

NW JUNIORS

VOLLEYBALL CLUB

JAMBA JUICE

FALL LEAGUE HANDBOOK

NW Juniors VBC Programs are proudly sponsored by:



Northwest Juniors Volleyball Club Jamba Juice Fall League Handbook

Players and Parents:

Welcome to Northwest Juniors Volleyball Club's programs and thank you for entrusting the development of your child's volleyball skills to our club and staff. Much of the information in this handbook is similar to information provided for our NW Juniors Club members; we feel it is important for all parties to understand the scope and purpose of our programs so that you can fully enjoy them.

Northwest Juniors is the oldest club in the state of Washington, established in 1972. Since that time, the club has evolved and grown to become the largest club in the Northwest. It serves two geographic areas of the Puget Sound Region: the Eastside and the Lynnwood/Edmonds area. The addition of our Jamba Juice Fall League is just an example of the many programs that we offer in trying to fill a need in the junior volleyball community. We realize that "club volleyball" is not for everyone, and hope that through your participation in this program you will have a clearer understanding of the off season programs that are best suited for your child.

We constantly strive to assemble a staff that is committed to helping your child develop and grow as a volleyball player. As coaches, we are all committed to sharing with your child our knowledge and experience as well as our passion and love for the sport of volleyball. I would like to take this time to thank all of our coaches for their efforts and commitment to our athletes and their families.

The purpose of this handbook is to introduce you to our club and our policies as well as share with you your responsibilities as members of our club. We ask that players and parents review this handbook thoroughly. Your understanding of these materials as well as your observance of our policies will ensure that you will have a fulfilling experience.

We look forward to a great season with you and again thank-you for your participation.



Sincerely,
Tony Miranda
Director, NW Juniors VBC

JAMBA JUICE FALL LEAGUE MISSION

As stated on our website, our **JAMBA JUICE Fall Volleyball League** is an outstanding opportunity for players who are not currently playing for their school teams to get an introduction to Club Volleyball as part of a competitive volleyball team. Players in the 5th through 8th grades who participate in Fall Ball will receive individual instruction, develop their skills, and participate in organized competition. Fall Ball begins in September and extends through November. This is a great preview to our NW Juniors VBC Program which begins with tryouts in November, and runs December through May for travel teams and December through June for our Elite teams. At the conclusion of the Fall Ball season players have the option of enrolling in our non-travel Jamba Juice Winter League with priority placement or trying out for a traveling NW Juniors VBC Team.

The purpose of Fall Ball is to teach young players the fundamental skills so they can prepare for school seasons and eventually play on a Club travel team. Players in the program will be placed onto teams who will meet and train twice a week and participate in friendship or scrimmage tournaments organized by the Club.

PRACTICE RULES

- Players are expected to be ready to begin practice at the designated start time. Please allow yourselves enough time to put on kneepads, change shoes, etc..
- Players are expected to assist in practice set up such as setting up and taking down nets and standards, and putting away volleyballs and other equipment that may be used that day.
- If a player must miss a practice, a telephone call or email (*not a text unless approved as a method of communication by the coach*) to their respective coach is mandatory at least three hours before practice. Only after attempting and failing to reach the coach, can a player contact a teammate to pass the word along to the coach.
- Advance notice to the coach is mandatory if a player cannot make a practice or tournament due to vacation, family commitment, etc. Practice and tournament schedules are distributed with enough notice for players to check for conflicts. A written note in the form of an email is required for these absences.
- Players are expected to hustle, jog and/or run between stations at practice. Examples include shagging balls, returning to lines in drills, to and from water breaks, and when called into group instruction.
- Any scheduling changes due to weather or conditions beyond our control will be communicated through our league home page. Please be sure to check the home page for news of a current (breaking) nature.
- Please bring your own labeled plastic water bottle to practice and tournaments.
- Only players who are current in their dues and have turned in all required paperwork will be allowed to take part in practices or tournament play.

TOURNAMENT PLAY

We schedule one scrimmage and two tournaments as part of the competition phase for the Jamba Fall League. The typical tournament schedule starts at around 10:00 AM with a round robin "pool play" consisting of three or four matches against teams in their pool. These matches will seed the teams into tournament play. Tournament play is usually limited to one set to 25. We make every attempt to have the tournament fit into a 6 hour window. It should be noted that for Club tournaments during club season, tournaments are much longer. The Fall League tournaments at least give participants a feel for what a club level tournament consists of.

Player's cost beyond fees already scheduled is kept to a minimum; the only thing the players are responsible for paying during the tournament is their individual meals and snacks. We encourage all players to have a great breakfast and bring a good lunch, water, and snacks to keep up their energy during the tournament.

TOURNAMENT PLAYING TIME

Playing time is a highly charged and often misunderstood issue in youth sports. It is a part of the development of the athlete to be able to apply the skills and fundamentals taught in practice in a match situation. Only then can a coach and player truly realize which skills the player is proficient at and which skills require more training. Through practice and training, coaches will attempt to assign positions to their players and train them accordingly. They will then get opportunities to play these positions at the scrimmages and tournaments.

For our Jamba Juice Fall League, we adhere to a "fair playing time" policy. The league teams' emphasis is on developing every player equally so playing time in pool play should be fair (provided the effort and attendance is equal at practices). We do not measure "fair" by the clock or by points scored; we measure it by opportunities given. The philosophy during pool play is for a fair distribution of opportunities; the philosophy during playoffs is that those that played best during pool play will get the bulk of the playing opportunities.

GENERAL INFORMATION

Insurance Coverage

As part of their individual membership fees, all players are covered by a supplemental insurance policy that is carried by AAU. This is a liability policy that covers all club activities and injuries that may occur during an event. An event can be either practice or a tournament. The policy also insures players against any loss that may be incurred while traveling to or from an event. Please note that this is a *supplemental* policy and all Northwest Juniors participants are required to carry individual health insurance to participate.

What your fees pay for:

- Clothing: Practice tee & Sweatshirt, spandex, numbered league game jersey
- Team Volleyball Equipment (volleyballs, bags, carts, first aid kits)
- Occasional upgrade of equipment at practice facilities
- Coaches Equipment and training
- Donations to volleyball programs
- Facilities Rentals
- Practices
- Administrative Expenses (e.g. postage, phone, and office)

PARENT/COACH/PLAYER RELATIONSHIP

In making a transition from Recreational Sports leagues (Boys & Girls, CYO, YMCA, Etc.) to Club Sports participation, it should be noted that the role of the parents changes from one to the other. Often times parents take a greater role in the coaching and development of their children during their rec. league participation than they would during club participation. Parent-coaches often have a difficult time understanding that they are no longer their child's coach once they "pass them on" to a club coach.

Volleyball can teach many good traits, such as the spirit of cooperation, and the regard for physical fitness; but it is difficult for these and other desirable traits to take root in young players when the adults

around them fail to set a proper example. We ask that parents refrain from criticizing opposing players, other parents, coaches, officials, or teammates.

In spectator enthusiasm we are often prone to issue several instructions to the players that may be contrary to those of the coach, leaving the players confused and upset. Club coaches go through extensive training and should be trusted with the development of their players. When parents do not understand this change it can hinder the improvement of their children as it relates to the team setting. Players also become confused about who they should listen to – which undermines the coaches authority. Please let these athletes follow their coach's instruction and leave the coaching to the coach.

This is certainly not intended to reduce spectator enthusiasm. Please continue to cheer and encourage the actions you like and ignore those you don't. Please do not interfere with your child's coach, especially during play, or do anything else that will detract from the enjoyment your child and her teammates deserve to get from volleyball.

Parents must ally themselves with the coach in teaching their children how to cope with the frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of highly competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive feedback and constructive criticism, how to cope with adversity, how to achieve 'mental toughness', and how to be a gracious winner.

The most effective way to establish a rapport with a coach is to display a high level of commitment to the activity. Players need to learn to display their commitment by coming early and staying late, doing extra preparation, being enthusiastic about the activity, and actively and publicly supporting their teammates. A parent who is successful in teaching these skills will never have to worry whether the coach is giving their child a fair break.

Parents are encouraged to engage coaches in conversation only at appropriate times. Under no circumstance is it permitted for a parent to approach a coach during competition or at a tournament to discuss playing time. These conversations must occur outside of tournaments – preferably by telephone or in person by scheduling a meeting outside of practice time so that a conversation can occur without interruption.

Parents are an integral part of youth sports. They should understand that while they are paying for the experience they are not entitled to act in an inappropriate or unacceptable fashion. The following are situations that parents may come across when they attend practices or tournaments. We ask their consideration and compliance of our rules of conduct under these situations.

Practice: Parents are welcome to attend practices; however please refrain from pampering your daughter or offering coaching tips. Viewing a practice allows parents to see how their child is developing and progressing and how they interact with teammates and coaches.

Tournaments: Please notify the coach if/when you are taking your daughter away from a playing site. Once your child arrives at a competition venue, they are under the direct supervision of the coaches until released by the coach. Parents are expected to treat all persons responsible for conducting a match with respect. Often times, players will be officiating and/or calling lines and we will not tolerate parents or players openly criticizing their performance. Finally, parents are asked to respect the coaches' time with their players. They often use the time before and/or after a match for team discussions. Parents are asked to leave the team area when a team meeting is called and wait until the team has been dismissed by the coaches after a match to interact with their athletes.