



Player-Parent Handbook

MISSION STATEMENT

Mesa Juniors Volleyball Company is a collaborative commitment to providing a comprehensive volleyball experience for parents, players, and coaches. We strongly believe in using volleyball as an avenue to accomplish the holistic development of the student-athlete. We will consistently teach the value of hard work, respect, teamwork and a positive attitude, while encouraging academics and proper nutrition.

OUR COMMITMENT

Mesa Juniors Volleyball Company is committed to enhancing the volleyball experience for Western Colorado student-athletes by:

- providing training that will not only develop the athlete's technical skills, but will challenge each athlete's physical and mental aspects of the game as well.
- striving to unify the student-athlete's volleyball development between high school and club by using consistent terminology and skill instruction for a seamless transition between our club and the local high school programs.
- being dedicated to creating an environment that is dynamic and enriching, with a foundation of hard work, respect and a positive team atmosphere.
- striving to honor the game by modeling and fostering respect for teammates, coaches, opponents and officials.

Our holistic approach will extend beyond the court and include nutritional guidance, injury prevention and the opportunity to cross-train with participation in other school sports and activities while concurrently continuing to develop as a volleyball player. We will provide guidance to student-athletes on the collegiate recruiting process and facilitate the transition to collegiate play. We recognize that each player has unique volleyball goals and want to help athletes succeed in accomplishing their individual volleyball objectives.

GENERAL INFORMATION

USA Volleyball (USAV) is the national governing body of the sport, serving volleyball participants at all ages and levels. With over 40 regional volleyball associations, USAV is one of the leading amateur sports organizations in the United States, providing millions of amateur and professional volleyball players at all age group and ability levels the opportunity to train and play volleyball. Each region organizes regular competitions organized by age and/or ability. Mesa Juniors Volleyball Company teams will register with the Rocky Mountain Region (RMR) of USA Volleyball.

PHILOSOPHY

Mesa Juniors Volleyball Company is a not for profit organization. Training will emphasize fundamentals from the United States Women's National team supplemented by information from the local high school and college coaches. The coaching staff will include coaches with high school, club, college and national level coaching experience as well as former and current NCAA division I and II college players. These coaches will be paid, enabling the club to be clear and upfront with participation expenses.

Academics must be a priority for all of our participants. Mesa Juniors Volleyball Company will utilize standards consistent with high school regulations to determine a player's eligibility for practice and competition. Parents will be required to assist coaches in this endeavor.

Mesa Juniors Volleyball Company supports the idea that participation in any sport is good for the



physical, mental and social development of adolescents. We will not encourage players to give up another sport in order to play volleyball. We feel very strongly that it should be a personal decision between the player and her parents to choose the activities in which she will be involved. We will, however, have guidelines to assist players with prioritizing these activities so their decision does not negatively affect one's team.

TIME COMMITMENT

Most weeks the club will schedule two practices per team. On average, each team will participate in one weekend tournament a month (most tournaments are scheduled on Saturdays and Sundays).

FINANCIAL COMMITMENT

Every effort will be made to keep the cost of participation as affordable as possible. A participant's club fees will cover, but not be limited to:

- Coaches and administrators' salaries/stipends
- coaches USAV registration fees
- coaches travel/lodging fees
- practice facilities
- uniforms
- equipment
- regional team registration fees
- tournament entry fees
- insurance
- website fees
- scorekeeping and officiating clinics
- photocopying
- accounting and bookkeeping services
- miscellaneous club expenses

At the time a player accepts a position within the club, an initial deposit will be made. This deposit will be due when the player accepts her role on a team. The player will not be permitted to participate until the deposit is received. If, after teams are established, a player, for any reason, chooses to not participate with Mesa Juniors Volleyball Company, they will forfeit their deposit. If they choose to not participate after January 1, of the current USAV season, they will be responsible for the balance of club fees in their entirety per the Fee Payment Schedule agreed upon and signed at the beginning of each club season. If the financial obligation is not met, the club will default to the USAV-RMR Membership on Hold Policy for reconciliation of the debt incurred.

In order for a player to remain eligible for participation in club activities, the player's financial obligation must be current. If alternative payment plans are necessary, the board will review the circumstances and make appropriate arrangements on a case by case basis. Any alternative payment plan will be detailed as modifications to the standard fee contract.

Injuries can be a byproduct of athletic participation. Participation time lost due to common illnesses and injuries will not be subject to a reduction in club fees. In the event a player sustains a serious injury or illness which prevents participation for an extended period of time, the board will review the circumstances and determine if special adjustments should be made to the club fees. A note from a licensed physician may be required for this consideration to occur. The decision of the board on this issue will be final.

ELIGIBILITY FOR TRYOUTS

Tryouts will determine what kind of position a player will be offered within the Mesa Juniors Volleyball Company. In order to tryout, you must be a registered member of USAV-RMR. This process is completed on the website www.rmrvolleyball.org. You must bring proof of your USAV membership, USAV Medical Release Form and a \$35 (\$50 for those who preregister) administrative fee to be eligible to tryout.



There may be extenuating circumstances which prevent a player from attending tryouts. In this instance, the coaching staff, in collaboration with the board of directors, may waive the tryout requirement for an individual and evaluate their skill to determine appropriate placement within the club.

TEAM COMPOSITION

Team composition will be based on several considerations: the player's performance at tryouts, similar athletic skill, similar volleyball skill, and volleyball position(s) played.

It is possible that after teams are established, a player may be asked to move within the club to compete and/or practice with a different team for a portion or the remainder of the club season as outlined by the USAV-RMR regulations.

ATTENDANCE

The USAV season begins in November, after the conclusion of the high school season, and culminates with the Junior Olympics in June. Mesa Juniors Volleyball Company will participate in an abbreviated season that runs from November through April/May. Due to the length of the season and concentrated matches in each tournament, one USAV season can easily provide experience equivalent to two high school seasons of competition. All players will be given the opportunity to improve through training at practice sessions. Depending on the age group, players can participate in 60 - 100 hours of practice time during our condensed season. Practices are the primary opportunity for players to improve their skills. Gym time will emphasize skills and team dynamics. All players are given equal opportunity to play in practice. Playing time in competition will be earned.

When you commit to Mesa Juniors Volleyball Company, you commit to a team. Therefore, attendance at practice is mandatory. Part of your learning experience in club and our expectations are that you effectively prioritize and balance your academic, school, family, extracurricular and social activities with club volleyball. Practice is an essential part of individual and team growth. If you will not attend a practice, you are required to notify your coach well beforehand. Remember coaches spend a lot of time planning practice ahead of time and missing a player can cause conflicts in those practice plans.

PRACTICE/COMPETITION GUIDELINES

Players are expected to be prepared to warm-up at posted practice start times and report times for tournaments. This means, that players need to arrive 10-15 minutes ahead of time to properly prepare themselves and the equipment for a prompt start time. Players are expected to care for the equipment in their practice and competition facilities and will incur the cost of replacement items needed. They are expected to neatly arrange personal practice gear and bags in one designated area. They should stay together once they arrive at the facility. Permission must be granted by your coach to leave the facility during a scheduled event. No member of the team has permission to leave practice or competition without the coach's consent. Team members will not be dismissed until equipment is stored and team responsibilities (including officiating duties at competitions) are completed.

Players are expected to maintain a respectable appearance which does not attract exceptional attention to oneself, as this may be a distraction from the unity of the team. Team members are expected to dress in practice attire for training sessions and to wear team outerwear at competition sites to present a unified image and to be identified as members of Mesa Juniors Volleyball Company.



Players should refrain from any outward displays of anger or frustration, including foul language. Only the designated floor captain may speak to the officiating staff in a match, and only to clarify a call. Any other player communicating with match officials will be subject to a penalty.

USAV competition formats rely on players and coaches to assist with officiating duties during tournaments. Players will be required to attend a scorekeeping and/or officiating clinic to become certified and share this responsibility with their teammates.

Players are expected to adhere to the USAV Participant Code of Conduct, including the USAV Disciplinary Policy. Parents are required to sign the Spectator Code of Conduct issued by the USAV. The player must also sign and adhere to the Code of Conduct for Mesa Juniors Volleyball Company. Disciplinary actions may be imposed for any deviation from this agreement.

Tournaments often will be full day events. Each facility will have their own rules which all parents and spectators/parents must adhere to or team penalties will be imposed. Some gyms will not allow folding chairs. Many also forbid any food or drinks, other than water. Details regarding specific site rules will be posted at the event. Exact tournament schedules are often not available until just before the tournament begins. Information will be posted as soon as it is available to our staff. Additionally, since the length of volleyball matches are unpredictable and tournament formats and management varies, it is difficult to identify when a tournament may end, therefore transportation arrangements must be flexible and reliable once the event has concluded.

TRAVEL GUIDELINES

Transportation to and from tournaments, practices and other club activities is solely the responsibility of the parents. Parents may make arrangements for their daughter to ride with other parents or family members, but it is ultimately each parent's responsibility to determine a safe mode of transportation to and from all club functions. If inclement weather exists, please make sure to notify your coach of these conditions, however the decision of whether it is safe to travel will be the responsibility of each individual. The club and all of its representatives are not subject to any liability for damage or injury which may occur as a result of transportation of players to and/or from any club function.

LODGING GUIDELINES

Some tournaments will require players to stay in a hotel. If the tournament does not require this, players may opt to stay with parents or family, but they are still responsible to attend any team meetings or meals that are planned. If parents are attending an event, they will be responsible for their own reservations. Overnight trips may be supervised by a parent chaperone and/or the team coach. The parent chaperone will coordinate with the team coach and be responsible for curfew, bed checks, arranging team meals at restaurants, meals/snacks during competition, laundry and other duties that may arise after consultation with the coach. If players are leaving their room to use a vending machine or swimming pool, they must use the buddy system. No movies or other charges will be posted to the room. Lights out will usually be around 10:00 p.m.

HEALTH AND WELLNESS

Mesa Juniors Volleyball Company was founded on the concept of the holistic development of the student-athlete. We are committed to serving the entire athlete: body, mind and spirit. We regard the physical, mental and psychological fitness of our participants.

The health and wellness of our athletes will guide our decisions and will always be a priority. Therefore,



players are expected to notify coaches of any injury they have sustained during or outside of volleyball. They will honestly communicate their condition so appropriate decisions can be made regarding participation to preserve the short and long term health of the individual as well as their teammates.

One of the important features that will be emphasized in our training program is nutritional guidance. Players are responsible to supply their own food and drink at tournaments. Due to the lengthy nature of our competitions, the team that replenishes their energy with appropriate food and drink will perform best at the end of the day. A good breakfast before arriving at the gym and nutritional snacks between matches are important, as there is not always time for full meals. Candy and soda are not healthy snacks and may not be consumed until the competition day is complete. Participants are expected to adhere to the nutritional guidelines set forth by the club.

Medical research also supports the importance of cross-training and discourages early specialization in one sport. This consensus among experts is what drives Mesa Juniors Volleyball Company's decision to support and not restrict multi-sport participation. It is healthier for our athletes to participate in other activities, while making volleyball a priority.

Many resources on nutrition, overuse injuries, and female specific conditions for players and parents are available at www.stopsportsinjuries.org.

INSURANCE COVERAGE

Each participant is expected to have medical insurance which will be the primary coverage in the unfortunate event of any injury during or related to a club activity. Each participant's mandatory registration with USAV-RMR provides a sport accident policy on a secondary coverage basis while participating in scheduled, supervised, and approved activities such as practice sessions, games, fundraising activities and tournaments. If an injury occurs, the coach should be notified as soon as possible. If the injury requires medical intervention, the parents/guardians of the participant should make a claim for medical expenses to their family medical insurance carrier first. The USAV coverage is secondary. Depending on the severity of the injury, the club may require the participant to provide a physician's clearance note before resuming sport activities.

PARENT EXPECTATIONS (BEHAVIOR/INVOLVEMENT)

Mesa Juniors Volleyball Company recognizes that development of the whole student-athlete is a joint effort between the club, its coaches and the parents. Involvement in Mesa Juniors Volleyball Company is a time and financial investment not only for the athlete, but the parents as well. We need and encourage, but will not require parental participation. However, a parent chaperone for each team is required for teams to participate in overnight tournaments.

Parents are expected to model behavior that represents the club and their families in a respectable manner. Parents should strictly adhere to the 24 hours walk away policy as well as the Chain of Command policy outlined in the Mesa Juniors Volleyball Company Handbook, which specifically designates the player as the primary point of contact for the coach. Parents must sign and adhere to the Player-Parent Code of Conduct for Mesa Juniors Volleyball Company. The following rules apply to all parents/guardians while participating in a Mesa Juniors Volleyball Company event or activity:

- Parents/guardians should conduct themselves in a positive manner as representatives of Mesa Juniors Volleyball Company. They should not behave in any way that would jeopardize the safety of Mesa Juniors Volleyball Company players.



- Parents/guardians shall comply with all local and state criminal and traffic laws and ordinances.
- Parents/guardians shall exhibit exemplary behavior, demonstrate high ethical standards and good sportsmanship, and serve as a positive role model to players and other parents/guardians.
- Parents/guardians should refrain from any outward signs of frustration or foul language.

CHAIN OF COMMAND/APPEALS

Per the mission of Mesa Juniors Volleyball Company, we emphasize the holistic development of each student-athlete. Communication is a life-long tool that we expect our players to develop. We also expect players to maturely handle any conflict that may arise. These skills, like any others, require practice. Our chain of command policy mandates that parents facilitate the club in developing this skill in their athletes.

If questions or concerns arise during the course of the club season, the player, not the parent, must set up a meeting time to initiate a conversation regarding this topic with the coach first. If the topic is not satisfactorily resolved, the player and parent may arrange a time to meet with the coach (the player must be present at this meeting). If at this point the situation is still not remedied, the club director will meet with the parent and athlete. As a last resort, the club director will appeal to the board and consult with the members on the issue. The final decision will be relayed back to the involved parties by the club director. Once the board has made a decision, no further appeals on that topic may be made.

In addition to learning communication tools and skills, players must also learn appropriate times to have these conversations. To assist players (and parents) with this step, the club will enforce a 24 hour walkaway policy. Coaches will not discuss decisions or player/parent concerns before, during or after practices or tournaments (unless the time has been pre-arranged). At these times, the coach's focus is on the team's performance and conversations at these times detract from the team. Coaches have been instructed to dismiss and walk away from any conversation that is initiated at these inappropriate times.

Any violation in how concerns are handled by players or parents will subject the player to penalties, including loss of playing time, and/or expulsion from the club with no refund of club fees. Additionally, if a coach perceives an interaction from a player or parent as aggressive or disrespectful, the same penalties may be enforced, even if it is the first offense.

DISCIPLINARY ACTION

Mesa Juniors Volleyball Company will adhere to a three strike disciplinary policy.

1st strike = 1st offense

The player shall be immediately suspended from USAV competition, which shall continue for a minimum of 20% of competition days. If the player is not currently participating in Mesa Juniors Volleyball Company, she will be suspended for 20% of the competition days in the next USAV season if she participates with Mesa Juniors Volleyball Company.

2nd strike = 2nd offense

The player shall be immediately suspended from USAV competition, which shall continue for a minimum of 30% of competition days. If the player is not currently participating in Mesa Juniors Volleyball Company, she will be suspended for 30% of the competition days in the next USAV season if she participates with Mesa Juniors Volleyball Company. Suspension for a second violation shall not be served concurrently with suspension for a first violation, but rather imposed in a consecutive manner upon completion of the first suspension period.

3rd strike = 3rd offense

The player should be immediately suspended from USAV competition as a member of Mesa Juniors



Volleyball Company, and the player's right to participate in Mesa Juniors Volleyball Company practices and activities shall be revoked. The player shall not again participate in any Mesa Juniors Volleyball Company activity. The player may file a written petition to the Mesa Juniors Volleyball Company Board for reinstatement of her participation privileges after expiration of one calendar year from the date such privileges were revoked. Such petition may be denied, granted or granted with conditions, in the discretion of the Mesa Juniors Volleyball Company Board.

In the event that the player and/or parent/guardian commits a further violation or fails at any time to comply with the Board's conditions for reinstatement, if any, the player's right to participate in all Mesa Juniors Volleyball Company programs shall be revoked permanently, and no further petition for reinstatement shall be permitted.

A carryover rule will apply in the event a violation occurs during the USAV season in which the player is participating but there is an insufficient number of competition days remaining to fully serve the suspension imposed. The remaining portion of the suspension will be carried over and enforced in the next USAV season if the player participates as a member of Mesa Juniors Volleyball Company.

The Mesa Juniors Volleyball Company Board shall be authorized to revoke, suspend or deny the privilege of participation as a member of Mesa Juniors Volleyball Company for any reason not listed here if deemed appropriate and reasonable by the board.

CLUB COMMUNICATIONS

The primary modes of communication for the club will be the club's website, www.mesajuniors.com, and the designated point of contact for each high school. General information and questions may be sent to mesajuniors@gmail.com.

It is imperative that an accurate and frequently checked email address is provided to ensure all relevant information is received by each participant. There will be instances when changes are posted on the website. Every effort will be made to send an email correspondence in this circumstance; however, it is ultimately each player's responsibility to check for the most current information on the club website.

Phone calls will be the last option, for relaying club information. Some coaches may prefer alternate ways to communicate with players. A preferred communication tool for each coach will be provided once players are assigned to a team.

COACHING REQUIREMENTS

To attain membership in USAV all coaches and administrative personnel are required to pass a background check, which is re-administered every two years after initial acceptance of becoming a member. Additionally, coaches are required to be IMPACT and SafeSport certified if they will be coaching at the junior level (ages 18 and under).

Mesa Juniors Volleyball Company coaches will be assigned to a team based on their coaching and playing experience. The Board of Directors will make decisions regarding which coaches will be assigned to specific teams. The club model will reflect a unified coaching approach among all levels and coaches. Coaches will be regularly evaluated to ensure proper implementation of club techniques and teachings.



BOARD OF DIRECTORS

The board will establish club policies and be the final decision-making body for the club regarding any disciplinary action or other club issue. This board has the authority to add, change or revise any existing policy as it deems necessary.