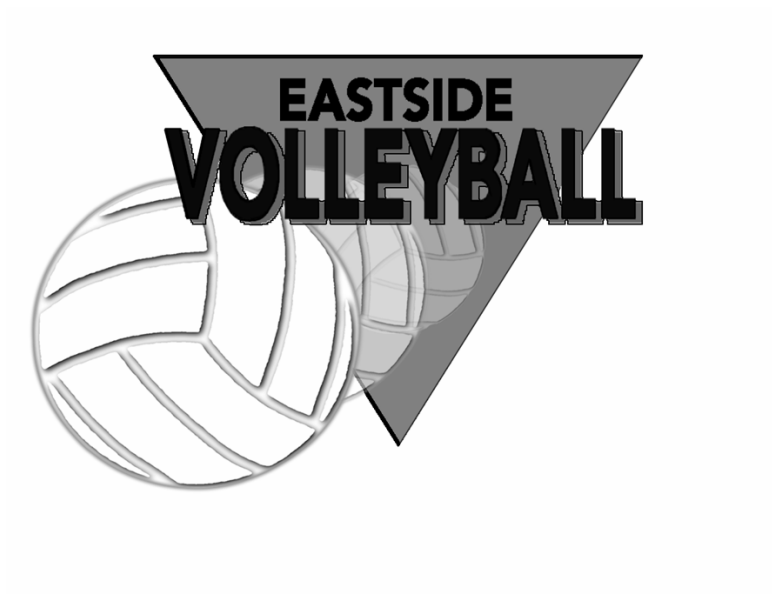


Eastside Volleyball Club



Player/Parent Handbook

Introduction

Welcome to Eastside Volleyball Club. The club director is Tim Vande Schraaf, who began Eastside VBC in 1996 to give volleyball players in the area a competitive club program in which to participate. This is the eighth season for our club, which has met with great success in each of the previous years. Last season we grew again, with numbers exceeding 450 players.

Eastside Volleyball Club competes in the Great Lakes Region, which boasts the 2nd largest enrollment of players, adult and juniors, in the nation! Is Eastside VBC a place where only college bound athletes compete? Absolutely not! Learning a life long sport, making friends from a host of different schools, and having fun is often the reason a young girl will get into volleyball. We are proud of the number of girls from Eastside who have gone on to play at the intercollegiate level, some having received college scholarships. We are equally proud of the athletes who go on to college and play volleyball recreationally and just for fun. We strive to develop the athlete not only as a player but also as a person, learning life long skills such as teamwork and interpersonal skills, the ability to handle pressure situations and to effectively use goal setting to accomplish anything.

We've put this handbook together to try to tell you a bit about junior volleyball in general, about our club, its philosophies, and what it takes to become successful in our program. We hope this booklet will assist you in making an informed decision about whether Eastside is right for you and your daughter.

Why Play Junior Volleyball?

Junior volleyball programs have exploded in Illinois as well as in the rest of the country. There are many factors that have influenced this growth. The most important factor is the overall growth of women's sports programs. The success of our national teams and the increase in money available for college women's programs are also factors. As women's collegiate programs have prospered, the level of play has increased greatly. The average level of ability of junior players has increased as well. So successful are junior program athletes that most college coaches recruit exclusively from the junior program ranks. The reason for this is simple. Coaches can see many solid prospects in a single day at a junior tournament, while it is difficult to see more than one prospect a day during the high school season. This becomes even truer with the new NCAA rules governing the number of times a collegiate coach can contact or observe in person a given player. Efficiency in recruiting is now an action word with college coaches.

Is junior volleyball only for the college bound athlete? Certainly not! For most of our players, junior volleyball is simply another challenging experience, which should lead to a lot more success on the court as playing skills increase. Playing for college teams is far from the minds of most of our players. Traditionally, over half of our program has been comprised of players in the 14 and under and 16 and under divisions (7-10th grades.) In most cases, these players have recently been exposed to junior high or high school programs, and a higher level of competition than they have been previously experienced. Most players in our program fall into one of two categories: those who are trying to move up a level for the next season or those who are playing to maintain skill levels while participating in other school activities. We have teams

designed to help them do just that. We can help, but much of an individual's advancement and improvement is still up to that individual. Athletic talent, size, quickness, and good work habits are all necessary for top success as an elite player. Players who lack in any of those qualities have to make up for the deficiency in one area by working harder to improve another. If you have a sincere desire to improve, then you can do well in a junior volleyball program.

So what about scholarships? Well, they do exist. However, let's keep it in perspective. Most of our players are involved in Eastside as underclassmen than as seniors. By the time the senior season is reached, players usually know whether they have the ability and the desire to compete at the college level.

In conclusion, junior volleyball is a great place to meet new friends, sweat a lot, get lost trying to find gyms, and feel good about yourself. If you want to experience that, then join us.

Eastside Volleyball Club Training Program

Practices are held twice a week and once a week for Mini's. Practices rarely begin earlier than 5:00 P.M. and will not run later than 10:00 PM. Practices will emphasize individual and team fundamentals along with defensive and offensive strategies. Unlike a high school team, which has one week to determine teams and another week to prepare for its first varsity match, we can allow players to advance at their own pace.

What can you expect from playing Eastside Volleyball?

Each player has a different experience as a club member. Naturally, some players are more successful than others. Players who put more effort into the program usually get more out of it than those who do not attend practices. These are what we feel are the major benefits of the program.

Quality instruction:

The majority of our staff is made up of current collegiate players, local volleyball players, former collegiate players, and local junior high school and high school coaches.

Extended training schedule:

Since high school programs are restricted to a few weeks of practice followed by an intensive match schedule, good technical instruction is hard to obtain during school. Our December to May training and competition phase allows ample time to work on techniques so players may improve their skill levels.

New friendships:

Since Eastside players are committed to becoming excellent players, many new friendships are formed with players from different schools. These friendships often cause the battles between schools to become even more competitive during the next school season.

Increased discipline:

The time commitment required to be in a junior program requires that study habits improve and players budget their time better. It is also vital that players have disciplined work habits on the court.

Exposure to college recruiters:

As a member of most high school programs, it is likely that the only way a college coach will see you is if you or your opponent has an outstanding player. Due to NCAA regulations, budgetary and time constraints, collegiate coaches regularly attend junior competition in order to view more players in one sitting.

Top level competition:

Through practices, scrimmages and competitions, participants compete with and against some of the top players in their age group not only in Central Illinois but the Midwest.

Fitness:

Conditioning does not play a large part in our plans because it takes vital time away from practices, however, it is necessary for players to be fit in order to succeed. Conditioning for volleyball will take place during practice drills. Conditioning outside of Eastside Volleyball practice sessions is encouraged.

Leadership skills:

The age-group system requires that younger players become leaders. The oldest players in the 16-unders, for example, are sophomores. Players returning to high school as juniors are often leaders ahead of their time due to their junior volleyball experience.

Education:

We are trying to create smarter players, not just better players. Volleyball is a sport in which new situations happen frequently and players must learn to deal effectively with each new situation.

Fun:

We think it is a lot more fun to play volleyball at a higher level. As player's progress, and the speed of the game increases, it becomes more fun all the time.

Our Expectations for Eastside Players

Just showing up for practices isn't enough. We need players who are punctual, who are in the proper frame of mind to work hard, and who pay attention to coaches and cooperate with teammates and coaches.

Commitment:

It is vital to be committed to the program. The club season is a great opportunity to improve individual volleyball skills if you are committed. If you are not committed, we recommend that you not participate. If you work hard in practice, matches and scrimmages, you are likely to have a successful season. Players who are committed to improving will have little time for you if you simply wish to turn practices into social events.

Regular Attendance:

We know that not all players can show up to every practice. School commitments and other activities sometimes must take priority. It is important that you attend every possible practice, though, and notify coaches when you can not attend.

Respect for the rules of the club:

This includes the club's and USA Volleyball's Player's Code of Conduct. Rules will be clearly stated and will be enforced. Each team will also have its own rules established by its coach.

Cooperation:

You may, for example, take an overnight trip with our Open Teams. These trips require that you will have some rules you will have to live by. We expect you to respect the rules we make.

Image Presentations:

Most of the time, players are not aware when college coaches are present. You can make or break your recruiting chances by the way you act.

Maintaining good grades:

Even though not all players are trying to earn scholarships, we still consider our players to be student-athletes. We think that you should consider yourselves scholar-athletes and strive for the best possible performance in school.

Eastside Volleyball Club, Code of Conduct

1. SUBSTANCE POLICY

Use of alcohol, drugs and tobacco products is prohibited. Alcohol consumption by minors (under age 21) is prohibited by law in Illinois. Possession or use of drugs is illegal. If a player uses any of these substances while competing as a member of a junior team, the team may be declared ineligible for further competition. Therefore, any use of illegal drugs or alcohol by Illinois athletes will result in immediate suspension from the club.

The sale of tobacco products is illegal to persons under 18 years old. Additionally, there is overwhelming evidence that tobacco degrades health and athletic performance. Therefore, the use of tobacco products is subject to the same penalties as alcohol and drug use.

If a player is suspended for violation of the Illinois substance policy, the terms of the suspension will be specified in writing to the athlete by the club's area director. Each case will be reviewed individually, and the area director has the authority to suspend an athlete for the remainder of the club season if necessary. Subsequent violations may result in permanent expulsion from the club.

A suspended athlete may appeal the suspension in writing. This appeal must be signed by both athlete and a parent, and must be submitted within 14 days of the director's decision. The case will be reviewed by the other club directors.

2. CONDUCT DURING COMPETITION

This section pertains to any competitive event. Athletes are subject to these rules

from the time of their departure from home for an event until they return home.

All athletes are subject to the rules of competition and conduct specified by USA Volleyball. These rules require that athletes treat coaches, teammates, opponents, and officials with courtesy and respect. These rules require the team to officiate. Each player is expected to contribute to the team's officiating responsibilities.

All players are expected to share team duties of line judging, score keeping and second referee responsibilities with teammates. Players are expected to behave in a professional manner.

Coaches will announce the expected arrival time for an event to their teams prior to the event. All athletes are expected to arrive on time. If this is not possible, coaches should be notified in advance.

Players are not excused to leave following competition until released by their coaches. Players and parents should not expect special treatment, such as permission to leave earlier than teammates if the athlete's team must officiate following its final match. Athletes who must leave early due to other commitments should clear this in advance. Players should not leave a playing site between matches without permission. Teams may have meetings, officiating duties, or may need to stay to support other Eastside teams.

All players will compete in proper club uniforms.

Individual team coaches may establish other rules.

Competitive events requiring overnight stays will require parental supervision for each team. Athletes must understand that parents will have the same authority as the team coach, and are to be treated with the same respect and courtesy.

Rules and Regulations

1. All athletes are expected to behave in a responsible manner.
2. An athlete with a delinquent account during the current season may be denied the ability to participate in practices or tournaments until the account is paid in full.
3. In case of bad weather the coach or someone from a phone chain will call your home to notify of cancellations, also the web site will be a primary source of information.
4. We strongly encourage athletes who participate on an Eastside Volleyball Club team to take their participation seriously. When they miss a practice or a tournament they affect the entire team. Once they are a member of a team their participation is expected.
5. Coaches determine if their practices are open or closed.
6. All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time.
7. Attendance at practice may affect playing time, at the coaches' discretion.
8. Proper conduct is expected by all members of the club, this includes athletes, parents and supporters.
9. It is also expected for all members of the club to be courteous and respectful of other clubs' parents and supporters.

10. Athletes/Parents are expected to provide transportation to all tournament sites. Eastside Volleyball Club does not allow our athletes to drive to out of town tournament sites.
11. Athletes will not be allowed to leave the tournament sites until excused by the coach.
12. Athletes may not leave a tournament site until all officiating assignments are complete. Every player is required to stay until the entire team can leave. Do not ask the coach if you can leave early.
13. Athletes are expected to be supportive of their fellow team members in practice and in tournaments, and to display the qualities of a dedicated athlete such as: a positive attitude, good team spirit, and the desire to learn and improve.

Grievance Procedures

Competitive athletics by its very nature will not allow all people involved to be happy at all times. In the case there is a grievance please know when and how to resolve the discrepancy. In most cases grievances will involve playing time. In those situations it is not appropriate to approach coaches on tournament days to discuss playing time or coaching decisions. If a parent wants to discuss furthering opportunities for their daughter's playing time, they should call or email the Area Director and schedule a time to meet with them usually directly following or prior to a practice, never on tournament days. Coaches have been instructed to walk away from situations where parents are asking a coach to defend a coaching decision, coaches and directors will not participate in discussions of coaching decisions.

In the event you or your child has a grievance you should:

1. The athlete should speak with the coach about the problem. If this does not resolve the situation then,
2. The parent should make an appointment with the Area Director for a meeting (not on a tournament day) with the athlete present. Some conflicts arise when there is a miscommunication from the coach to the player to the parent. Having the player present may help resolve the matter easier. If this does not solve the conflict then,
3. A meeting with the coach, player and parent, and Area Director may be needed.

In regards to complaints: Parents are asked to refrain from negative comments around your daughter and other athletes. Young players are vulnerable and if they hear complaining about the coach, the coaches style, or Club policies, this can have an adverse effect on their performance and/or attitude. If you, as a parent, are unhappy about something, you should follow the grievance policy to resolve the matter. Repetitive complaining to the athlete's or other third parties (other parents/supporters) that interferes with the club's efforts to pursue it's purpose of providing a competitive environment for girls in our area to play volleyball, may be cause for the club to ask a member to resign.

Try-outs for Open Teams

Although the focus of the Eastside Volleyball Club continues to be to build the volleyball infrastructure in Central Illinois, by building area school programs, we recognize that a balance needs to be offered for elevating individual athletes in a more competitive environment. Try-outs will be therefore conducted for the Eastside Open teams. Athletes will be tested with some physical tests, jump test, sprints, etc. Next they will be evaluated on skill execution. They will be assessed on their ability to pass, set, serve, and hit. They will also be watched during a game situation for other traits such as: Coachability, willingness to be a team player, athletic ability and potential to be a volleyball player, work ethic, drive, competitiveness, and current skill level.

Tryouts will be conducted and rated by the whole Eastside coaching staff and ranked according to the above traits to determine which girls will be offered a position on the open teams. Those teams will compete for an additional 6 weeks and travel to 1-2 out of town tournaments. Players not making the Open teams will be reassigned to a club team. Players are not required to try-out for these teams, but instead are assessed for skill and position. There will be a \$20 non-refundable try-out fee for each prospective open team player.

Multi Sport Athletes

If athletes participate in more than one sport during the club season we request they provide their Eastside VBC coach with a schedule of their other sports contests and practices. Eastside will make every effort to schedule around school sponsored sporting events. If a game for another sport conflicts with an Eastside practice the athlete will be excused from the Eastside practice. Conflicts between another sports scheduled event and an Eastside tournament on the same day will be handled on a case-by-case situation between the athlete and the Eastside coach and/or directors if needed. Open team multi-sport athletes will not be allowed to miss more than 25% of their practices and tournaments. Athletes who expect to miss more than 25% of practices and tournaments should not try out for an Open team.

Playing Time

Areas that will affect an athlete's playing time are as follows: attitude, skill, attendance at practice, position, and status of payment. We attempt to keep teams at a maximum number of 10 players, therefore making it fairly easy for coaches to utilize all players during tournaments. We give equal practice time, not equal match playing time. (Examples are setters, libero-defensive specialist.)

If an athlete has a problem with playing time, playing position, etc., she shall talk to her coach about it first. Most of the time, this approach alleviates the situation without the parents or club director getting involved. It is highly recommended that the communication lines remain open between the athlete and coach. If there is still a problem after she talks to her coach, the parents may schedule a time to meet with the coach and club director to discuss the situation.

Practice Attendance

Attendance at practice is very important for athletes to get maximum benefit of the program. Records will be kept regarding practice attendance. Missing practice not only hurts the individual, but also the team. Practices are where skills are learned and polished, therefore those not in attendance will miss out on the repetitions necessary to improve their skills. It is unfair for athletes attending all practice sessions to sit out while those who do not attend practice get to play. Missing practice hinders skill development and will result in loss of playing time.

Advance notice of unavailability is very important. If a player will miss practice or tournaments for any reason, she must call the coach in advance. Players desiring to participate in the Eastside Volleyball Club program should consider their capacity to compete in multiple activities simultaneously before making this commitment

Open team players are expected to make practice attendance a priority. Participating on an Open team requires dedication on the part of the individual athlete to ensure the success of the team.

Excused and Unexcused Absences

Players attending all practices will see more playing time than those with excused and/or unexcused absences.

Examples of excused absences include:

1. Religious obligations such as Mass, Church, and Sunday school
2. Family celebrations such as weddings, anniversary celebrations
3. School obligations such as practice and games for a school sport, band, and theater

Examples of unexcused absences include:

1. Forgetting/skipping
2. Activities outside of school including, but not limited to, another club sport, music lessons, etc.
3. Homework
4. Babysitting, job, dates

What we expect from Parents

Yes, Parents, we do expect some things from you. We are a club dedicated to improving volleyball in our surrounding area schools. We are a not for profit organization. Just writing out a check does not necessarily keep the club operating smoothly. Please remember that there are several areas in which you can help us:

1. Please assist us in acquiring coaches and facilities. The more quality coaches we have the more teams we have, the more players can participate. Along with coaches, we are constantly in need of quality facilities at little or no cost. The less the cost, the less you have to pay.
2. Deliver and pick up players on time. Please remember that coaches have families or other commitments after practice.
3. Please assist with transportation of players to out-of-town events.
4. Please watch your daughter when they compete. Even though they may not let you know, they will appreciate it if you are there to offer encouragement. Please do not coach your daughter or any other player during a practice or tournament.
5. Attend team organizational meetings. At the beginning of each new season and occasionally during the season, parent meetings will be held to update and answer any questions or concerns. Each team and individual coach has a few differences, and it is important for coaches

and players to know each other.

6. Pay fees on time. If fees are not paid, bills can not be paid and players may not be permitted to practice and/or compete.
7. Please assist us in planning and administering any tournaments we have. We need volunteers to setup and take down courts and cleanup each tournament site. With good cooperation from parents and players, we feel that the club will continue to enjoy a satisfying season.
8. Parents/supporters are expected to exhibit proper behavior during tournaments. If a parent/supporter creates an incident during a tournament, the individual will be asked to leave the tournament site. The Eastside Board of Directors will review the incident. If the incident is deemed serious enough, the individual may be barred from attendance at the next tournament. If a parent's unacceptable conduct is repetitive, the parent may be asked to resign from the club.

Parent Representatives

Each team will have a volunteer representative who serves as the liaison between the coach and the parents. Listed below are the responsibilities for the Parent Rep. If you are interested in serving as the parent rep for your daughter's team, please let your coach know.

Job Responsibilities:

1. Acts as a liaison between the coach and the player's parents. Communicates regularly with the coach and informs the team of practice, tournament schedule changes and any other information that need to be disseminated to the team.
2. Acts as the point person for any complaints and concerns relative to the team. Refers concerns and complaints to the coach and director.
3. Prepares a team roster for all parents with names of players and parents, addresses, phone numbers, school affiliations and any other pertinent information. When travel begins, car phone numbers are great to have.
4. Assists in making travel arrangements for overnight tournaments. Assists coach in distributing tournament information to team. Coordinates hotel accommodations with other parent reps traveling to the same tournaments. Often times a parent rep will ask another parent to assist with making hotel arrangements.
5. If volunteers are needed for locally hosted tournaments, the parent rep will help recruit parents from their team to assist.
6. The parent rep is not an assistant coach and is not involved in any coaching decisions regarding line-ups, playing time, etc.

Eastside Volleyball Club Fees

Eastside Volleyball Club is not operated to generate a profit for any specific individual or organization. For 2005-06, base fees for the 15s through 18s will be \$600, 12's through 14's will be \$300, and 8's through 12's Mini's will be \$100. Players and parents need to understand that we can only keep our fees low because of the kindness of Eastside Centre and local schools that provide gym space for little or no direct cost to the program. Any change in policies that directly increases Eastside's costs will be added to the base fee. All payments of any kind to Eastside Volleyball should be made by check and should be made payable to Eastside Volleyball Club.

Payment plans are as follows: The first payment of 1/2 must be made when ordering uniform and prior to registration. The final payment of 1/2 must be made, prior to uniform distribution. As always, special circumstances call for alternate payment schedules and will be set up mutually beneficial for the club and participants. Those plans are set up between the President and Parents and are handled on a case by case basis. If payments are late your child may lose their spot with Eastside VBC. We only ask that communication exist between the parents and club on problems making payments All club fees are non-refundable since the cost of registering the athlete, uniforms, coaching fees, and tournament entry fees are non-refundable to the club.

Items included in fee costs:

The following items are included in the fees charged:

Clothes: Match and practice uniforms

Registration: USA Volleyball registration is required for every player and coach before a player participates. This is a requirement for all competitions and for our insurance.

Insurance: Supplemental medical insurance (excess coverage only) is provided by USA Volleyball. We advise that no player participate unless she is covered by her family's health insurance.

Coaches: Our coaches are paid a stipend for their expenses. Reality is that we must compete with programs that pay their coaches up to \$4000 or more for coaching. We do not come anywhere close to this amount. We have been fortunate to have coaches who coach to help the overall area programs.

Club operating expenses: Volleyball equipment, postage, telephone, paper, copies, website, recruiting expenses and other general office expenses are paid through player fees.

Practice facilities: At this time, we have been able to use local school gyms at little or no cost. All that has been asked, is some form of reimbursement in the form of equipment.

Tournament entry fees: Generally tournament entry fees can be between \$225-\$300 per team. Since we are hosting our own tournaments, we discount our teams and in return expect parents and players to help assist in running them.

MEMORANDUM OF UNDERSTANDING

This writing recognizes that Participant and Parent have been informed and acknowledged that all Parents and Participants in Eastside Volleyball Club, have received and understand the Eastside Volleyball Club, Player and Parent Handbook.

It is also understood that all Participants are responsible for payment of all fees and expenses incurred on their behalf while they are Participants in the Club. Should any Participant wish to withdraw from the Club before the scheduled completion of her season, she must do so by notifying the Club of her withdrawal in writing by sending such written notice to:

Eastside Volleyball Club
1621 Highview Road
East Peoria, Illinois 61611

Participants who withdraw from the Club are responsible for payment of all fees and expenses incurred on their behalf. This includes her share of expenses in local tournaments which she was scheduled to participate.

I understand that this Memorandum of Understanding must be signed and returned to the Director before I can continue to participate in Eastside Volleyball practices or tournaments.

I also understand that the failure to pay in full all fees and expenses due to Eastside Volleyball Club, may result in loss of practice time and tournament play.

Date

Participant

Parent or Guardian of Participant

EASTSIDE VOLLEYBALL CLUB, PLAYER CONTRACT

It is agreed
between _____ (Athlete) and
Eastside Volleyball Club that the Athlete will participate in the Eastside Volleyball
Club's activities for the current 2005-06 USAV Junior Volleyball season.

The Athlete agrees to pay all appropriate fees associated with participation in the
Eastside Volleyball Club, and to participate with Eastside Volleyball Club only for
the current season.

Eastside Volleyball Club, agrees to honor all commitments and information given to
the athlete with regard to coaches, practice time, instruction, and other services
common to a volleyball team. Eastside Volleyball Club will additionally be familiar
with the appropriate eligibility guidelines for each state High School Association
from which they draw Athletes, and will adhere to these guidelines.

If either party fails to fulfill the obligations of this Contract, then they will be liable
for any actual damages, and the violation of this Contract shall be reported to the
Great Lakes Region and the appropriate High School Association.

For the Athlete:

Signature of Player/Guardian(if under 18)

(Street Address)

(City, State Zip Code)

(Phone number/Date)

For Eastside Volleyball Club:

Tim Vande Schraaf, President

1621 Highview Road

East Peoria, Illinois 61611

1-309-699-8738 October 19, 2005