



2017-2018

Parent & Player Handbook

**Fundamental Volleyball Club
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Fundamental Volleyball Club Oath:

I am Fundamental. I understand that as a team member I have a vital responsibility to ensure the success of my teammates on and off the court. I will respect my coaches and fellow players at all times. I pledge to have “Fun” and believe in my ability to succeed with all my teammates by attending practice with the understanding that it commands competitive play. I will exercise the highest level of professionalism with opponents and officials by abstaining from dishonesty and unwelcome verbal or physical exchanges. I am fully committed to giving 100% effort every time I step on the court with my teammates. I am now “Fundamental.”

Mission Statement

Fundamental Volleyball Club (FVC) is a highly competitive USA Volleyball affiliated Club designed to train and educate young athletes in the sport of volleyball. We aim to empower our athletes with a commitment to develop great sportsmanship, work ethic, communication skills, team-oriented achievements, and excellence in athletic performance at practice, in competition and the community. These meaningful pillars of success stem from each athlete’s immense leadership characterized by helping their fellow teammates achieve their utmost potential.

Our Vision

Fundamental Volleyball Club is dedicated to developing a highly competitive volleyball program within the Garden Empire Volleyball Association (GEVA) and in the nation that;

- Teaches life lessons and provides opportunities to develop leadership skills within FVC membership through sports, while securing and nurturing an environment that fosters the maturity of athletes on and off the court.
- Encourages passionate approaches for the game of volleyball through individual and team-oriented improvement, and the game as a whole.
- Provides its members with the three pillars of training (technical, tactical and physical) that profoundly develops the fundamental skills needed to compete at the highest level.
- Fosters an enhanced sense of community among athletes, coaches and parents.
- Encourages a club experience that is fun, challenging and educational while creating and retaining a positive learning environment.

- Believes that there is intrinsic value in working hard.
- Develops within our players, the vital ability to appreciate and value the diversity within our volleyball community.

Why Play Junior Volleyball?

Junior volleyball programs have continued to increase at very rapid rates in our region and the rest of the country. This tremendous growth is primarily indebted to the overall increase in women's sports programs. Additionally, increased available funding for collegiate women's programs has been a critical factor. This productive trend has produced outstanding results as evidenced by the U.S. Women's National Team winning our country's first ever gold medal at a major tournament that featured the world's top teams, 2014 FIVB World Championships held in Milan, Italy.

Junior volleyball programs have become so successful over the years that college coaches recruit almost entirely from junior program ranks. The ability to see so much outstanding talent and prospects at a single day tournament has proven to be more cost effective and rewarding to college coaches in comparison to seeing a handful of prospects during an entire school season. In addition, the demand for greater recruiting efficiency given the NCAA's limited number of recruiting opportunities where a coach can contact or observe in person, a given player, greater recruiting emphasis is has also steered coaches toward junior volleyball programs.

It would be a perfect junior volleyball program if all players compete at the collegiate level however, unfortunately that is not the case. Given this reality, our program is structured to offer training opportunities to kids as early as the 4TH grade. We believe that the path to success given each individuals strength and weakness is to simply offer a challenging and gratifying experience which inevitably lead to more fun on the court as player skill performance improves. The desire to play at the collegiate level is usually not realized until the latter years in high school.

Finally, club volleyball is a great place to compete, have fun, meet and interact with friends and develop the fundamental attributes including, work ethic, teamwork, good character and competitiveness that aid you in every stage in your life. We invite you to check out Fundamental Volleyball Club, where we teach all players the "Fun"damental way.

Why choose Fundamental Volleyball Club?

As the sport becomes increasingly widespread and competitive, it warrants an increasing need for coaches who are teachers of the game, to sought cutting-edge information that exhibits the fastest and most effective techniques to enhance player performance. Our lead expert coaches have garnered those technical and tactical capabilities and are always prepared to provide quality instruction to players. In addition to being IMPACT or CAP certified with USA Volleyball, some of our coaches are also FIVB (International Volleyball Federation) certified. This level of coaching productivity is what makes Fundamental Volleyball Club the leading organization on Long Island.

We understand that each player has a different experience as a club member. Those who apply more effort get more out of the training than those who do not attend practices. These attributes are what we believe are the most important benefits of our program.

In our efforts to creating better players, equally important is to craft smarter players. The sport of volleyball entails a myriad of situations that require effective and constant player awareness and adjustment. We believe that a lot more fun is experienced as players compete at higher levels. Playing at a higher level means that as players improve, the speed of the game intensifies and more fun becomes the resounding outcome.

Fundamental Volleyball Club prides itself on professional conduct and profound decision making that keeps our coaches, players, teams and club's best interest at heart. FVC and USA Volleyball ensure that background screenings for all member adult affiliates with our junior teams, referees and Tournament staff are conducted. These background procedures are conducted within the highest professional standards to ensure that your child is around safe and honorable role models.

Practice Facility

Our main practice location is Long Island Sports Hub located in Syosset, New York and the Long Island Lutheran Middle and High School (LuHi) located in Brookville, New York.

Parents, we humbly ask for your kind assistance in regulating the "NO FOOD IN THE GYM" rule. It is important to note that we do not own these facilities and that if we wish to have long-term access to these amazing volleyball courts for our athletes to play, it is imperative that we take care of them. In addition, after practice all players need to clean up their court area, so that the incoming teams enter onto a clean gym.

Team Eligibility for the 2017-18 Season

18 and Under Players born on or after 9/1/1998

* Player was born on or after Sept. 1, 1998 and is a high school student during some part of the current academic year.

18 and under Players born on or after 9/1/99

17 and under Players born on or after 9/1/00

16 and under Players born on or after 9/1/01

15 and under Players born on or after 9/1/02

14 and under Players born on or after 9/1/03

13 and under Players born on or after 9/1/04

12 and under Players born on or after 9/1/05

Tryouts & Fee

During tryouts, we expect to evaluate a large number of athletes with varying levels of playing experience. Players will be evaluated on skill execution, leadership, motivation, desire and overall athletic ability. Our selections are dependent upon the athletic performance during tryouts and what we

perceive their potential to be. The criteria for selection is based on the following: attitude, drive, work ethic, athletic potential, skill, and leadership. Athletes will be selected for Travel/Non-Travel teams because they exhibit potential, in our staff's opinion, to help those teams compete successfully at the national and regional level.

The tryout fee for the 2017-18 club season is \$90 for all players. All fees paid are non-refundable. This fee covers administrative costs. To participate in tryouts players **MUST** register with GEVA and must present proof of membership at first tryout date.

Team Composition

Teams will comprise players that best fit the positions. Teams will consist of a minimum of 10 players. Some players may be asked to compete above their age level if the coaching staff believes that it is in the best interest of the player and team. Such a request will be considered but the player must be able to benefit themselves and the team.

Financial Commitment and 2017-2018 Club Fees

It is the primary goal of Fundamental Volleyball Club to provide leading-edge training at an affordable cost to all players. For the 2016-2017 season, the club fee will differ by age group, number of practice hours per week, and level of competition.

Fundamental Volleyball Club fees cover expenses for USAV/GEVA registration, gym time rental, liability insurance, coaches' fees, operating expenses, equipment, uniform package, and multiple tournament entry fees. When a player commits to Fundamental Volleyball Club for the 2016-2017 season, the parents are responsible for full payment of his/her child's club fees by the specified payment deadlines seen below.

Payment Schedule

1st Payment: 50% of team fee due on Commitment Night
2nd Payment: 25% of team fee due by January 15, 2018
Final Payment: 25% of team fee due by February 19, 2018

****If any scheduled payment is not received by the due date, the player will not be permitted to participate in any Fundamental Volleyball Club activity until payment is received.***

TEAMS

Developmental Team (Ages 12s, 13s & 14s non-travel players)

Price: \$ 995

- 2 hours of practice per week
- Practice attire, warm-up and duffle bag

12 Elite

Price: \$1795

- 4-5 tournaments, including Regionals
- 1 overnight tournament included in schedule
- 2-3 scrimmages with other club teams
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations
- Players will be responsible for travel and hotel costs, while FVC will block off rooms.

12 Select

Price: \$1395

- 3-4 tournaments, including Regionals
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations

13 Elite

Price: \$2,195

- 6-7 tournaments, including Regionals
- 2 overnight tournament included in schedule
- 2-3 scrimmages with other club teams
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations
- Optional 2nd overnight tournament at an additional cost of \$200 per player.
- Players will be responsible for travel and hotel costs, while FVC will block off rooms.

13 Select

Price: \$1,495

- 4-5 tournaments, including Regionals
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations
- Optional overnight tournament at an additional cost of \$200 per player.
- Players will be responsible for travel and hotel costs, while FVC will block off rooms.

14 Elite

Price: \$2,195

- 7-8 tournaments, including Regionals
- 2 overnight tournament included in schedule
- 2-3 Scrimmages with other club teams

- 2 practices per week
- Includes full uniform package, equipment and tournament registrations
- Optional 3rd overnight tournament at an additional cost of \$200 per player.
- Players will be responsible for travel and hotel costs, while FVC will block off rooms.

14 Select

Price: \$1,995

- 6-7 tournaments, including Regionals
- 2 practices per week
- 1 overnight tournament included in schedule
- Includes full uniform package, equipment and tournament registrations
- Optional overnight tournament at an additional cost of \$200 per player.
- Players will be responsible for travel and hotel costs. FVC will block off rooms.

15 Elite

Price: \$2,895

- 7-9 tournaments, including Regionals
- 3 overnight tournament included in schedule
- 2 practices per week
- 2-3 Scrimmages with other club teams
- Includes full uniform package, equipment and tournament registrations
- Players will be responsible for travel and hotel costs. FVC will block off rooms

15 Select

Price: \$2,595

- 7-8 tournaments, including Regionals
- 2 overnight tournament included in schedule
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations
- Optional 3rd overnight tournament at an additional cost of \$200 per player.
- Players will be responsible for travel and hotel costs. FVC will block off rooms

16 Elite

Price: \$2,895

- 7-9 tournaments, including Regionals
- 3 overnight tournaments included in schedule
- 2-3 scrimmages with other club teams
- 2 practices per week

- Includes full uniform package, equipment and tournament registrations.
- Players will be responsible for travel and hotel costs. FVC will block off rooms

16 Select

Price: \$2,595

- 7-8 tournaments, including Regionals
- 2 overnight tournament included in schedule
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations.
- Optional 3rd overnight tournament at an additional cost of \$200 per player.
- Players will be responsible for travel and hotel costs. FVC will block off rooms

17U Elite

Price: \$2,895

- 7-9 tournaments, including Regionals
- 3 overnight tournaments included in schedule
- 2-3 scrimmages with other club teams
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations.
- Players will be responsible for travel and hotel costs. FVC will block off rooms

17U Select

Price: \$2,595

- 7-8 tournaments, including Regionals
- 2 overnight tournaments included in schedule
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations.
- Players will be responsible for travel and hotel costs. FVC will block off rooms

18 Elite

Price: \$2,895

- 7-9 tournaments, including Regionals
- 3 overnight tournament included in schedule
- 2-3 scrimmages with other club teams
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations.
- Players will be responsible for travel and hotel costs. FVC will block off rooms

18 Select

Price: \$2,595

- 7-8 tournaments, including Regionals
- 2 overnight tournament included in schedule
- 2 practices per week
- Includes full uniform package, equipment and tournament registrations.
- Players will be responsible for travel and hotel costs. FVC will block off rooms

Our Expectations for Fundamental Players

Players should make an exerted effort to manage school work and outside activities to avoid missing practices. We expect players to be punctual and mentally prepared to work hard, pay attention to coaches and cooperate with both coaches and teammates. It is clearly understandable that an illness, injury or emergency may arise. However, if a player is unable to attend a practice, he or she must notify the coach or director in advance of the practice.

If you are sick/contagious please do not attend practice. Players that are injured and are not able to practice, are expected to attend practice to learn from the coach's progressive technical and tactical strategies that will form the integrated development framework upon your return to the court.

All FVC players must dress appropriately to all our practice sessions and abide by the following guidelines:

Commitment

It is very crucial to be committed to our program. The club season is an ideal opportunity to learn the individual drills and team oriented systems that form the benchmark for championship teams. If you exercise the hard work at practice, scrimmages and tournaments, you are likely to have a successful season. If you are not committed to improving your game, those that are will have little time for you because their intention is to maximize their productive opportunities with the goal of playing at the highest level.

In addition to players' commitment to the club's and USA Volleyball Player's Code of Conduct, each team will also have its own rules established by the players and coaches that must be respected.

Code of Conduct for Coaches, Parents and Players

Fundamental Volleyball Club adheres to USA Volleyball Participant Code of Conduct. All Fundamental Volleyball Club participants, and parent/guardian if the player is under the age of 18, must sign the USAV Participant Code of Conduct prior to participating in any Fundamental Volleyball Club activities.

Fundamental Volleyball Club Coaches will be responsible for maintaining discipline on their respective teams. During a tournament parents should not approach a coach to discuss playing time or decision making. If any problems emerge please see the PLAYER/PARENT/COACH INTERACTION section for appropriate ways to address the issues.

Any person representing Fundamental Volleyball Club (e.g. player, parents, guardians) are to exercise proper sportsmanlike conduct during all our club's activities including practices, travel to and from tournaments, and any activity on or off the court in which Fundamental Volleyball Club chooses to participate. If any exhibited conduct is deemed improper, the persons involved may be asked to leave practice, tournament or in more severe cases, Fundamental Volleyball Club.

Anyone representing Fundamental Volleyball Club must also adhere to the following Rules of Behavior:

- Vandalism, possession, consumption and/or distribution of alcohol or tobacco products, and the possession of any illegal drugs are strictly prohibited at Fundamental Volleyball Club practice facilities and while in attendance at any Fundamental Volleyball Club activity.
- Racial, foul, abusive, or derogatory language or inappropriate physical behavior will not be tolerated.
- There will be no tolerance for aggressive, intimidating and/or hostile confrontation between a player/parent/coach/official
- Good sportsmanship is expected of all Fundamental Volleyball Club players and parents at all events, which includes treating teammates, coaches, opponents and officials with respect.
- Players are expected to follow the coach's direction without argument at practices and tournaments.

Violation the USAV Code of Conduct or the above Rules of Behavior may result in suspension or expulsion from Fundamental Volleyball Club without refund, and is at the discretion of the club director. It is vital to understand that you are part of a team and club, and that your actions reflect on yourself, your team and your club.

Parent Responsibilities

Fundamental Volleyball Club understands the integral role that parents play in supporting their kid's club volleyball dreams of ascertaining cutting-edge skills training and for selecting FVC to help meet that expectation. Parents' contribution add significant value to the success of our volleyball program and we sincerely thank you. We respectfully request that all parents adhere to the following:

- ❖ Parents are expected to refrain from using any form of abusive language such as; criticizing their child, coaches, teammates, officials, other parents and spectators during all Fundamental Volleyball Club's functions.

- ❖ A player's parent is responsible for paying non-refundable registration fees as well as incurring all cost, fees and expenses associated with player's membership and participation in FVC.
- ❖ Parents should be in attendance at any mandatory club meeting during the season.
- ❖ We strongly encourage parents to provide assistance to team members where necessary.
- ❖ During tournaments, team's schedules are determined by the coaching staff. Sometimes after playing the last match of the day, the losing team is asked to work the following match. Players should not leave that court area until dismissed by the coach or approval is granted by the club director. Do not schedule college visits and other unrelated activities on tournament days to avoid potential conflicts.
- ❖ Coaches and the Club Director encourage parents to join teams at certain functions such as meals and team bonding activities. However, parents should refrain from removing their child from any team-related function.

TRAVEL POLICY

Local Travel

- ❖ It is the parent's responsibility to transport their child to and from practices and tournaments. If a parent is having difficulty meeting that obligation at any time, they must arrange transportation with another team member. It is also the sole responsibility of parents to ensure that the individual, parent, team member or family member transporting the minor player maintains the proper safety and legal requirements, including but not limited to: automobile liability insurance, a valid driver's license, a vehicle in safe working order, and compliance with applicable state laws.
- ❖ The employees, coaches, consultants and/or volunteers of Fundamental Volleyball Club or one of its teams, who are also not acting as a parent, should not drive alone with an unrelated minor.

Overnight Travel

- ❖ It is the parent's responsibility to transport their child to tournament venues and back to the hotel. If a parent is having difficulty meeting that obligation at any time, they must arrange transportation with another team member. It is also the sole responsibility of parents to ensure that the individual, parent, team member or family member transporting the minor

player maintains the proper safety and legal requirements, including but not limited to: automobile liability insurance, a valid driver's license, a vehicle in safe working order, and compliance with applicable state laws.

- ❖ Players are expected to remain with their team at all times during competition. Players are not to leave the competition venue, restaurant or any place at which the team has gathered, without the permission of the Club Director, Coach or Chaperone.
- ❖ Regardless of gender, it is prohibited for a coach to share a room or other sleeping arrangements with a minor player (unless the coach is the parent, guardian or relative of the player).
- ❖ At no time should only one adult be present in a room with minor players, regardless of gender.
- ❖ Individual meetings between a coach and a player may not take place in hotel sleeping rooms and must be held in public settings or with additional adults present, with at least one of those adults being the same gender as the player.
- ❖ The team will make every effort to accommodate reasonable parental requests when a child is away from home without a parent.
- ❖ No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperone duties.
- ❖ Prior to any travel, the club and/or coaches will endeavor to make players aware of all expectations and rules.
- ❖ If disciplinary action against a player is required while the player is traveling without his/her parents, then except where immediate action is necessary, parents will be notified before any action is taken, or immediately after.
- ❖ Players must be prompt and on time, at competition venues.

Grievance Procedures

Fundamental Volleyball Club is aware that when issues emerge with either players, parents and/or coaches that parties involved are always eager to resolve the matter immediately. However, it is vital to follow the Player/Parent/Coach Interaction procedures to avoid any major disagreements in front of players or an inappropriate response (e.g. Aggressive confrontation) that may potentially warrant the suspension or disqualification of a player from the club. In addition, under no circumstance should a parent or player try to convene a meeting with a coach to resolve an issue, during practice or a

tournament. As a professional courtesy, it is most appropriate to seek a location agreeable to all parties where privacy and confidentiality is achieved.

PLAYER/PARENT/COACH INTERACTION

**In the event that a coach is experiencing an issue with a player:*

- The coach will first speak with the player regarding the issue(s)
- If the issue remains unresolved, the coach will speak with the parent
- If the issue is still unresolved, the coach will speak with the Club Director, who will meet with the coach/player/parent to resolve the issue.

**In the event that a player has an issue with a coach:*

- Coaches are not required to discuss strategy. Coaches are not to be approached during a practice or tournament.
- The player must first meet with the coach outside of practice/tournament time to attempt to resolve the issue.
- If the issue remains unresolved, the parent(s) of the player may meet with the coach to attempt to resolve the issue.
- If the issue remains unresolved, the parent(s) and player may request to meet with the Club Director and coach to resolve the issue. The decision of the director is final.

Fundamental Volleyball Club does not tolerate hostile confrontations between a parent and any coach, official, or any player. Violations of this policy may result in the athlete being dismissed from the club without a refund.

Tournaments

Fundamental Volleyball Club members are expected to achieve an enriching experience for participating at all tournaments. By understanding that practice commands competitive play, all players will experience high competition, the opportunity to be observed or evaluated by college coaches and most critical, the opportunity to observe and compare our team's performance to the other regions. You will learn from and interact with numerous players and coaches from other regions while nurturing your understanding of the college recruitment process as well.

Players are expected to adhere to club responsibilities and procedures coupled with guidelines established by coaches, Club Director and staff.

- All Fundamental Volleyball Club players are expected to attend every tournament. Players must notify their coach of any potential absence as far in advance as possible.

- If a player is absent or does not complete a tournament without prior notice/approval, the player's position on the team may be jeopardized.
- All players are expected to be in the gymnasium and prepared to warm up at the scheduled arrival time.
- All players must wear the matching uniform color that is chosen in advance of each tournament.
- Players will be expected to perform officiating responsibilities as assigned by the coach at each tournament.
- Players will remain with the team at the tournament until released by the coach and are expected to clean up their bench and camping area prior to departure.

OVERNIGHT TOURNAMENTS

Fundamental Volleyball Club Director and staff will reserve hotel rooms for all participating players for overnight tournaments. However, it is the financial responsibility of the parents to incur all travel and hotel expenses. We understand that parents may need some flexibility with their kids when deciding hotel room needs and other related particulars for overnight travel so we decided to exclude hotel expenses from our club fees. Hotel information will be emailed to all parents and posted on our website. Parents will be responsible for providing transportation for players going to and from tournament sites.

Post Regional Tournaments

At the end of the regular club season some club teams may qualify for or play in additional tournaments which normal club fees do not cover. Participation in these events will be based on the interest of the team's players/parents to pay additional costs.

Our National teams are to recognize that as part of accepting a position on a team they may qualify for post-Regional tournaments (Such as Junior Nationals or Junior Olympics) and understand that all costs of these additional tournaments are the responsibility of the player/parents.

Playing Time

The most significant challenge for any coach is assigning playing time and positions to athletes. Although we would like to see every player get as much playing time as they think they deserve, that will not always be the case. It will be allocated at the discretion of the coach. Playing time is not guaranteed but rather, must be earned. When teams enter the playoff segment of the tournament, the coaches' discretion will be enhanced by player's volleyball skill and ability, practice and tournament attendance, demonstrated level of effort and individual participation at training sessions and tournaments, team's needs, competition, athlete's individual position and role on the team, and other individual and team philosophies that will result in the successful overall performance of the team at the tournament.

Player issues with playing time can be addressed directly with the coach and, if necessary, the Club Director.

Officiating Training

At tournaments, teams are usually assigned to work as scorekeepers, scoreboard operators, lines judges and 2nd referees (R2) to cover matches. For this reason, all players not currently certified will be required to take an officiating clinic to learn the required rules and procedures. Each player is expected to contribute to the team's officiating responsibilities. Details will be provided by the director after team selection.

Parent/Player Assistance

During the club season we expect parents and players to have questions regarding practice, tournaments and other related topics. Our Club Director, Coaches and staff are ready to assist you with all your questions. We believe that your input matters and will pave the way for greater opportunities for players and parents. We appreciate your feedback as we believe that it will help create the holistic approach we always strive to improve to our great volleyball family.