

MVC Player/Parent Handbook



MOTHERLODE VOLLEYBALL CLUB

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Vision Statement

MVC strives to focus on the development of our athletes. MVC's goal is to create a safe, fun and effective training environment that our athletes can strive for individual goals and achievement within a team setting. We strive to expose existing and prospective athletes to competitive levels of volleyball while providing opportunities that fit the interest, commitment and budget within MVC.

The experienced coaches and staff of MVC are committed to providing our members with training to excel in volleyball skills and performance. We also strive to build the

mind and character of each member on the court. We see each training session as an opportunity to teach lessons of respect, responsibility, commitment, discipline, work ethic, teamwork, courage, integrity, communication and the importance of sacrifice and sportsmanship.

Club Goals

- To look back on the season with no regrets.
- To challenge myself and my teammates to be their best.
- To be accountable for my actions.
- To work hard to meet my individual goals and team goals.
- To represent MVC to the best of my ability.
- To leave MVC a better program than before.

Philosophy

1. Loyalty- Support your teammates, coaches and program.
2. Commitment- Willingness to do whatever is necessary to become your very best, attend all training's.
3. Honesty- The ability for your teammates to trust your word and follow through.
4. Integrity- Willingness to do the right thing.

Coaching Philosophy

The goal of MVC coaching staff is to provide athletes with the chance to experience success in a variety of ways, both as a team and individually, on and off the court. Athletes will be challenged beyond what they think they are capable of in order to reach their full potential, they are encouraged to develop both physically and mentally to develop emotional maturity. Athletes will have the chance to learn how to handle success and failure on the court. Players will learn the physical skill of volleyball as well as life long skills such as: Leadership, cooperation, teamwork, sportsmanship, self-discipline, self-motivation, self-confidence, and goal setting.

At MVC we believe that players are family members first, students second and athletes third. We expect our athletes to work hard not just on the court but in the classroom as well. We at MVC recognize the obligations to family, school and other sports. Players will learn about commitment and how to balance multiple obligations in life.

Decisions made by MVC coaches will be based on what is best for the club, what is best for the team and what is best for the player. Our coaches play to win, however winning is defined in numerous ways.

Expectations of MVC Coaches

Positive role model

Motivational leader

Firm and fair disciplinarian

Team first, individuals second

Committed to the club, team, players and parents

Positive, supportive, and encouraging

Be fully prepared for each practice and tournament/game

Be honest with players and parents about their role on the team

Communicate well with each other, players, parents and MVC staff

Follow and uphold all MVC expectations and NCVA guidelines

Expectations of MVC Players

We are always growing and building our program, these ideas serve as a foundation for our program. These basic beliefs serve as the groundwork for our players to develop as an individual and team.

1. Team first, is the number one philosophy of our program. The team is greater than the individual and will always take priority. When a player learns to commit to the team and unselfishly put her individual interests second, the player has learned a life lesson as it relates to career and family situations. Every personal decision affects the team as a whole, personal actions have consequences that comes with consequences as a team.

2. Discipline, playing volleyball requires a huge amount of discipline. It is necessary in

order to have a high quality program. At MVC we strive to build discipline in every individual players as well as team. We focus on it and demand it in every way possible. Players who learn discipline in volleyball will learn to be disciplined in life.

3. Attitude, is the key to being successful. Each player has the ability to make a choice daily on what their attitude will look like. We expect each player to have positive attitudes while being associated with our program. It is impossible to control many things in the sport of volleyball and in life, however your attitude is the one thing you can control.

4. Effort, our goal will always be to play your hardest, play with discipline, and have fun while giving your best effort. If this is achieved, winning will be a natural result of a teams hard work and effort. If our very best effort does not result in a win, we can still walk away knowing we tried our best and give credit to our opponent. We cannot control many things in the sport of volleyball or in our lives, but we can control our effort, attitude and discipline. We expect and demand the best from our players not only on but off the court in life as well.

Expectations of Players

Team first, unselfish, positive and encouraging

Coach-able attitude, willingness to listen, improve and accept constructive criticism

Loyal commitment to MVC, give your best effort always

Self motivated

Follow all club and team rules

Be a positive role model, you represent MVC

Commitment to strive for the highest level of physical conditioning

Understand and accept your role on the team

Expectations of Parents

Parents of MVC athletes are expected to adhere to the following:

Be aware of your players needs, feelings and concerns.

Attend as many games as possible.

Understand the roles of yourself as a parent, your player, other parents, athletes and the coaches.

Support the “team first” philosophy.

Demonstrate sportsmanship at all events.

Allow your player to participate on their team in their way, do not relive your days through them.

Show positive support and encouragement to your player and all team members.

Wait 24 hours before initiating any communication between staff with the four step process listed:

1. Athlete meets with head coach
2. Athlete and parent meet with head coach
3. Athlete, parent, head coach meet with director
4. Athlete, parent, head coach, director and board members

Things parents may NOT ask about:

Playing time

Game strategies

Other players

Things parents MAY ask about:

Does my player have a positive attitude and work hard?

How would the coach evaluate my player, offensively, defensively, and team skills?

How does my player need to improve?

What can I do to help?

In order for MVC to be successful we need to be supportive and respectful of one another.

Drama/Conflict

MVC has a zero tolerance policy for drama and conflict. We will not tolerate either during the training season or tournament season. Failure to comply will result in

your player being asked to step down from their role as a team member.

Our desire is to give athletes our undivided attention and in order to do this we need family support on and off the court. Once our director is notified of any negative drama or conflict with players and parents, all parties will have a mandatory meeting. If the actions do not stop the player and parents will be removed from MVC and will not be allowed to return or participate in any future events.

Communication

Parent meeting or concerns will be first addressed with the coach. If a parent/players concerns are not addressed or resolved parent/players may contact the director/owner. Please make sure to address your coach first allowing them time to resolve the issue and answer any questions you might have. Please remember we cannot fix or address any issue or conflict if we are not made aware of it.

Social Media

We live in a day where social media is a huge platform for communication, business and fun. We have a strong stand on social media for our players. Everything that is posted can be seen or viewed by potential recruiting colleges and we do not wish any player to lose an opportunity based on negative social media posts or interactions.

If any form of illegal activity or negative posts regarding MVC by players, parents or coaches is found on social media accounts, a mandatory meeting will be held. The player/parent/coach will be asked to remove the content and be dismissed from our organization. All members of MVC must be supportive and on board with expectations in order for our program to be successful.

Practice

1. Practices are closed to parents unless otherwise decided between the coach and the parent.

2. Scheduled practice time is the start time of practice, please make sure to drop your player off no more than 15 minutes prior to the start of practice.
3. If a player cannot attend a practice they are expected to call/text/email the coach to let them know. Younger players will have parents contact the coach.
4. All players are expected to attend practice every time, unless prior arrangements have been made with their coach. Players who miss more than 3 unexcused practices may be removed from the team.
5. Players are encouraged to bring water in an unbreakable container to practices and tournaments. NO GLASS.
6. Players may bring snacks, but all trash MUST be cleared before players exit.
7. Parents are not allowed to shag balls or participate in practice activities.
8. During a scheduled scrimmage parents are allowed to sit in the viewing area.

Injury Policy

All injuries must be reported immediately to the team coach/and or club director. In case of a major injury, the athlete will not be allowed to participate unless released by their physician.

Payments

Payment of membership fees per the participation contract can be made in full or in a payment plan. Payments will vary by team depending on the tournaments being attended. Fees for the season will be established by the club and each parent/player will be responsible for paying their fees in addition to their personal costs.

* a \$35 late payment fee will be applied after 7 days past due dates and an additional \$20 fee will be added for every 14 days after the due date. The player will not be allowed to participate in practice or tournaments if any of the fees are not paid in full.

*Fees may be used to pay for equipment, such as balls, bags, nets or training aids used by the club/team.

*All equipment is purchased through the club and the club will be the sole owner of all equipment. No player, parent or member shall have any ownership interest or property right in any equipment or property of the club because of payment of fees or for any other reason.

*All fees must be paid by cash, venmo, paypal or money orders no checks will be accepted.

*Club fees should be paid in full by December 1.

Practice Gear

Athletes are required to wear tennis shoes, knee pads and have hair up and out of their face at all practices. During practice we ask that you refrain from wearing other club's gear, as we often use video and photos from practice for social media. Tournaments players are required to wear MVC jerseys, black spandex, tennis shoes and knee pads.

Playing Time

Playing time is very important to us. It is important to apply the skills and fundamentals taught in practice in a match situation. Only then can a coach and player truly realize which skills the player is proficient at and which skills require more training. Nearly every tournament MVC teams participate in are of the up most importance whether they are in-region or out of region. While we value playing time and its importance we also play to be the best in our region as often as possible. This means that not all players will play in every match. Tournaments are to the coaches discretion for playing time. Scrimmages are for training purposes and all players will see court time during a scrimmage.

We do not guarantee "fair" playing time during a scrimmage or tournament play. Rotations can vary in length, sometimes 3 rotations can last five minutes, some can last 15; the minutes on the court are not what are counted. When assessing a player's playing time, make sure that the comparison is being made among players who play the same position. There might only be two middle hitters and three outside hitters, so one outside will sit out. Playing time is earned by attending practices and working hard to improve, as well as executing the skills when given the opportunity to play. Coaches are advised to give everyone an opportunity to contribute their individual skills and abilities to the team during scrimmages and practice. Those that demonstrate the ability to be successful on the court earn more playing time. Amount of playing time is ultimately decided by the coach not the club, and it might not be equal for all players.

The 24 Hour Rule

If you are concerned about a volleyball related issue that requires you to speak directly to a coach, we ask that you wait at least 24 hours after the triggering event as occurred. Cooler heads are more productive and less likely to say or do something one would regret. While at a tournament or during practice, never confront a coach or attempt to discuss your player's playing time, role of the team or other aspects of their participation. If this rule is violated by a parent they will be asked not to attend future tournaments or practices until a meeting is set with the board, club director and coach.

Discipline

Should any situation arise where in the judgment of the coach, the discipline of a club member needs to be addressed, the coach may handle the situation as he/she sees fit or they may ask the board to step in for a review. In which case the board would have the final decision.

To maintain the integrity of the club and as well as the respect the club has garnered from other clubs in the surrounding areas, it is imperative that all players and parents uphold high moral and ethical standards.

Disciplinary actions can include, but are not limited to: physical exertion (i.e. running laps) a player being held out at practice, benched for a match, a whole day/partial day, suspended for a period of time or expelled from the club (with no refund). Suspensions and expulsions from the club will be reviewed and conducted by the board, club director and coach.

Competition

How tournaments work. Many tournaments are one day events and on either Saturday or Sunday's. Qualifiers and regional's are two day events and require players to stay over night. One day tournaments typically begin play by 8:00 am, players are required to arrive no later than 45 minutes prior to the start of play time. Two day events will usually have an AM or PM wave. Time of arrival is decided by coach depending on the wave.

Parents are responsible for arranging transportation and lodging for their player. Parents and players should inform their coach of their travel plans for each tournament prior to leaving for the event. If a player is unable to attend a

tournament that the team is attending it is up to the player to inform the coach as soon as they are aware they cannot attend. If a player does not attend there will be no refund for the tournament fees.

Players are not allowed to leave a tournament site without being excused by their coach. There may be officiating duties even after play has been completed.

Players should bring a cooler with healthy snacks/meals and beverages for their tournament days. Some facilities do not allow outside food in their gyms, if this is the case we will have a designated team spot outside the facility for parents and players to sit. Most teams will designate a parent for each tournament to arrange food options for the players and coaches.

Travel

The overnight tournaments are for your players volleyball experience and training as a member of a team, not a family vacation.

Benefits of travel tournaments

Gauge how teams compare to the rest of the region.

Provide players exposure to college coaches.

Teach players time management skills.

Teach players to be productive team members while traveling in a competitive environment.

Teach players to handle the rigors of competitive schedule (a must for the college athlete).

Development of lifelong friendships with other players from different schools and regions.

What is NOT covered by Club Fees

Transportation to and from tournaments is not covered. We encourage sharing rides for practices and tournaments. To allow for the flexibility to utilize points, hotel rooms for players will not be included in player fees. Tournament expenses, food,

overnight lodging etc are not covered by the club.

Parents are encouraged to help in transporting players to and from the playing site. In cases of possible inclement weather, the club director will make the final decision for travel on the departure day and will notify coaches. Every effort will be made to attend any scheduled tournament, but the safety in travel will always be considered.

Airfare

Airfare for players and parents are to be handled by the parent on an individual basis. Your coaches can inform you of his/her personal flight schedule if you ask.

General Travel Rules

Each coach will set specific rules for travel, but these are the general rules for the entire club.

1. We travel to out of town tournaments to compete, everything else is secondary.
2. Players will be courteous to and respectfully obey all MVC staff members. This includes all coaches, chaperon's, and or other adults traveling with the team.
3. Players must report any illness or injury to the coach and chaperon immediately.
4. Any player found in possession of alcohol, tobacco, illegal drugs or weapons will be sent home immediately at the parents expense. This may result in dismissal from MVC.
5. Any player who disobeys the travel rules may be sent home at the expense of the parent and an evaluation of the situation will be conducted by the coach, the director and board. This too may result in dismissal from MVC.
6. MVC is not responsible for any players personal items while participating in any event. It is the players responsibility to monitor their personal items.

Uniforms and Equipment

1. Uniforms are purchased and cared for by each player.
2. If a player finds or accidentally picks up another player's items they are to be turned into the coach and the player notified.
3. Players are responsible for securing all club equipment while at tournaments. The ball count shall remain the same throughout the tournament. Misplaced or lost balls cost \$45 each.

I have read and understand the player/parent handbook

Player Signature _____

Parent Signature _____

Date _____