

Lakeview JO Volleyball Player/Parent Handbook

Updated November 2023

Mission:

Lakeview JO Volleyball (LKWVB) is a non-profit program for young athletes. Our purpose is to improve volleyball skills through participation in structured practices and tournaments.

The Lakeview JO Volleyball Organization (LKWVB) is a "not-for-profit" organization sanctioned by the North Country Region (NCR) of USA Volleyball (USAV). The club exists to support and promote competitive volleyball for youth in 3rd-11th grade who currently attend school or reside in the Lakeview School District.

Philosophy:

The Lakeview JO program is geared towards players in 3rd-11th grade who are committed to improving their volleyball skills through hard work, positive attitude, and time commitment. The organization partners with our athletes, coaches, parents, NCR, and USAV.

Participants learn sound fundamentals, individual volleyball, and team skills, competitive skills, and game strategies.

Players, parents, and coaches are expected to demonstrate community values through good sportsmanship towards opponents, officials, and each other at all times. Open two-way communication between all parties is imperative. The organization encourages teamwork, respect, responsibility, discipline, and positive attitudes in a safe learning environment.

Volunteer-you can help make a positive difference:

This is a non-profit organization that works through volunteers. Parents are needed to serve on the Board and to help assist in any hosted tournaments or games. All parents will be asked to volunteer their time to help at the concession stand during our elementary league. Parents will also be asked to donate bars, fruit, veggies, etc. for our elementary League Friday nights and Saturday's tournament.

Elementary League:

1. All players in grades 3-5 will be in our Elementary League. Any deviation from this will be decided on by the Board. The Board will strive to schedule three Friday night League dates and one Saturday tournament.
2. If there are not enough players in a certain grade, grade levels will be combined. This will be decided on each year by the Board.

Uniforms:

1. Players need to supply game shorts (any black for our elementary teams), socks, tennis shoes, knee pads, and a whistle (for traveling team players).
2. All players rent a jersey for their use during the volleyball season, this is included in the membership fee.
3. All jerseys must be returned at the end of the season.
4. A \$50 uniform deposit will be required at the informational meeting night. A player will not be able to practice until this is paid. If the uniform is not turned in to the team's designated person at the player's last tournament/game, YOU will have 1 week to email the board and make alternate

arrangements. You will be notified of the designated person after that team's last schedule is posted. Uniforms are **NOT** to be turned in to the elementary or high school offices. Failure to turn uniforms in to the designated person or make an alternate arrangement within 1 week, will result in the check being cashed.

Fees:

Lakeview JO Volleyball fees cover tournament registrations, uniforms, gym rental, equipment costs (balls, ball bags, ball carts, first aid kits, etc.), and coaches salaries. An informational meeting will be held usually around mid-November. All fees are due at this time. If fees are not received within 1 week after this date, the player will not be placed on a team. Any exception to this rule will be reviewed by the board. **REGISTRATION FEES ARE NON-REFUNDABLE.**

Tryouts-traveling teams:

Tryouts may be held (as determined by the board) sometime around mid-November. All players wanting to be on a traveling team will be required to attend. Not attending may affect the team you are placed on. Every player who tries out will make a team. Tryouts will be conducted by former coaches appointed by the board. If tryouts are not held, team placement will be done by coaches and the board based on school play and the positions needed per team.

Team Selection:

Teams are not based on friendships, parent requests, school teams, or prior team placements.

Team selection will be based on a variety of factors including but not limited to:

1. Performance at tryouts if held
2. Demonstrated skills
3. Attitude and Effort
4. Age: players can play at or above their age level but not below (for example a 16yo can play on a 16s, 17s, or 18s team, but not on a 15s or younger team). The NCR uses July 1st of each year, as their age cutoff date, meaning, even if our season ends, say May 1st, if a player has a birthday between then and July 1st of that year, they would be considered the older age for team placement.

Teams will be made starting with the 17s/18s teams. If during the process of making these teams, a specific position is needed to fill out that team, a player from a lower age level will be moved up and placed on said team.

Players might not play the same position in JO that they play in School Volleyball.

Traveling teams will be announced no sooner than 1 week after tryouts and/or the parent-player meeting.

Traveling team size will be based on the number of players out and the number of teams formed each year.

Players may be moved to a different team during the season. Typically, a player is moved to a different team due to an injury or absence from another team. However, there may be other reasons too. It will be determined by the JO director, coach liaison, and coaches if a player needs to be moved.

Traveling teams:

Four tournaments will be scheduled for each team. They will be held on Saturdays and/or Sundays. These will be scheduled far enough in advance to allow everyone time to mark their calendars. If you know you cannot make a tournament, let your coach know as much in advance as possible so we can try to get another player to fill in if needed. Most tournaments are structured by combining two age levels: 11/12, 13/14, 15/16, and 17/18. There is no way of knowing how many of each age will be at any given tournament, so you could be playing teams and age levels older/younger than you.

You will be required to travel to these tournaments. We will try our best to keep the distance to 2.5 hours and under, but this is not a guarantee.

If a tournament gets canceled for any reason, the board will try and find another tournament. Depending on what part of the season this happens, there is no guarantee one will be found.

All traveling team players are required to work at our Elementary League on one Friday night and the Saturday tournament. A \$100 deposit per traveling team player will be required on registration night. (all 6th-grade through 11th-grade players). A player will not be able to practice until this is paid. If the player works at 1 Friday elementary league night and the Saturday tournament, or finds a replacement to work for them, the check will be shredded. If the player fails to fulfill this obligation, or if the replacement fails to show up and work, the check will be cashed.

Playing Time-Traveling Teams:

The following guidelines explain how Lakeview JO will be treating the sensitive issue of playing time:

1. Playing time will not be equal for all players. Playing time for athletes will be at the coach's discretion. Even though the fees (by age level) are the same for every player, playing time will not be equal. Playtime is also determined by positions. All positions and/or players do not get equal playtime. The coach must balance playing improvement with a competitive strategy. All players should see the court at some point during pool play at tournaments; bracket play will be treated more competitively. During a tournament, the competitive strategy will take precedence; during practice, player improvement is the most important.
2. Practices will provide constant opportunities for Player development. Players are expected to attend practices and work hard towards improvement. Winning occurs through mental attitude and physical ability; it requires a positive attitude toward the game, the coaches, and teammates. Playing time may be adjusted for attitude and skills performance at practices and during games.
3. Players should discuss playing time issues with the coach. Players are ultimately responsible for their improvement (not the parent). They need to understand what they need to improve upon to get more playing time. Players have the opportunity to learn how to discuss improvement with the coach and to obtain feedback on their performance. If for any reason a player has not received a resolution, they or their parent may contact the board.

Playing Time:

12/14s teams: All athletes will participate in a match during pool play, but it may not be equal playing time in pool play or tournament play.

16/18s teams: All playing time is up to the coach and will not be equal.

Note to parents: In regards to traveling teams, all parents must recognize that playing time during a game or throughout a season cannot be guaranteed due to player absences, player substitution patterns, player injuries, and other factors that the team, players, and coaches encounter.

Playing Time-Elementary League:

Playing time in our Elementary League will be as fair as possible throughout the day's games. This will be based on attendance, participation, and attitude at practices.

Communication:

The primary source of communication for Lakeview JO is email. Under the "contact information" link on the website, you will find the email addresses of each of our Board members. Emails to Board members will generally be responded to within 1-2 days. Coaches will choose their primary form of communication at the beginning of the season. You can request to be added to your daughter's team's Google calendar by emailing your Gmail address to lakeviewlakersjovolleyball@gmail.com. We will also post practice and tournament schedules on our Google calendar and website <http://lakeviewjovolleyball.weebly.com/>

Player Policies and Expectations:

Player eligibility: Lakeview JO Volleyball is currently offered for girls in 3rd-11th grade who reside in or attend school at Lakeview Independent School District 2167. Deviation from the eligibility guidelines requires approval by the Board.

Players are expected to:

1. Attend practices and be on time (as assigned by the coach) to team events. Volleyball is a team sport. Teams only get better when they practice together. If a player misses practice for an unexcused absence, they will sit out for one set on the following tournament/league night. Two practices missed for an unexcused absence will equal two sets missed, and so on. Excessive absences will lead to removal from the team.
2. Come prepared for all practices and tournaments (have your uniform, shorts, shoes, water bottle, etc.).
3. Work hard, learn, and have fun.
4. Demonstrate team concept - recognize and value everyone's contribution.
5. Be coachable: Learn to accept criticism and do your best to improve. Talk to your coach if you have questions or concerns.
6. Be supportive of teammates, coaches, and officials.
7. Remain mentally "into" the game whether playing or not.
8. Motivate yourself and your teammates, strive for excellence, and work for the success of the team
9. Conversations with non-players and parents should be avoided during the game. The job of all players is to watch the game, learn from watching others play, and be engaged during the game so they are prepared when asked to go into and play.
10. Officiating is the shared responsibility of the entire team. All traveling team players are required to take the online officiating training each year using a link that will be provided after registration night. All players are bound by the NCR Code of Conduct. Any player found to be in possession of alcohol, tobacco, or illegal drugs will be sent home from any Lakeview JO Volleyball event and may be expelled from the team.
11. All traveling team players will be required to officiate, keep score, line judge, etc. at tournaments. No cell phones, earbuds, or other electronic devices are to be used while working.

12. Players cannot drive themselves to out-of-town tournaments (NCR rule).

Players' Code of Conduct:

1. I will make every effort to attend every practice and game.
2. I will do my best at all practices and during all games.
3. I will listen to my coaches while at practices and at games and make every effort to try to do what they are asking of me.
4. I will treat my parents, coaches, opponents, property of others, and game officials with the same respect that I would like to be treated.
5. I will not use profanity. I understand that I will be warned for the first offense, and at the discretion of the coach, can be suspended from playing for the remainder of the current practice, current game, or the following game.
6. I will help my parents get me to games and practices on time.
7. I understand that if I fail to follow the Code of Conduct I may be suspended for the current practice/game/tournament or the season depending on the severity of my actions.
8. I understand that improvement comes from practice.
9. I will not criticize or make negative gestures toward teammates, officials, coaches, or opposing players.
10. I will treat my teammates and Coaches with respect and do as instructed. If this becomes a problem, the player will be talked to separately by the coaches. If the problem continues, the coach, along with a Board member, will also talk with the parents and finally may remove the player from the organization.
11. I will never use social media (Facebook, Instagram, TikTok, Snapchat, etc.) to vent my frustrations! Any player caught "bashing" the club, teammates, other teams, or their coaches via social media will lose play time or be asked to leave the team (depending on the situation).
12. I will not wear my Lakeview JO Jersey and post (or be in posts) on social media while using or showing profanity (Songs with profanity in them). Playing time will be lost or the player may be asked to leave the team (depending on the situation).
13. I will not take any videos and/or pictures in any locker room.

Player Time Commitment:

Coaches set practice times, generally two times per week during the season. Lakeview JO rents gym time from the Lakeview School district and competes for gym time with school sporting practices and events, community education programs, LBA, and other community groups. The school calendar and extracurricular activities greatly impact gym space availability.

Absences:

Players or their parents are expected to notify the coach directly (please do not ask another parent/player to give the coach a message, except in the case of an emergency) as far in advance as possible if they are unable to attend a practice or a game. Any player, who misses a practice or a game without an authorized excuse, or without notifying their coach, may be excluded from playing in the next game at the discretion of the coach. If excluded, the player is still expected to dress for and attend the game.

Parent Expectations

Parents' Code of Conduct:

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sporting event.
2. I will make every effort to ensure my child is at every practice and game.
3. I will place the emotional and physical well-being of my child ahead of any personal desire to win.
4. I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
5. I will not coach my child or any other player during practice or a game unless asked to do so by my child's coach.
6. I will remember that the game is for children and not for adults.
7. I will refrain from publicly ridiculing, verbally abusing, or making negative gestures towards any player, coach, or official from either team. I will not embarrass my child(ren) or others by yelling negative comments at players, coaches, or officials.
8. I will do my very best to make youth sports fun for my child.
9. I will ask my child to treat other players, coaches, fans, and officials with respect.
10. I understand that the LKWVB reserves the right to dismiss at any time a player and/or their parents who by their conduct significantly creates problems for the team/association or after a verbal warning continues to disrupt practices or games.
11. I understand that the coaches will do what is best for the team, not necessarily what I want for my daughter. Coaches decide how to optimize players' skills and what positions they will play.

Lakeview JO Volleyball Organization Code of Conduct:

1. The Lakeview JO Volleyball Organization will follow and enforce a code of conduct. Individuals (family members, friends, players, or coaches) who are disruptive during practices, home games, or home tournaments, will be asked to leave the site by the parent representative, coach, or a member of the Lakeview JO Volleyball Board. Please do not allow your behavior as a fan to disrupt your child's experience on the court.
2. Family members who confront the coach in an angry or hostile manner at a Lakeview JO event will be subject to disciplinary action by the Lakeview JO Volleyball Board.
3. Families and coaches are encouraged to practice good sportsmanship and to remind each other when needed; before an official response becomes necessary.
4. As a representative of the Lakeview JO Volleyball Organization and our community, it is expected that all players, parents, and coaches will properly conduct themselves, showing respect and courtesy to Board decisions made and following the organization's grievance policy if concerns arise.
5. Families are asked to use common sense and behave responsibly throughout the season. Inappropriate language or action that is disruptive or interferes with a player, coach, or officials' participation is unacceptable.
6. Some examples of unacceptable behavior:
 - A. Threatening or aggressive behavior towards another person.
 - B. Obscene words or gestures.
 - C. Celebrating the errors or misfortune of participants.
 - D. Harassing participants ie. booing, jeering, or yelling at individuals.
 - E. Openly scrutinizing coaching decisions or negative comments about player performance.
 - F. Berating or abuse of officials.

Coaches:

1. Coaches may be male or female. A coach must be at least 18 years of age or have Board approval. Coaching candidates and coaches must have a solid working knowledge of the game,

possess good administration and management skills, and agree to follow the rules of the JO Board.

2. The JO Board shall select a coach/coaches for each team. This process may include interviews if deemed appropriate by the board. Each team must have a coach. If there are not enough coaches to fill all of the positions, a committee will be formed to recruit qualified individuals for those positions. Coaches are approved for the current season only and must be approved each year to continue in the program. The Board has the authority to terminate and replace coaches who exhibit inappropriate behaviors as determined by the Board. The coach has the right to appeal the decision at a Board meeting. Board decisions in these matters are made by a simple majority of a quorum.
3. Youth helpers are permitted with the approval of the coach of the team they are helping and the Board.
4. It is the coach's discretion whether or not parents may be in the gym during scheduled practices.
5. All coaches will be required to submit to and pass a background screening before any practices can start.

Grievance Procedure:

All complaints must be submitted in writing/email and directed to the appropriate person as outlined below.

1. For a complaint involving a coach, player, or spectator, please refer these to the JO director.
2. For a complaint involving the JO director, please notify a member of the Board.

The Board will decide on any issues not covered under this handbook.

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