

Cascade Volleyball Program

2009 Policies and Expectations

The Cascade Approach to Club Volleyball:

Our philosophy is to provide a fun and informative place for serious competitive volleyball players to learn volleyball skills and gain experience so they can become stronger players for their school teams and to come away with a life long love of the game of volleyball. Our goal is to provide excellent coaching and a valuable volleyball experience in Seattle at a reasonable cost.

By playing club volleyball in the off-season, you are showing impressive dedication and a love for the sport. Our goal is to return you to your school teams as better athletes, volleyball players, and volleyball team players. The focus of Cascade Volleyball Club is on the players. We are here to see that all players have an opportunity to improve. Your help is integral to achieving this goal: you have to be willing to work, and you have to be willing to learn.

Cascade Volleyball will be teaching many of the innovative techniques and principles that have been developed and used by major successful college programs including Seattle Pacific University and the University of Washington. Our club uses the Gold Medal Squared method and many of our coaches have gone to the coach clinic taught by NCAA Championship coaches Jim McLaughlin (UW), Marv Dunphy (Pepperdine) and Carl McGown (formerly at Utah). We will use the collective knowledge from these programs as well as high school programs where our coaches have worked. What your Coaches will teach you here at Cascade may not be the same as what you do in your high school program. We will utilize what you already know so that you can build upon your skills, but it is important to recognize that there are many different ways to do the same thing. In some cases, one way is not necessarily better than another; each is only different. We ask that you approach these differences with an open attitude and be willing to learn and try what is being taught.

Coaching Philosophy:

Hard work is rewarded many times over. Practice is a place for fun and hard work. If you do not work hard and have some fun in practice, it will not magically happen in match play. Therefore: Practice = Match play...in all areas. Think of practice as a haven. It's a place where you can have control: through your efforts. Therefore, we expect to see maximum effort at all times. Remember, how we practice is how we play. Since we are not able to practice as frequently as during the high school season, it is all the more important to attend practices and focus hard during each practice.

There are many lessons to be learned during this season. Volleyball is a microcosm of life itself. Included are conflicts, rivalries, good times and bad, goals to achieve, teamwork, and many more learning opportunities. We hope to impart a small slice of knowledge and experience to aid a player's growing process in volleyball and life.

Behavior:

Cascade Volleyball Club intends to develop a positive team experience. We expect all players to be supportive of their teammates. No activity, gestures, or words deemed disrespectful or abusive to any player, coach, any team personnel, the team, or the Cascade Volleyball Program as a whole, shall be tolerated whatsoever. This includes the use of profanity or coarse language, hazing, theft, intentional equipment damage, and verbal or physical assault. An initial minor infraction may receive a warning and major violations shall result in immediate suspension from the program.

Communication:

The most important part of a Player/Coach relationship is communication. We cannot read your thoughts, nor can you read ours... unless we talk. Each coach will inform players as to their roles and expectations on the team. If the status of a player's role changes, again, each coach will inform the player. If a problem arises, please feel free to talk to your coach, assistant coach, or any other member of the Cascade staff about it. Otherwise, not much can be adjusted. If you cannot make a practice or tournament, please call your coach as far *in advance* as possible.

Attendance:

Prompt attendance at all team practices and matches is mandatory. A lot of planning goes into practices and matches in order to give you the most benefit. But, all the planning in the world does not do any good if you're not there. First, it hurts you because you miss the experience. Second, it hurts your teammates who were counting on the team plan to be successful. If your coach knows *in advance* that you're not going to be there, then plans can be adjusted accordingly. Consequently, any unexcused absence from a regularly scheduled practice or match will result in a single

game suspension. Absences will be excused for legitimate reasons and with advanced notice. However, **all decisions** about playing time relating to any absence whatsoever will be made on a case-by-case basis by your coach. The following are in **most** cases excused:

- High school sport team events.
- Family or medical emergency.
- Family vacations (communicate early please)
- Sickness: such as a serious cold or flu or worse are of course excused. If you do attend classes, you will be expected to at least attend practice whether you physically participate or not.
- Medical/Dental appointments. *Please* try to avoid practice/match conflict. Plan ahead and try to get an appointment so that as little as possible is missed.

Jobs, Other Sports and Extra Activities:

The life of a student athlete is hectic and a difficult balancing act between school, family, sports and other obligations. Many of you may be participating in multiple sports that overlap. Employing the discipline necessary to manage your schedule and participate in athletic programs is a privilege and a challenge. By choosing to participate in the Cascade Volleyball Program, we expect you to be disciplined and dedicated, as do your teammates. Be very careful of spreading your valuable time too thin. If too many items are on your plate, you could easily "burn out" - not to mention falling short in your commitments or classes.

Club Service Hours:

It takes an enormous amount of effort to run a volleyball club. In an effort to keep our total costs down, we rely on volunteer labor from time to time. We also use fundraising events such as clinics and tournaments to raise money for the club. Each player is expected to contribute a minimum of 8 hours over the course of the year at our fundraising clinics, tournaments or other club wide activities such as the awards banquets and jamborees. This is over and above the normal duties involved with your individual team such as setting up or taking down nets for practices. (Service hours on fundraising activities may count toward school service hour requirements. Submit paperwork for signature to the Club Director). In addition we need at least one parent per family to also contribute 8 hours on some service project such as one of the fundraising events or other duties such as roster preparation, equipment orders, uniform collection, concession stand, photo order coordination, taking stats, video taping etc. Each family will be expected to attend about 3 practices a year to assist with stat taking, video recording or activities requested by the coaches. Families may elect to contribute to the club fund in lieu of their share of the 16 club service hours at the rate of \$10 per hour. Those that are interested in working off their club dues can contact the Club Director for possible opportunities on some of the club wide positions.

Equipment:

Each team shall be responsible for the set up, tear down, and maintenance of their nets, balls and equipment. Each team will decide how to best delegate and rotate these responsibilities. Each player shall be responsible for the proper care of their Cascade team jerseys. Any player that has been found causing damage, theft or loss of any Cascade equipment or uniform material shall be held liable for the replacement value of the item. Tournament Jerseys shall be cleaned and returned promptly at the end of the season. The player shall be responsible for replacing any lost or damaged jerseys. The shorts and T-shirts issued shall be the player's to keep at the end of the season.

Payments:

The club is a non-profit organization for the sole benefit of the members. Most of the club expenses for uniforms, gym rentals, tournament fees, USA Volleyball member fees and coach stipends are fixed and most are incurred at the beginning of the season. The full club dues for the 2008/2009 season are \$1100.00 (\$975 for U12). A \$400.00 deposit is due at signing of the letter of acceptance. After signing and receipt of the deposit, there is a 48 hour period during which the player or their family can void the agreement and the \$400 will be fully refundable. After that point, the player's family is obligated to fulfill the agreement with the club including payment of the full balance. The balance of \$700.00 (\$575 for U12) is due on the fourth Sunday of January unless specific arrangements are made in advance. Since our costs are fixed we are not able to refund or waive fees due to injuries or other reasons. If a player withdraws for any reason after the first 48 hours the full payment of the entire club annual dues is still required. A player will not be eligible to play in a tournament if payment is past due. The dues cover USA Volleyball individual and coach member fees, tournament entry fees, USAV mandated classes, gym costs, equipment costs, uniforms (jerseys, t-shirts & shorts), coach expense stipends, administrative materials and other costs. It does not include warm-ups, shoes, knee pads, ankle protection, socks, duffle bags, etc. which may be offered as options at our cost. Travel costs for tournaments outside of the Puget Sound Region are not included in the dues above. Estimates provided at the beginning of the season are approximate. A parent committee for each of the traveling teams will

research the full costs for hotels, transportation, coach expenses and tournament fee to determine the final cost per player for these items. The payment for the trips will be due 1 month prior to the trip.

Playing Time:

A successful team is made up of individual members – each with a specific role to play. Coaches will be mindful to ensure that each player gets some playing time. However, it should be noted that the Cascade Volleyball Club is a competitive athletic program. We compete to win but we are not a win at all cost program. As such, coaches will be trying to balance giving everyone game time experience with having to make decisions in order to field a competitive team. To this end, starting positions and playing time are earned, and should not be expected to be equal. Here again, communication is key, and any concerns or questions you may have should be addressed by the player with her coach. The coach and **the player** (not parent) can then discuss what the player can work on to increase their play time. Part of the life lesson process we hope to achieve is for the player to develop valuable communication skills. Areas of constant evaluation are:

- Practice attendance and work ethic.
- Physical execution of skills (as seen by the coach).
- Ability to accept and adapt to your given role on the team.
- Overall positive and team supporting attitude.
- Points earned in practice drills. (Note that you can not earn points if you miss the practice).

Arbitration and Problem Resolution:

If a parent has concerns, they can schedule a meeting with the coach at a time outside of practices or tournaments. If it is of a serious nature, the club director should be notified. When events warrant it, a parent should report inappropriate activities to the Club Director. Where necessary, the Director will set up meetings to discuss resolutions to problems including sitting in on a joint meeting with coaches, parents and a player. If deemed needed, a panel of coaches and parents (not involved with the incident) will be assigned to review and arbitrate a remedy to the problems. If a family feels the process is not fair or flawed, they can refer the issue to the Puget Sound Region office.

Club Player Rules:

1. Be punctual to practices and tournaments.
2. Maintain a positive attitude.
3. Be team players (Put the good of the team above individual needs – be supportive and encourage teammates).
4. Be prepared mentally for practice and tournaments
(Ready to focus - No socializing or giggling while the coach is talking).
5. Work Hard (Hustle! Go for all balls in your zone. Shag your balls).
6. Say "Me" or "Mine" loudly and clearly on all balls that are your responsibility.
7. Do not wear jewelry, dangerous barrettes/clips or glitter to practice or tournaments.
8. Call your coach in advance of practices and tournaments to report all absences, injuries or sickness.
9. Demonstrate good sportsmanship (Be respectful to team members, coaches & opponents)
10. Do not display anger, disruptive or disrespectful behavior.
11. Be respectful of the equipment and uniforms.
12. Take instruction well and be open to trying new things.
13. Most importantly –Smile and Have fun!