

FOLEY VOLLEYBALL CLUB



PARENT AND PLAYER HANDBOOK

To Players and Parents

This handbook contains most of the information you will need to know to be a member of the Foley Volleyball Junior Olympic program. We anticipate that you will read through all the information and policies in order to inform you and your parents about the expectations of the program. We look forward to having you as a member of our team. If you have any questions, you are urged to contact a member of the Foley JO Volleyball Board:

Al Jenson, President 320-282-2247

Mary Jenson, Parent Representative 320-282-3198

Carla Johnson, Secretary 320-968-7093

Mary Lewandowski, Treasurer 320-250-0788

Corri Gross, Concessions/Fundraising 320-894-5332

Donny Chmielewski, Concessions/Fundraising Coordinator 320-980-5968

Kim Chmielewski, Website Administrator/Fundraising 320-980-5969

For more information on the Foley JO Volleyball program, visit our website at www.foleyjobv.com.

History of the Foley JO Volleyball Club

The Foley JO Club was started in 1997 by Gary Plafcan. At that time there were only two teams in the 16 and 18's division. We have grown in numbers to where we now have a 12's, 13's, 14's, 15's, 16's, and 17's division. It is encouraging to see the growing interest in volleyball in the community.

Foley Junior Olympic Philosophy

The philosophy of our program is to develop both the fundamental and athletic skills of the athletes while promoting and encouraging positive communication and teamwork. Players will learn the value of good work ethic and sportsmanship while participating in a competitive environment.

The goal of our program is to help develop the players to be able to compete and be successful at a higher level of volleyball competition. If we strive for continuous improvement and consistency, success is sure to follow.

We believe that each sport should not be in competition with each other. School activities have precedence over JO Volleyball. We will do the best we can to schedule practices and events around other school sports and activities.

Practice

The JO Volleyball season runs from January through April. Our goal is to have two practices a week, in addition to competitions. Practice place and times will be decided by the coach, team, and club directors. They will also be determined based on gym availability.

It is the player's responsibility to provide transportation to and from practice. If you are going to miss practice, please contact your coach beforehand. We cannot emphasize enough the importance of attending. Coaches plan practices with the numbers of players attending.

Expectations of Players

We will be incorporating some conditioning during practice. However, the majority of the time will be spent on skill development. Specific conditioning drills will be implemented during practice, but

conditioning will also occur during shagging balls and in the transition of drills. You are expected to **HUSTLE** at all times!

At each playdate and tournament you will be required to be an up ref, down ref, line judge, and/or score keeper. All players must attend an official's clinic prior to the first play date or tournament. Players will not be allowed to compete until they have attended the official's clinic. (Players will be allowed to practice prior to attending the official's clinic.) Several official's clinics are held throughout the area, and in recent years we have held a clinic at Foley. A link to the official's clinic is available on our website.

****Please see the Player's Code of Conduct****

Playing Time, Playdates & Tournaments

The Foley JO Program policy is to try and play everyone as equally as possible. This should always happen during playdates. In tournaments where we are trying to place as high as possible, playing time may not be equal. There are some factors that will determine playing time at both playdates and tournaments. The following are considered excused absences **IF** you call your coach ahead of time:

1. Illness
2. School athletic or fine arts function

Consistent tardiness and leaving early from practice will count as an unexcused absence. Your coach will have the final say on what excused and unexcused absences.

The penalties for unexcused absences will be dealt with as such

- 1st Violation: One match suspension (there are 3 games per match)
- 2nd Violation: Two Match Suspension
- 3rd Violation: One tournament or playdate suspension

If you know that you are going to be absent from a playdate or tournament, please contact your coach ASAP. There are a limited number of girls per team, and they are relying on your commitment. If you have more than three unexcused absences, you will be asked to leave the team. See your calendar for dates and times. Players are responsible for finding transportation to and from playdates and tournaments.

Fundraising

In order to assist in coming up with the funds to play JO Volleyball, a fund raising opportunity will be provided. You may fund raise as much as you need. If a player raises enough money to cover the entire cost, plus additional funds, that additional amount will remain in the player's account as a balance for the next year. However, once a player leaves the JO Volleyball Program, any fund balance will stay in the JO program account.

If a player relinquishes membership before the first tournament or playdate the player will be reimbursed all of their out of pocket cost for club membership (minus NCR registration fee); however, all of the player's fundraising profits will stay with the Foley JO program. If a player relinquishes membership after the first tournament or playdate the player will receive NO reimbursement of any kind.

Player Camp Reimbursement

The JO Volleyball Club encourages players to attend volleyball skills, position and technique camps in the summer. If a Foley JO player attends a volleyball camp during the summer of 2019, the Club will pay up to \$150 total toward camp(s) or up to \$200 for attendance at an elite volleyball camp approved

by the coaches for any player in grades 9th through 12th grade. Players must submit a camp receipt to Mary Lewandowski by September 30, 2019.

Uniforms

Uniform tops will be provided to all players. Players are responsible for purchasing their own spandex, shoes, socks, etc. At the end of the season or if a player quits the program, the player must return her uniform top to the coach. A \$25 fee will be charged to those players who do not return their uniform top.

Team Selection

The Foley JO Club strives to not cut any interested players that complete the registration process. However, practice space availability is limited during our season so in order to guarantee adequate practice for all teams, the Foley JO Club will limit the number of team sizes to 10 for the season. We may also run a try-out type practice early on to help determine the teams. If we feel that a younger player has the ability to play at a higher level, we may move her up if everyone involved agrees. Once a player has committed to a team and has played in a USA Volleyball sanctioned event, they are not allowed to transfer teams. All transfers must be done before the first sanctioned event.

NCR JUNIOR INFORMATION 2018-19

ATTENTION: THESE ARE NEW AGE/GRADE CLASSIFICATION, READ CLOSELY

Once a player participates (including but not limited to practicing, training, attending workouts and/or competing) in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to take part in any regional and national programming, which includes but is not limited to Girls Junior National Qualifying and Championship events.

The following are the current age classifications:

18 and under Division: Players who were born on or after **Sept. 1, 2000**, or players who were born on or after **Sept. 1, 1999**, and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

17 and under Division: Players who were born on or after **Sept. 1, 2001**. (**Grade 11 North Country Region only!**)*

16 and under Division: Players who were born on or after **Sept. 1, 2002**. (**Grade 10 North Country Region only!**)*

15 and under Division: Players who were born on or after **Sept. 1, 2003**. (**Grade 9 North Country Region only!**)*

14 and under Division: Players who were born on or after **Sept. 1, 2004**. (**Grade 8 North Country Region only!**)*

13 and under Division: Players who were born on or after **Sept. 1, 2005**. (**Grade 7 North Country Region only!**)*

12 and under Division: Players who were born on or after **Sept. 1, 2006**. (**Grade 6 North Country Region only!**)*

11 and under Division: Players who were born on or after **Sept. 1, 2007**. (**Grade 5 North Country Region only!**)*

10 and under Division: Players who were born on or after **Sept. 1, 2008**. (**Grade 4 North Country Region only!**)*

Foley JO Club

PARENT / PLAYER'S CODE OF CONDUCT

Players are expected to...

1. Play and practice hard:

Commit yourself to working hard in both games and at practice. Make it a habit.

2. Play smart:

Work to understand every aspect of the game. Learn to think quickly and make smart decisions. Have poise and maintain composure under pressure.

3. Play for the TEAM:

Put the team before yourself. Support each team member in practice and in competition. Understand and appreciate each other...without a passer and setter, a hitter is nothing.

To remain part of the team you must...

1. Be responsible:

Be at all practices and competitions on time. Plan ahead and contact the coach if you are going to be late or absent. Be responsible for your own actions and the consequences of your actions.

2. Be respectful:

Respect your teammates, coach, officials, and opponents. Exhibit Sportsmanship whether you win or lose. Your actions reflect the program.

3. Be loyal:

Never talk about your teammates or coaches behind their backs. Keep team issues within the team and personal issues between you and the coach.

Parent Responsibilities/ Expectations

It is the player's and parent's responsibility to arrange for rides to and from events. We understand that time can be limited, but parent involvement and support during playdates and tournaments are very much appreciated.

We will continue running a quality program for the players and parents. If there are any questions regarding your daughter's playing time, position, etc, these are the steps we would like to be taken. First, encourage your daughter to talk to the coach first. If there are still some questions please talk to the coach the day after a competition. If there are any administrative concerns, please bring it to the director's attention.

Each year we host a large tournament in Foley that brings in sufficient funds to help out with tournament costs and lodging. We ask that parents and family members volunteer by running concessions, helping with the custodial duties, set-up, and take-down. The more involvement we have, the smoother things run. We thank you in advance for your willingness to help.

Foley J.O. Volleyball

Parent / Player Code of Conduct

Please read and sign this form and return to your coach.

I, _____ have read and understand the program rules and expectations set before me. By signing this form, I am agreeing to these rules and understand the consequences should there be any violations.

Player Signature

Parent Signature

Date

Date