



Parent/Player Club Handbook

Legacy is not leaving something for people. It's leaving something in people.

-Peter Strople

1 WELCOME

Carolina Legacy Volleyball Club (CLVC) welcomes and thanks you for your interest in our organization. We are passionate and committed to the game of volleyball and we are looking forward to helping our players go to the next level.

This handbook outlines the guidelines by which CLVC players, coaches, and parents will operate. It is provided as a resource and reference throughout the volleyball season. Please take the time to carefully read the handbook. Players and parent(s) will be required to sign documents acknowledging that they have read this handbook and agree to abide by the guidelines described herein.

2 MISSION STATEMENT

CLVC is a player-driven club that is committed to building a culture of quality, strength, and family through the game of volleyball. It is with this simple vision that our athletes are empowered with a selfless drive to be their best self on and, more importantly, off the court.

The mission behind our organization is to provide superior fundamental training, individual and team skill development, and growing self-confidence through positive coaching methods. Our goal is to go above and beyond to help your child reach their full athletic and social potential. We strive to have our athletes develop physically and mentally to achieve the highest performance as a volleyball player.

3 COACHING

Studies have shown that coaches can have a huge impact on athletes' personal lives and goals, and how the athletes perceive themselves and their community. In addition, individual athletes look to coaches for leadership and encouragement beyond the sports environment, which carries over into the players athletic performance.

Through solid coaching, players have the opportunity to develop physically, socially, and emotionally. In addition, players can discover their hidden talents, gain a better understanding of oneself, and develop a higher level of self-worth and competency.

CLVC coaches recognize and accept their roles to the growth and development of the player on and off the court.

3.1 Success vs. Winning

In the profound words of UCLA Gymnastics Coach, Valorie Kondos Field, “Real Success is developing champions in life for the world, win or lose. Coaches, parents and leaders can no longer lead from a place where winning is our only metric of success, where our ego sets center stage, because it’s been proven that this process produces broken human beings.”

CLVC coaches focus on developing champions in life through the sport of volleyball. The coaches at CLVC focus on training successful players; stressing commitment, determination, and hard work. Studies have shown that focusing on success of the players rather than solely on outcome of the competition promotes the player’s growth and ultimately leads to winning.

There is nothing wrong with the desire to win or winning itself, and CLVC will prepare and train our players to win. However, it will not be our sole focus. In fact, legendary UCLA coach and author John Wooden never discussed winning with his team. He had them focus on individual excellence in their skill and playing together as a team which resulted in a plethora of accomplishments that remain unmatched. One of his famous quotes to his players was, “Success comes from knowing that you did your best to become the best that you are capable of becoming.” This will be our main focus for every player here at CLVC.

We equate success as:

Potentiality + Preparation + Confidence + Application = Success

Potentiality is defined as latent qualities or abilities that may be developed and lead to future success or usefulness. At CLVC, we strive to develop and grow the potential in our players and coaches. “Only he who can see the invisible can do the impossible.” - Frank L Gaines

Preparation is defined as the action or process of making ready or being made ready for use or consideration. Studies have shown that investing in disciplined preparation plays an important role in developing a player’s potential to thrive. In volleyball, this preparation is called training. Training can properly allow a player to become more skilled, more knowledgeable, more confident, and mentally and physically stronger. While winning is not our primary focus, it is a natural byproduct of disciplined training and preparation. Proper preparation requires disciplined training which can then result in success which can then lead to winning. “The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.” - Bobby Knight

Confidence is defined as the feeling or belief that one can rely on someone or something; firm trust. CLVC promotes a strong commitment to building trust among coaches, players, and parents. When the players enter a match, we promote commitment to trusting the skill that the player has as well trusting the skills their teammates bring to that match. This concept is crucial to the success of the team as well as the volleyball club. "One man can be a crucial ingredient on a team, but one man cannot make a team." -Kareem Abdul Jabbar

Application is defined as the action of putting something into operation; giving effort. Application is something that is trained and can be noticed when the challenges of competition arises. CLVC coaches promote each player to give their best effort in practice and training, to bring positive results at tournaments. "The best competition I have is against myself to become better." - John Wooden

CLVC coaches are committed to every aspect of this success equation. Our coaches are committed to our players being supported not belittled, coached up and not torn down, and motivated not pressured or bullied. As a club, we will pursue, discover, and enroll talented athletes. We are committed to developing these players through vigorous and demanding training and practices. We foster an environment of greatest successful application, all while establishing confidence that will guide the teams not only through the most rigorous matches, but also retain the athletes for several seasons at CLVC.

We want our athletes to have a competitive spirit when facing any team on the opposite side of the net.

We believe that success is possible at all age and skill levels, although it looks different depending on the specific player and team. CLVC offers opportunities for all skill levels (beginners, intermediate, advanced) throughout the year in order to provide continuous opportunities for growing each athletes measure of success.

4 CLUB TEAM DIVISIONS

Teams at CLVC are formed by assessing every athlete that tries out. CLVC offers three (3) levels of teams to be able to accommodate athletes with varying skill levels. The three (3) levels offered are:

- **Semi-National** (White for U18; Black for U17 and younger)
This is the highest level offered at CLVC. Semi-National teams will have the most extensive travel schedule. On average, they will compete in five (5) multi-day tournaments, three (3) Carolina Region Tournaments and one (1) East/West or Regional Championship. On average, Semi-National teams will receive two (2) practices and one (1) position-specific training per week.

- **Regional-Plus (Red)**
Regional Plus teams have less demand for out-of-state travel. On average, these teams will compete in two (2) multi-day tournaments, three-to-five Carolina Region Tournaments, and one (1) East/West or Regional Championship. On average, Regional Plus teams will receive two (2) practices per week and an optional clinic weekly for an additional fee.
- **Regional (Grey)**
Regional teams, on average, will compete in five (5) Carolina Regional Tournaments and one (1) East/West or Regional Championship. On average, Regional teams will receive two (2) practices per week and an optional clinic weekly for an additional fee.

5 CLUB TRYOUTS

The Carolina Region Volleyball Association and USAV determine the tryout period for players based upon their age. When these organizations release tryout dates, CLVC will post tryout dates and information on our website as well as our social media pages. We offer at least two (2) tryout sessions per age division to allow the coaches as much assessment time as possible. Athletes are encouraged to attend both tryout dates; however, CLVC understands that dates and times can conflict with other club tryouts. We ask that you attend as many CLVC tryout sessions as possible to be accurately assessed and evaluated. All of our tryout sessions will be intense and fast-paced as to simulate practices for the upcoming club season.

5.1 Registration

Registration and payment options for tryouts will be available via the CLVC website by October 1st. The player must register according to the USAV age definitions and limit their tryout to the appropriate age division, unless otherwise informed by the club director prior to a tryout session.

CLVC hosts open play sessions in the weeks leading up to tryouts. Open play is an opportunity for parents and athletes to familiarize themselves with the club and coaches. It also provides athletes with the opportunity to be transitioning from school volleyball to club volleyball. Attendance in open play is not required, but we encourage athletes to participate as much as possible.

5.2 Tryout Process

Each of the tryout sessions adhere to the following process:

- Tryouts will begin promptly at their scheduled start time.
- Tryouts will begin with a brief introduction followed by warm-ups.

- All courts will be staffed with trained coaches running various drills.
- All athletes will be evaluated on various skills during the tryout period, regardless of desired position.

5.3 Athletes

Athletes have the following responsibilities during tryouts:

- Arrive at least fifteen (15) minutes prior to the scheduled tryout time.
- Wear proper apparel for tryouts .(ie. court shoes, knee pads, t-shirts, and spandex/shorts).
- Come ready to compete for a position on a team.
- Come ready to be coached and be eager to learn.

5.4 Parents

Parents have the following responsibilities regarding tryouts:

- Attend a parents information session meeting which are generally held before or after open play of your athlete's age division. These sessions are intended to answer questions and provide information on the club's teams, coaching staff, fees, and other information for the season.
- Ensure registration has been completed on the CLVC website.
- Ensure your player is prepared with proper attire for tryouts.
- Ensure all tryout fees are paid using credit card through the CLVC website. If it is not possible to pay by credit card, other arrangements must be approved by the club director prior to an athlete being permitted to participate in tryouts.

5.5 Coaches

- Arrive at least sixty (60) minutes prior to tryouts to consult with director on tryout process and assignment.
- Assist with checking in athletes and assist with tryout process.
- Develop a tryout plan to ensure each athletic candidate gets adequate consideration.
- Keep drills engaging, competitive, and interactive.
- Remain on site after tryouts for a review and discussion with all coaches and director to discuss athletic candidates.

5.6 Team Selection

Athletic candidates are selected by the head coaches and a panel of coaches who observed the performance of players during tryouts. Some of the factors considered but not limited to are:

- skill level
- specific athletic ability to volleyball
- overall athleticism
- eagerness to perform
- competitive attitude
- social skills with other candidates
- willingness to be coached
- work ethic
- specific needs for a particular team

Athletic candidate(s) should never assume that they will be offered a spot on a given team due to the fact that they played with the club or on a particular team the previous club season.

5.7 Notification of Offer (Team Assignment)

The director/coaches are allowed to extend offers to athletic candidates as soon as the first tryout session has ended. However, the process can take up to six (6) calendar days. The team selection process can be very tedious and is often difficult for the coaches as well as the athletic candidate. Each candidate whom is selected for a team will receive a phone call extending an offer for a specific team (Regional, Regional Plus, Semi-National). In addition, the selected candidate will be informed of the potential role that they may fill on the team. However, roles may change as the team/season develops and necessary adjustments will be made accordingly by the coaches. The full roster will not be disclosed to candidates during this notification.

5.8 Acceptance of Offer

The Carolina Region requires offer remain open for five (5) days after the offer has been extended by the club. Once the parent and athlete have reached a decision to accept or decline the offer, we ask that the athlete notifies the club as soon as possible of the decision. CLVC foresees having all their team rosters verbally committed as expeditiously as possible.

According to the USAV National Policy, once the candidate signs the Player's Commitment form, they are no longer eligible to play for another club.

6 SIGNING DAY

Let the club season begin!

Signing day is the official kickoff of the season and the first time players, parents, and coaches gather as a team. There will be a brief introduction to the club, review of handbook guidelines and procedures, uniform fittings, team photo, and opportunity to meet your new teammates and coach.

Each team will be notified of their specific date and time of signing day kickoff. Attendance is mandatory for players and coaches unless other arrangements were discussed with club director.

All required paperwork is due at this time (Forms will be forwarded electronically or posted on website prior to signing day).

PLAYERS DEPOSIT IS DUE ON SIGNING DAY! (deposit amount will be available on financial contract according to players team level). Deposit is to be paid through the CLVC website unless other arrangements have been made with club director prior to signing day.

7 PAYMENTS AND FEES

Fees include facility rental, tournament entry fees, coaching stipends, coaches travel costs, miscellaneous administrative fees, equipment costs, marketing materials, first aid kits, and other items necessary required for the club to function.

Actual fee amounts and payment schedule will be available on the club's website by October 1st.

Note: Club fees do **NOT** include the uniform package. The uniform package will consist of two (2) jerseys, two (2) pair of spandex, one (1) backpack, one (1) hoodie, one (1) pair of sweatpants and four (4) practice shirts. The jersey design will be carried forward for future CLVC seasons and should only need to be replaced if outgrown, damaged, or there is a number conflict in a future season.

7.1 Payment Method and Policy

Payments are expected to be made online through the CLVC website via the player's account. It is strongly encouraged that payments are authorized to auto-draft the credit card on file per the team payment schedule. If an alternate payment schedule/plan is needed, it will be signed and agreed upon on an individual case by case basis with the volleyball director prior to signing day.

At no time will coaches accept club fee payments.

7.2 Late Payment Policy

All players must have a valid credit card on file through their account at the CLVC website. Fees are considered late ten (10) days after monthly due date and will be charged a \$25 late fee. Any checks returned due to insufficient funds will be charged a \$35 fee as well as the \$25 late fee. In addition, the player will be suspended if prior arrangements have not been discussed and agreed upon. The player will not be allowed to practice or compete until financial obligation is fulfilled. After thirty (30) days of non-payment, the credit card on file will be automatically charged the prior month's balance and late fee.

7.3 Refund Policy

CLVC has a strict no refund policy for players not willing or not able to complete the season after Signing Day, regardless of the reason that the player is unable to participate.

8 PRACTICES

Practice attendance is mandatory for every level team. Whether it is position training, conditioning, scrimmages, or team-specific practices, it is imperative that every player comes prepared to give their very best. It was once said, "hard work beats talent when talent doesn't work hard"; just showing up is not enough. All players should be punctual, come with a mindset to work, be a team player, and be coachable.

8.1 Missed practice

If a player cannot attend practice, please notify your coach at least 24 hours before practice. As we know, unexpected situations arise (illness, injury, etc.) which make affect the ability to practice. However, it is very important that all players and parents understand the importance of practices.

It is of vital importance that each player understands that volleyball is a team sport, where the dynamics of the team are extremely important. The team requires an established rotation of position players, each providing an element to the team's overall design. If a player is absent from practice(s)/tournaments, it can discompose the overall planned design for the team.

Missing practice due to an excused absence may result in a change of playing time in a future tournament. Missing practice due to an unexcused absence WILL result in a change of playing time in a future tournament.

Excused absence includes:(not limited to)

illness, injuries, required attendance to official school events, certain family commitments (approved by the director)

Unexcused absence includes:(not limited to)

forgetting about practice, homework/school projects, preparation for test(s)/final, conflict with another sport (unless approved by director).

It is imperative for all student-athletes to recognize the commitment they have made to the club and their teammates. CLVC values education and believe that all of our athletes are students first. However, it is necessary to implement proper time management skills for academics and athletics.

NO PRACTICES ARE CANCELLED unless authorized by the director.

8.2 Practice attire

Players are expected to wear proper equipment at every practice; including volleyball shoes, knee pads, and CLVC t-shirt. Coaches will assign practice t-shirt colors to be worn by their team for each practice. Failure to wear the proper shirt may result in disciplinary action by the coach.

9 TOURNAMENTS

The tournament season typically runs from January to April depending on team level. Practices typically begin in mid-November and the first tournament is typically held the beginning of January. Schedules will be distributed to players on signing day. Players are expected to commit to attending ALL scheduled tournaments. Excusals/absences from tournaments will be addressed on an individual case by case basis.

All teams will travel within the state to compete in Regional volleyball tournaments. These tournaments are typically an all-day event. The locations and times of these competitions vary and each team will be

notified by their coach of location and time of said tournament at least one week prior to the tournament date. Parents are responsible for their player(s) transportation to these tournaments.

Customarily, food tables are set up outside of the venue at Regional tournaments and families contribute food items and drinks for the players, coaches and fellow family members for the day. Coordination of food tables is the responsibility of parents, not coaches.

If a player cannot attend a tournament, the player must notify the coach at least thirty(30) days prior to the tournament date.

Multi-day tournaments outside of North Carolina require overnight accommodations. If a tournament requires a player to be absent from school, the coach will give ample notice to allow the player to make necessary arrangements. If necessary, an official club absence letter can be provided for the player's school.

9.1 Players Officiating

All tournaments require participating teams to officiate games. CLVC will arrange date and time and/or provide the link for the referee/scorer training clinic for the appropriate teams. All players should take their duties and responsibilities seriously and be mindful that they are representing CLVC. All players are expected to carry out officiating duties when assigned and ALL players (entire team) are required to remain at tournament until all officiating/work duties are complete. All athletes may not leave the tournament area at any time without permission from their coach. There will be very few allowable exceptions to this rule at the discretion of the club director, not the coaches.

9.2 Uniforms

All tournaments require teams to be in compliance with the USAV and uniform regulations. Only CLVC apparel may be worn at our tournaments, along with your spandex and jersey. In addition, at the discretion of your coach, gear may include sweat pants, practice shirts, and other spirit wear. **NO SCHOOL APPAREL OR APPAREL FROM ANOTHER CLUB ARE PERMITTED TO BE WORN WHILE AT CLVC TOURNAMENTS OR PRACTICES.**

USAV has relaxed its jewelry policy from no jewelry to some jewelry. The exact USAV guidelines are not clear about the types of jewelry that are permitted and prohibited. CLVC's jewelry policy is that players are permitted to wear stud earrings only, no necklaces or other jewelry is permitted.

9.3 Stay-to-Play

Many host tournaments require teams to reserve a block of hotels room prior to the tournament registration. This ensures that hosts of the tournaments can reserve the largest venues for the scheduled tournament dates. ALL TEAMS ARE REQUIRED TO STAY IN THE CLUB ELECTED HOTEL BLOCK, NO EXCEPTIONS!!!! (parents hotel points, rewards, membership, etc. can NOT be used for stay-to-play tournaments).

The host tournament will provide a link to the club director for booking of said stay-to-play hotel, which is the ONLY link to be used for reservations. Failure to book through provided link can jeopardize the team's participation in said tournament. If the room block is not filled by the deadline, each player on the delinquent team will be financially responsible for 50% of one total room. The balance will be assigned to the player's account and expected to be paid with the player's next monthly fees. Players with an outstanding balance will jeopardize their position on the roster.

10 INJURIES

If a player becomes injured during practice and/or outside of practice that requires a doctor's visit, that player must turn in a doctor's note to her coach prior to returning to practice or a tournament. The note must include the player's official diagnosis and the doctor's recommendation of the player's ability to perform on the court.

If a player's injury prevents her participation in practice or tournament, she is still expected to attend the practice or tournament unless the injury prevents her from doing so.

11 EXPECTATIONS OF PLAYERS

All players are expected to be disciplined, competitive, energetic, responsible, and hard-working; all while having fun and enjoy the sport of volleyball.

All players are to be accountable and reliable to all team requirements; including, but not limited to, completing tasks on time, being punctual, giving your all during practices, conditioning, scrimmages, and games.

All players are to operate with a high level of appreciation and esteem for what has been provided (keeping our facility clean, picking up our personal items at tournaments, etc.) and will do it with a sense of pride.

It is MANDATORY for ALL players to attend team bonding events/activities (breakfast, lunch, dinners, etc.) planned by the director, coaches, or designated parent.

All players are to refrain from unnecessary behavior that disrupts the team's chemistry. Players must stay positive toward their fellow teammates and coaches. NO DRAMA!!!

All players are to support their teammates on and off the court. Furthermore, players are to remain engaged in all matches, continually cheering, and supporting the team.

All players are to maintain a solid academic foundation throughout the club season. This requires proper time management for studying and other academic responsibilities as a student athlete.

CLVC has a ZERO TOLERANCE POLICY with players:

- Consuming alcohol, smoking of all kinds, and anything that will harm the body.
- Any form of verbal or physical abuse and/or bullying will not be tolerated from any player, parent member, coach, or any other associate of CLVC.
- Any form of defamation of the club coaches, director, or club staff of CLVC.

A player in breach of this policy will be DISMISSED from the club.

All players are to refrain from obscenities during practice and competitions.

Players are NOT allowed to have their boyfriends attend tournaments. This is a distraction to not just the player but to the entire team. The only exception to this is at the 18's level and even that will have certain restrictions. Any questions about this policy can be answered by the club's director.

Players will positively accept the decisions of the club director and coaching staff regarding playing time. They will always do what is best for the team as a whole, but with communication we can help each other be better players, teammates and individuals. Therefore, the following steps are the proper protocol procedures for resolving playing time, positions played and general frustrations during a tournament:

- Train hard!! In practice, in clinics during strength and conditioning. The opportunities and resources to improve are all around you, use them.
- TALK TO YOUR COACH!! Our coaches are expected to be approachable and capable of explaining and resolving your concerns.
- If the player feels that they have met both of the above steps without resolve, schedule a meeting with the club director and your coach. No discussion will take place during practice times or during a tournament. It is believed that everyone wants the same results, which is for the player to grow as both a strong individual and a strong volleyball player.

NOTE: Every effort will be made by Carolina Legacy Club Director, coaches, and staff that each player and parent have a positive volleyball club experience. Player dismissal is a right reserved by the organization for use as a last resort when all other resources of conflict resolution have been exhausted. Any player dismissal by the club director for stated rules in the handbook will be held liable for any and all outstanding registration fees and club dues outlined on the parents financial contract agreement. Parents will not be entitled to a refund of any such fees paid to the organization.

12 EXPECTATIONS OF COACHES

Coaches are to assist with building the skills and confidence in each player.

Constantly monitor the team chemistry, dynamics, and overall season progress.

Coaches are to attend all team practices and tournaments.

Coaches are to attend coach's meetings at tournaments.

Coaches are to notify players/parents of tournament play schedule.

A coach must be present at the referee table when the team is working to ensure that assignments are being allocated/rotated fairly.

Coaches that wish to travel and stay with a friend or family member(s) are making a personal choice and will NOT be reimbursed for hotel stay. However, CLVC will reimburse parent-coaches staying with their family on a three (3) coaches per room compensation (cost of room divided by three).

13 EXPECTATIONS OF PARENTS

Parents are to positively support their player, the team, the coaches and the club. Parents are to be amicable to all fellow parents, coaches, and refereeing personnel.

Parents are to comply and support decisions made by the team parent representative(s) and share responsibilities assigned. Positive communication (opinions, ideas, etc.) among parents is a contributing factor to a successful season

Parents are to cheer and NOT coach players at practices and tournaments.

Parents are to ensure that their player arrive on time to practices, tournaments, and any other team events.

Parents are to exhibit appropriate sportsmanship at all times.

Parents attending team bonding events shall come to bond with other team parents not under the influence of alcohol or controlled substance.

Accepting that coaches will make popular and unpopular decisions; however, trust that the end result is for the betterment of the team and each player. If a parent doesn't agree with a coach's decision(s), it is not to be discussed at practice or tournament site. Parents are to allow at least 24 hours before contacting a coach via email or text. Moreover, allowing time to let initial feelings and opinions subside opens an opportunity for logical and controlled discussion. All conversations/meetings will remain confidential.

Parents are NOT allowed, under any circumstances, to approach the bench, sidelines, referee table during game play, timeouts, or otherwise.

Parents will assume financial responsibility for their player and make timely payments. (Parents are to sign financial commitment letter on Signing Day)

14 CONTRACTS AND RELEASE FORMS

Once the official season commences, the following forms will be available for signature on or before signing day:

- Carolina Legacy Parent/Player Contract
- Player letter of Commitment
- USAV Medical Release
- Parent Financial Contract

Receipt of Handbook Consent Form

I, _____ (player/parent) have received and reviewed Carolina Legacy Volleyball Club Parent/Player Club Handbook. I understand that I am responsible to follow all procedures and guidelines stated, as well as all other materials, practices, and procedures of Carolina Legacy Volleyball Club.

Parent

Printed name: _____

Signature: _____ Date: _____

Player

Printed name: _____

Signature: _____ Date: _____