

# **STORM**

**V O L L E Y B A L L**

**2019 / 2020**

## **Parent & Player Handbook**

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# Player Handbook

The mission of Storm Volleyball Club is for every player to improve and perform at a higher level while giving the opportunity to promote leadership, integrity, and kindness in all our players.

## Section 1 – Player Participation

### 1.1 Player Promptness at Practices

- 1.1.1 Punctuality is a key trait of all successful people regardless of age or career. We value punctuality and expect it. “To be early is to be on-time and to be on-time is to be late.”
- 1.1.2 Each minute a player is late will result in some reasonable consequence administered and witnessed by the Head or Assistant Coach. This is to be executed during a team break or after practice. Failure to do so shall result in a doubling of the consequence until it is executed.
- 1.1.3 If a situation exists that requires a player to miss a practice or leave early from a practice, please give the Head Coach **48-hours notice**.
- 1.1.4 The player may call, e-mail or text their Head Coach or their Assistant Coach.
- 1.1.5 For information regarding absences, please refer to Section 2 of this handbook.

### 1.2 Player Attendance at Tournaments

- 1.2.1 Players are NOT permitted to leave early from a tournament to avoid refereeing duties. It is common for a team has to stay and referee after they are finished playing. Letting some players leave early does not foster a feeling of teamwork. These requests should not even be made.
- 1.2.2 If a situation exists that requires an early exit by a player from a tournament, then the Head Coach must be notified at least two weeks prior to the event. This allows the coach to adjust practice as needed in preparation for a tournament.
- 1.2.3 If a player arrives late to a tournament, the player will be required to sit for a minimum of 1-2 sets.
- 1.2.4 If a player chooses to leave the tournament prior to the tournament or work team duties have completed, Storm maintains the right to remove the athlete from the team entirely. No refund will be given due to expulsion from team.

### 1.3 Practice Information

- 1.3.1 The team practice uniform shall consist of the t-shirt each player received and black spandex shorts or shorts.
- 1.3.2 The first time any player on a team does not come to practice in the proper practice uniform, the team will receive a warning.
- 1.3.3 The second time any player on a team does not come to practice in the proper practice uniform, there will be a team consequence.
- 1.3.4 The third and successive time any player does not come to practice in the proper practice uniform, they will not be able to participate in practice.
- 1.3.5 Do not wear your uniform jerseys to practice as we want to keep them looking new as long as possible.
- 1.3.6 Earrings and body-piercings are not allowed in a player’s ear or body in practice or at tournaments. This is for the player’s safety. Do not have any new piercings done during the season. They will have to be removed if the player plans to participate in practices or tournaments. There are no exceptions.

- 1.3.7 It is not advised for parents to be at practice. If a parent chooses to attend practice and this causes distraction to the player or team, coaches reserve the right to request that the parent leaves practice. There is open seating in the lobby at PSA1 for parents who choose to wait during practice.

#### **1.4 Scorekeeper Certification**

- 1.4.1 It is required for ALL players to complete scorekeeper certification.
- 1.4.2 Select younger teams will be chosen for the in-person clinic on November 18, 2019 at PSA1 from 6-8pm. All other players must complete online scorekeeper clinic by December 1, 2019.
- 1.4.3 Attaining scorekeeper certification is mandatory to participate in USAV tournaments.

## **Section 2 – Absences**

### **2.1 School Functions**

- 2.1.1 Absences for academic or school athletic functions are accepted.
- 2.1.2 We do expect to have as much notice as is possible.
- 2.1.3 We require that a Player Notice-Of-Leave form be completed at least one week prior to the absence.
- 2.1.4 The make-up regimen must be completed for any missed practice.

### **2.2 Illness**

- 2.2.1 Any illness that would keep you from going to school is certainly accepted as an excused absence.
- 2.2.2 Please make sure to call the coach or director as soon as possible when you realize you are going to miss a practice or tournament.
- 2.2.3 The make-up regimen must be completed for any missed practice.

### **2.3 Other Club Sports**

- 2.3.1 The Club requests to know prior to the selection of teams if the player intends to simultaneously play another club sport.
- 2.3.2 We would like to have any players who play other club sports to participate with us on Local Teams.
- 2.3.3 The make-up regimen must be completed for any missed practice.

### **2.4 Makeup for Absences**

- 2.4.1 Coaches maintain the right to create a makeup for absences as seen appropriate.
- 2.4.2 Playing time will not be directly affected by an excused absence. Please keep in mind that an absence results in multiple hours of training missed. It is recommended for a player to seek additional training (i.e private lesson with club coach or other) to avoid falling behind team.

### **2.5 Unexcused Absences or Tardiness**

- 2.5.1 If an absence/tardiness is unexcused or the coaching staff has not been informed of the absence/tardiness in advance, this may result in loss of playing time.
- 2.5.2 If an unexcused absence/tardiness occurs on multiple occasions, the coach may request a discussion with the player and parent.
- 2.5.3 Please plan ahead for travel to and from tournaments as weather, parking, or traffic are considered unexcused.

## Section 3 – Tournament Play

### 3.1 Arrival at Playing Site

- 3.1.1 Players shall be dressed to play no later than 45 minutes prior to the first match of their pool play or bracket play. Arriving at tournament but not being dressed to play will be considered tardy.
- 3.1.2 If a team referees first, then they shall prepare to play prior to the game they referee.

### 3.2 Playing Time

- 3.2.1 No player is guaranteed a specific amount of playing time. Head Coaches will give every player an opportunity to play in each match.
- 3.2.2 Please refer to Section 2 to reference loss of playing time due to absence or tardy.
- 3.2.3. Please refer to Section 6 to reference player behavior and playing time.

### 4.2 Food Choices at Tournaments

- 4.2.1 Pregame and pre-workout snacks and meals should consist of healthy choices. Tournaments can be long and do not want our athletes getting sick.
- 4.2.2 Most facilities that host tournaments will not allow outside restaurant food or drink, please keep this in mind when preparing for the tournament. Storm recommends packing healthy snacks and water from home in player backpack.

## Section 4 – Team Captains

### 4.1 Selection of Team Captain

- 4.1.1 The Head Coach has the option of appointing a Team Captain.
- 4.1.2 Teams are not required to have a captain.
- 4.1.3 This appointment may change at the Head Coach's prerogative.

### 4.2 Selection of Floor Captain

- 4.2.1 The Floor Captain does not necessarily have to be the Team Captain.
- 4.2.2 The Floor Captain must be someone who knows the rules and who the Head Coach feels he/she can communicate with well. This will be the Head Coach's conduit to R1.
- 4.2.3 The Head Coach selects the Floor Captain.

### 4.3 Team Captain Responsibilities

- 4.3.1 Exemplifies the highest standards of a student-athlete
- 4.3.2 Has great work ethics
- 4.3.3 Is mature, positive, intelligent and articulate
- 4.3.4 Sets the standards for all players
- 4.3.5 Is present at all team functions, whether she is healthy enough to participate or not
- 4.3.6 Confronts teammates who are not meeting team standards
- 4.3.7 Is positive and supportive of teammates
- 4.3.8 Is a likable person whom teammates and coaches can turn to for help
- 4.3.9 Serves as a liaison between coaches and players
- 4.3.10 Meets with coaches on a regular basis to relate team concerns and problems
- 4.3.11 Assists coaches when necessary
- 4.3.12 Serves as team representative at official functions
- 4.3.13 Takes the initiative to "lead" in all team activities
- 4.3.14 Provides leadership on and off the court

- 4.3.15 Calls team meetings, without coach, if necessary
- 4.3.16 Is responsible to see that the gym is set up for practice
- 4.3.17 Leads warm-ups if an exercise leader is not designated
- 4.3.18 After match thanks the officials and tells them they called a good match
- 4.3.19 Takes her responsibility as team leader seriously
- 4.3.20 Knows that it is an honor to be captain

#### **4.4 Floor Captain Responsibilities**

- 4.4.1 Knows the volleyball rules completely
- 4.4.2 Communicates with the official with courtesy and respect
- 4.4.3 After match thanks the officials and tells them they called a good match
- 4.4.4 Takes her responsibility as team leader seriously
- 4.4.5 Knows that it is an honor to be captain

## **Section 5 – Grievances and Conferences**

- 5.1 Due to all of the requirements and stressors at tournaments, **coaches shall not be approached at tournaments by parents regarding the team, playing time, other players, or anything directly related to team participation in the tournament.** It is appropriate to approach the coach regarding tournament schedule.
- 5.2 If a player or parent has any questions or issues regarding the coach's methods, strategies, or anything, the **player** is to first talk with the Head Coach about it.
- 5.3 There will be an enforced "48 hour" rule where parents and players are not allowed to discuss issues or complaints to the coach or directors for 48 hours after a tournament has ended. This will allow a "cool off" period after a tournament.
- 5.4 If questions still exist AFTER the player has spoken with the coach, then parents may call the Club Director, Amanda Kayser. Cell: 360-410-8073
- 5.5 Parents or guardians are welcome to call or meet us to discuss playing time, strategy, specific or general goings-on with the team and specifically their daughter AFTER their daughter has communicated with the coach. We are very open to share with you all of our "Why's."
- 5.6 These meetings shall be conducted before or after practices and proceeded with a call to the Head Coach so that they may make arrangements to give you all the time you require to be heard.
- 5.7 The Director, Assistant Director and the Head Coach reserve the right to have the other one present.
- 5.8 Whether or not the parent agrees with what the Club is doing, they are encouraged to be positive around the team and keep these items between them and the Club.

## Section 6 – Player Behavior

- 6.1 The Club Director and coaches take player behavior very seriously. We want to create a positive environment at practice and at tournaments.
- 6.2 No player is guaranteed playing time in a tournament without participating in practices, showing enthusiasm, demonstrating good sportsmanship, participating in officiating assignments, and working at developing skills.
- 6.3 No player is guaranteed a specific position. All positions are determined by the coaches. The coach will assess strengths and weaknesses of all players to determine where an athlete best fits in the line-up. It is expected that players respect the coaches decision with a positive attitude.
- 6.4 The protocol for inappropriate or problem behavior is as follows:
  - 6.4.1 On the first offense of problem behavior, the coach or Club Director will have a discussion with the player resulting in a warning.
  - 6.4.2 On the second offense of problem behavior, the coach or Club Director will have a discussion with the player's parent resulting in a second warning. Additionally, player may be suspended from part of or whole tournament, this is up to the coach or Club Director discretion relative to offense.
  - 6.4.3 On the third offense of problem behavior, the coach or Club Director will have a scheduled meeting with the parent and player to discuss appropriate solution or consequences.
  - 6.4.4 A serious violation of the rules may result in expulsion from club.

## Section 7 – Mobile Devices

- 7.1 Mobile devices are allowed at tournaments and practices; however, they must stay in a player's bag and permission to call/text must be given. Mobile devices need to be on silent or vibrate. Violation of device rules may result in loss of playing time.
- 7.2 Coach or assistant coaches hold the right to collect mobile devices during tournaments. If this occurs, all mobile devices will be returned to players or parents by the end of that tournament day.

I \_\_\_\_\_ have read and understand the  
(Athletes Name)  
policies, expectations, guidelines, and consequences set forth in the Storm  
Volleyball Club Player handbook for the 2019/2020 Club season.

\_\_\_\_\_  
(Players Signature)

\_\_\_\_\_  
(Date)

I \_\_\_\_\_ have read and understand the  
(Parents Name)  
policies, expectations, guidelines, and consequences set forth in the Storm  
Volleyball Club Parent handbook for the 2019/2020 Club season.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)