitment, Focus, Intensity and all around Growth Mindset. Our Athletes' physical, mental and emotional progress is at the forefront of each decision made within the Club's capacity. Our Organization will promote continuous learning through open communication, feedback and guided resources to help our young Athletes build strong fundamentals for everlasting success both on and off the volleyball court.



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General Philosophies

General Philosophies: Life Skills Learned Through Volleyball

- Model sportsmanship and growth mindset behaviors
- Improve our Athletes' confidence and sense of self worth
- Create a safe, healthy and all inclusive atmosphere for learning high level volleyball
- Support the spirit of youth athletics
- Develop the ability to cooperatively work as part of a team with a common goal

General Philosophies: Providing Opportunities for Athletes

- Provide volleyball opportunities for Athletes who wish to specialize in the sport while vigorously supporting Multi-Sport Athletes who wish to continue to play volleyball at a high level
- Create volleyball teams for as many Athletes as viably capable without compromising quality of training
- Find ways to support programs within and outside the club that advance the sport of volleyball
- Be a trusted a resource for learning how to nourish Athlete's bodies and minds

General Philosophies: Playing Time and Game Coaching

NSVBC's official position regarding playing time is as follows: "Athletes earn playing time in practice". There are no "quotas" on the amount of playing time each Athlete receives; however, every Athlete must be able to contribute and a few principles will be followed:

- Younger age groups (U10-U13) need to have opportunities to play all around. Everyone should pass, play defense, hit and set in practices.
- When deciding line-ups, coaches make decisions based on the day rather than match to match. If the first match is the easiest, it is smart to work in the weaker line-ups.
- Be consistent in substitution philosophy and how lineups rotate.
- Playing time is the greatest leverage a coach has over Athletes. NSVBC will not undermine that by creating playing time minimums. NSVBC will take into consideration parent/athlete complaints. NSVBC will ultimately support coaches' decisions regarding playing time.

Finally, when it comes to playing time, give your team a chance to win every match. Athletes should not be allowed to continually make mistakes because it is his/her "turn to play". If a team is in a tough spot at a tournament, coaches are encouraged to play the best line-up, use all time-outs and/or use all the best subs. If you must win three matches in a row to take the bracket and all your opponents are as good or better, play the best lineup in each match.**Note that a good coach knows how to mix in his/her bench so that everyone feels as though s/he has contributed to the team.

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Club Information

Regional Team Program Fees: \$895

Aces Team Program Fees: \$495

Regional Teams Season Duration: U10-U14 - October - March/April

U15-U18 - November - March/April (season starts after HS State Finals)

Aces Teams Season Duration: U10-U14 - October - March/January

Practice Locations: Leeds Town Hall (DeForest, Waunakee and other area schools when reopened)

Tournaments: Start as early as January - Regional teams: Six Tournaments scheduled, including one 2-day tournament (if available) Regional Teams usually travel 30-90 min for scheduled tournaments

Items Included in Program Fee:

- Player's Jersey
- Long sleeve warm-up shirt
- Entry fees to all tournaments - (Regional Teams Only)
- Coaches' pay
- Practice facilities' rental fees
- Volleyball equipment
- Badger Region Team Fees

Players Need to Have:

- All Forms and Waivers Filled in and Signed before attending first NSVBC Event
- Volleyball Shoes
- Knee Pads
- Black spandex shorts
- Sports bag or duffel bag
- Water Bottle(s)
- Hand Sanitizer
- Face covering

Regional Team Practices Schedules:

2-3x per week in October, November & December (HS practice starts in November)

1-2x per week in January. - March (tournament season starts as early as January)

ACES Team Practices Schedules:

1-2x per week in October-January (15's practice starts in November)

Specialized Clinics Scheduled throughout the Calendar Year

Scrimmages will be scheduled throughout the Season.

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North Star Volleyball Club - Coaching Expectations

100% Commitment - Coaches are expected to attend every practice, tournament, coaches meeting, and tryout for your specific age division.

Knowledge/Technical - Coaches are expected to be continuous learners and knowledgeable on the most up-to-date volleyball skills, drills and strategies of the game. Coaches are expected to be able to run drills utilizing the necessary coaching skills. All staff will be proficient in chipping balls, serving, hitting downballs, and performing any other skill required to run an efficient practice or drill.

Professionalism - Coaches are expected to act in a professional manner and model ethical behavior when dealing with players, parents, staff, and officials. Coaches are expected to exhibit the same dedication they would demand of their players.

The following are logistical necessities and expectations of each NSVBC Coach:

- Prepare a Parent's meeting before your first Team Practice
- Be punctual - Arrive at least 15 minutes before the start of practice
- Create written practice plans - we recommend writing them out after each event when successes and failures are fresh in mind while creating new goals for the team
- Willingness to spend extra time if/when requested by an athlete.
- For safety reasons, a coach of a team must wait until ALL players have been picked up before departing from the facility him/herself.
- All coaches are subject to background checks and must be at least Impact Certified and Safesport Certified. Coaches unwilling to consent to a background check will not be allowed to interact with athletes.

Coaches' Meetings - Coaches at NSVBC are expected to attend all scheduled coaches (and Parent) meetings. NSVBC will host at least three coaches' meetings (and one Parent Meeting) during the Club season. One at the end of summer, one before tournament season begins in December and one during the tournament season in February. Many things will be covered at the meetings including: administrative, team progress, effective drills and practices, and philosophy. Items to consider for discussion- Notify the staff of any attendance problems from your athletes. Compile the needs of your team. Uniforms, information, administrative problems, etc... Notify the staff of any information changes in your team. Phone number, addresses, etc. Get answers for the questions that the parents, athletes, and team reps have.

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North Star Volleyball Club - Coaching Expectations

Guidelines of Practice for Coaches -

- 1.** Practices should be planned in advance. Coaches will collaborate with Mentor Coaches on practice plans
- 2.** If a coach cannot attend a practice, they need to call Administration ASAP. Admin will help to find someone to cover the practice. If the Administration cannot cover the practice, it is the coach's responsibility to email, text or call all the Athletes and the families to cancel practice. If the coach cannot reach every athlete, the coach must somehow make arrangements for someone to be at the gym to inform the Team that there is no practice.
- 3.** Each coach must show up at least 15 minutes before practice.
- 4.** Do not hold Athletes after practice too late.
- 5.** Coaches and Athletes are responsible for getting the net set up and/or changing the net height each practice
- 6.** Coaches and Athletes are responsible for picking up the trash each night. All trash must be in the receptacles and the floor clean.
- 7.** Coaches and Athletes should make sure the equipment is put away properly and the last team practicing that day should close the storage room(s), turn lights off and lock doors.
- 8.** Check to make sure we have all NSVBC balls and equipment before leaving the facility. Take responsibility in keeping our equipment in good shape.
- 9.** Keep attendance records. Coaches should keep records of attendance, injuries and illnesses at all practices and tournaments. Record the attendance and the reason for each absence. Athletes that do not show up for practice can be called during that practice. In the event that a Athlete misses practice, the coach can call and check up on him/her (illness, injury, etc.) and fill in on any announcements/information s/he missed.
- 10.** At the end of practice (or tournaments), one staff person must stay until every Athlete has been picked up. NSVBC is responsible for every Athlete until s/he has been picked up.
- 11.** Avoid being alone with any Athlete if possible. Coaches should also not wait alone with an Athlete if possible. Athletes need to wait inside the building for his/her ride home.

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The Team Rep(s)/Parent Manager

NSVBC recommends each Team find a Team Rep(s)/Parent Manager:

This appointed person will aid the coach with management of the team and assume many of the off-court responsibilities associated with the team's activities. The team rep should understand that although s/he is contributing more to the organization and overall success of the team, his/her involvement does not create advantages for his/her child, or him/herselves, over the others on the Team. The Team Rep/Parent is only accountable to the coach and Club Directors. Other parents should not request favors of the Team Rep. Individual Athletes are accountable for his/her behavior. Athletes should understand what is acceptable behavior and the coach will deal with issues as they arise. The team parent is not responsible for punishments or any behavior modifications. Make sure the Team Rep/Parent understands what is required of them, but more importantly make sure the team understands this person's role on the team. If a team fails to appoint a Team Rep/Parent Manager, the following duties fall on the coach to execute:

- **TRAVEL:** Travel is the major responsibility for the team parent. The team rep must communicate with the coach and coordinate all the needs of the team involved with getting to, participating in and returning from a tournament. The coach will know the schedule and locations and it is up to the team rep(s) to organize the team around these parameters.
- **ON THE ROAD:** For each tournament that the team drives to, the team parent should help to organize rides to and from events, ensuring that every athlete has a chance to participate. Carpooling is highly encouraged. The Team Rep/Parent can help with setting up a meeting place for carpooling groups and/or time for departure. Ensuring everyone is taken care of is often a complex task. The parent of each athlete is responsible for knowing who their child is traveling with and when the child will return.
- **MATCHES:** There are no specific team parent responsibilities during the match, however keeping statistics or videotaping can be very helpful to a coach at a tournament.
- **EMERGENCIES:** Team rep may be asked to perform other tasks such as, driving an injured player to the emergency room, contacting parents, etc...
- **OTHER TEAM ORIENTED ITEMS:** **Avoid being alone with an athlete. Coaches are told this also. The team parent should never be in a situation in which something could be misinterpreted or misunderstood. If the team coordinator must be with an athlete, take a coach, another team coordinator, or another athlete. **Team parents are not the disciplinarians. The coach will take that role. Hold the team to the rules and expect appropriate behavior but do not become the "enforcer".

Athletes must treat the team parent/rep with respect. If they do not, discuss this with the coach and s/he will take appropriate action.

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Parent's Responsibilities and Behavior Expectations

NSVBC works relentlessly to create a progressive volleyball community encouraging honest feedback, open communication and continuous learning. Parental responsibilities and behavior are most important to ensure quality experiences with the Club. Parents are expected to respect and follow the expectations listed below:

- Ensure that all paperwork, forms, memberships, and club dues are completed and paid in full.
- Coordinate transportation for your child to and from practices and tournaments.
- Make sure players arrive at tournaments on time (usually 30 min before first match)
- Encourage the Athlete to discuss any issues with the coach and advocate for him/herself
- Help Athletes organize their week with practices, homework, nutrition, sleep and other activities, etc.
- Provide an atmosphere conducive to learning to play volleyball **Just as a single Athlete could destroy the mentality and moral of a team, so could a parent.

A few more Principles regarding Parent Behavior:

- All individuals participating and attending all NSVBC events are to be treated with respect.
- Parents should not communicate with their child during a match or practice. Parents should communicate with their child only after s/he is released by the coaches.
- During matches, parents will behave with the same sportsmanship that is expected from NSVBC Athletes. Yelling at referees is not acceptable. Also, parents are never to approach referees for any reason before or after a match.
- It is unacceptable to direct and publicly express negative comments towards coaches, parents or Athletes. If parents have concerns and wish to talk with the coach, the parents should set up a time during the week following the tournament. It is our experience that parent/coach discussions during a tournament are nothing but destructive for all involved. Constructive discussion can only take place when all parties are comfortable and level headed. If a solution has not been agreed upon by parties - coach, player and parents will attend a meeting with NSVBC Club Directors for discussion and resolution.
- Allow a minimum of 24 hours before contacting your child's coach to discuss any thoughts after an event.

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Tournaments and Expectations of Parents and Athletes

Tournaments are selected as to best aid in the development of each individual Team. Regional Teams will play in 6 tournaments (with one 2 Day tournament scheduled upon availability). ACES Teams will participate in up to 2 tournaments. The importance of the tournaments increases as the season progresses. Tournaments come in different forms: Each tournament is made up of any number of age group divisions. Most tournaments last only one day, some last for two days and very rarely more. Parents should understand and agree that when the team is traveling to tournaments or to out-of-town events, they are responsible for the following matters:

- Monitor your child or know your child's whereabouts at all times.
- Be responsible for loss or damage to belongings or other property.
- Be responsible for your child's transportation.
- Be responsible for your child's meals
- When the last match is over, players are required to stay until all "JOB/WORK" duties have been completed. Do not leave without confirming with the Coach that all duties are complete
- Athletes return with the same ride as they left with, unless the parents have consented otherwise. "Consent" is either a letter or the coach's direct conversation with the parent.
- NSVBC does not reimburse for gas. We highly encourage carpooling.
- Players should not leave the facility during an event unless for an emergency or unless given consent from the Coach

General Player/Athlete Event Expectations: Includes NSVBC Hosted Events

1. Athletes must wear appropriate attire to practice and also must sport the required uniform at each tournament. If an athlete does not meet this expectation, s/he will not be allowed to participate.
2. If an Athlete is going to miss a practice, s/he or a parent must contact the coach ASAP***If the Athlete is "unexcused" (no communication to coach) the time missed may result in loss of playing time during competitive events
3. The team must be prepared to practice at **start** time. This includes but is not limited to every Athlete being: dressed, shoes tied, helping to put nets up and ready to warm up
4. Athletes need to check all bad moods & attitudes at the door. It's OK to have a bad day and be in a bad mood, but for practices and tournaments to be successful/productive, we need ALL Athletes to work on displaying a positive behavior and giving 100% for his/her teammates on the court
5. Athletes should remember that coaches determine play time based on performance at practice.
6. Athletes should not leave practice or a tournament until all "JOB/WORK DUTIES" are complete. Confirm with the Coach and sign out before departing from the event facility.

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Sleep & Nutrition

Sleep and Nutrition at this young age are a few of the most important aspects contributing to an Athlete's success, but unfortunately are often the most overlooked aspects in an Athlete's development. NSVBC will be continuously working to help create and find resources for our Athletes to use as Guidelines. NSVBC is committed to providing each of our Athletes with the right tools to develop sufficient eating and sleeping habits to fuel their bodies for peak performance at practice and tournaments. These resources are intended to help instill proper sleep and nutrition habits throughout our Club Seasons.

AOC - 5 Quick Nutrition Tips for Volleyball Players

See Full Article Here:

<https://www.theartofcoachingvolleyball.com/5-essential-nutrition-tips-for-volleyball-players/>

Suggestions for convenient snacks at a Tournament or just before/after Practice:

- Fresh fruit, Muesli or nut bars, Trail mix with dried fruit/nuts/seeds, Sandwich or roll with honey/jam/banana, Yogurt, Crackers or rice crackers with peanut butter or jam, Sports bars (with carbohydrates, not just protein), Homemade baked goods e.g. banana bread, muesli slice, apple scroll, fruit scone

Foods to Avoid eating at a Tournament or just before/after Practice:

- Fried Foods, Sugary Treats, Sugary Beverages

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Parent/Athlete Expectation Form

Hello NSVBC Parents and Athletes,

Welcome to Northstar Volleyball Club and thank you for choosing to participate with us this season! We believe that your child is one of the most advanced players to try out in this age group and we are excited to get him/her on the court! With that being said, we have some very high expectations for this 2020-2021 Club Season. Today marks the start of our journey together and we'd like to lay out these expectations immediately:

First, all players should arrive at practice with enough time to be ready and on the court 10 minutes early. (i.e. if practice starts at 5:30, please be dressed, on the court, with your shoes tied at 5:20) Being 10 min early will allow us time to put up nets, if our practice is the first of the night, then start practicing ON TIME. We understand life happens and families are busy; therefore, if a player is going to be late or unable to attend practice or a tournament, we ask that your coach is notified at least 24hrs in advance (or as soon as possible). This will help us make changes to any drills or lineups we have planned, etc. We are expecting all players to attend all scheduled practices and tournaments. Missing practices could result in less playing time at tournaments.

Next, we expect our athletes to maintain a high level of focus, intensity, hustle and effort. The only thing these athletes are in 100% control of is their attitudes. Bad days happen, and it is OK to be in a bad mood, but the difference between good and great is leaving your baggage at the door, calming your mind and showing up to learn and play not just for yourself, but for your team. As we all know, you practice how you play. We will need focus from these young athletes in order to instill technical and fundamental volleyball skills. We will expect intensity - a high level of awareness and effort. These ladies will learn to call the ball, cheer on their teammates, and hustle. There will be no walking on the court while participating in drills, going to and from water breaks or shagging balls.

Lastly, your coach will put together at home drill resources. While we will be doing more game film and video instruction on location, our Athletes have less than 4 hours a week in a structured volleyball practice. We want to encourage at home touches and learning experiences as often as possible. The home resources could be tailored to the individual Athlete and sometimes the whole team. These resources will include but are not limited: ball control, speed, strength, agility, conditioning, mental health and volleyball IQ. The extra exposure with at home drills will help all of our Athletes develop and play at a higher level, in a shorter period of time.

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There will be no consequences for unfinished skill sheets, but it is worth mentioning that the players who take the time to learn when not at practice, tend to develop faster and play more often.

The expectation of us, as coaches and NSVBC staff, is to give every player the same opportunities in practice to learn and execute all skills. We will be making decisions on positions and playing time at the best of our discretion and judgment based on practice and tournament performance. Know that the decisions we make as coaches are made with the Team's best interest in mind.

Parents, we expect and understand that you have your child's best interest in mind and we'd love for your experience with North Star to be a positive experience. Please understand that your child is playing on a competitive club volleyball team. We will work towards getting players touches in every game; however, play time will not be equal for all players. Play time is earned at practice, and will vary based on skill level, player position, and set/match situations. If questions or concerns do arise due to playing time while at a tournament, or if any other non-emergency issue needs to be addressed, we ask that you, the parent, contact your coach no less than 24hrs after the tournament ends. This 24hr "cool off period" will help to ensure a quality conversation between both parties.

In conclusion, NSVBC would like to say that we can't wait to share our love for volleyball with you and your child! There is so much fun to be had and so many great memories to make. We are truly grateful for the opportunity to coach your child in this club season, and we can't wait to see how they grow as Athletes and as Little Humans!

Character>Process>Results

See you on the court!

~North Star Coaching Staff

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I, _____, understand these expectations as
(Player and Parent(s) Names)

a Parent and Athlete participating with the North Star Volleyball Club and commit to meet and/or exceed these expectations throughout the 2020-2021 club volleyball season.

Player Signature

Parent/Guardian Signature

Parent/Guardian Signature

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