

Albuquerque Rebels Volleyball Club

Club Handbook

2011–2012 Season



www.arvcrebels.com

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Welcome

Welcome to the Albuquerque Rebels Volleyball Club (ARVC)! Our club is directed and administered by Fred and Patty Ader. ARVC was established in 1998 and is a member of USA Volleyball (USAV) and Sun Country Volleyball Association (SURVA). USAV is the national organization that governs the Olympic team, Paralympic teams, beach volleyball, adult leagues, and junior clubs for boys and girls. SURVA, one of the 40 volleyball regions in the United States, covers New Mexico, West Texas, and Southern Colorado. For over 13 years, ARVC has been dedicated to providing quality coaching to the amazing student-athletes in the Albuquerque and surrounding areas. We strive to develop the athlete, not only as a player, but also as a person. They will learn life-long skills, such as teamwork, interpersonal skills, and the ability to handle pressure situations and to effectively set goals.

Mission

Our goal at ARVC is to develop young women into accomplished volleyball players. We plan to achieve this goal by providing top quality coaches who will run physically and mentally challenging practices. ARVC athletes will be taught to have a competitive spirit along with good sportsmanship. In addition, there will be a strong emphasis on self-discipline, time management, the development of healthy relationships, and the importance of keeping the “fun” in volleyball.

Philosophy

At ARVC, we believe that our athletes will flourish when we provide a challenging environment while teaching strong fundamental skills, a positive attitude, and a spirit of excellence. We know this will produce competitive and disciplined athletes who understand the importance of teamwork, spirit, dedication, and focus.

We believe that teaching players these qualities not only builds amazing student-athletes, but also offers important life lessons that grow incredible people.

“If you treat a person as she is, she will remain as she is. If you treat her for what she could be, she will become what she could be.”

—Ralph Waldo Emerson

What You Can Expect from ARVC

The ARVC Community

What sets ARVC apart from other volleyball clubs is our sense of community. Each team is like a family. We encourage lots of communication and camaraderie between the parents and teammates by carpooling, sharing rooms on the road, enjoying team dinners, and watching and cheering at each other's games. It's a chance for both the players and the adults to form new friendships.

The girls will be working very hard in practice and tournaments, so the support of this family atmosphere is vital.

In the ARVC community, teams work with each other, sometimes in combined practices as well as during scrimmages. Coaches support each other's efforts and work together to host events. Experienced parents welcome new parents and are happy to answer any questions about their ARVC experience.

We hope you meet many new and old friends here as you experience the joy of volleyball with us.

Playing Time

Playing time is a concern that arises nearly every season. It is important that a player trust her coach. Coaches are very cognizant of playing time and want each player to have the opportunity to play successfully. If a player works hard and demonstrates in practice the ability to perform the skills necessary to play the game, she will be given the opportunity to play. When given the opportunity to play, each player must bring to the court the skills that she demonstrated in practice that earned the playing time. If a player's performance during a game does not match her successful performance during practice, then she must rededicate herself on the practice court. This cycle can only lead to success for the team as well as the player. Should any concern regarding playing time arise, please follow our Grievance Procedures to resolve these concerns.

Communication

Our primary form of communication is our web site. To stay informed of practice schedules, tournaments, locations, travel information, team rosters, coaches' contact information, fundraising opportunities, newsletters, photos and any important updates, go to the ARVC web site: www.arvcrebels.com.

*** It is extremely important to maintain current e-mail addresses with ARVC and your team parent, as many reminders and specific information are shared by e-mail.**

Season Plans

Plans for the upcoming season include teams at the U12–U18 age levels. The number of girls who attend tryouts and commit to teams, plus the availability of coaches and gym space will determine how many teams will be fielded. Traveling teams can expect to compete in tournaments outside the Albuquerque and New Mexico area. Local teams can

expect to compete in tournaments in the Albuquerque, Rio Rancho, Moriarty, Española, and Las Vegas, New Mexico areas. Participation in Regional and National bid qualifiers is at the discretion of the Directors and Coaches.

Club Costs

Payment Schedule and Promptness

To accept a position on this or any club team, the family enters into a financial contract with ARVC. There are two payment options:

1. Payment in full plan (10% discount applies)
2. Installment plan

Payment Due Dates

The Payment in Full plan payment is due by 5:00 p.m. on November 30, 2011.

The Installment plan payments are due by 5:00 p.m. on the following dates:

<u>Installment</u>	<u>Due Date</u>
Initial Fee	November 30, 2011 (before players begin practice)
1st	December 15, 2011
2nd	January 15, 2012
3rd	February 15, 2012
4th	March 15, 2012
5th	April 1, 2012 (note this is the 1st of the month)

Any late payments will result in a player being ineligible to practice or participate in tournaments until the player's account is current.

Please be aware that ARVC uses the monies collected to pay for tournaments that are paid for months in advance, as well as coaching fees, building usage, office costs, etc., so timeliness is crucial.

Questions regarding payments should be directed to Senobia Szuch, Financial Coordinator, using the "Contacts" page of the ARVC web site.

If you are removed from your team and/or club for a violation of the club rules or contract indebtedness or any other violations, you will be responsible for the full amount of your financial obligation to ARVC.

If a prospective or returning player has an outstanding debt with any volleyball club in the Sun Country region, no tryout or play will be allowed until all financial obligations have been fulfilled.

Please refer to the ARVC Payment Agreement for more information or details about costs, payments, and timeliness.

What ARVC Expects from Players and Parents

Time Commitment

Club ball requires a large time commitment. The season begins with tryouts in October/November and ends as early as the end of April or as late as mid-July. Teams practice between two and three evenings a week, along with Sunday afternoons, with some teams participating in Jump and Strength Training (JST). Depending on the team, tournaments can be held in our city, our region, or out of state. Competitive teams will need to miss some school to travel to out-of-state tournaments. When athletes commit to ARVC, they commit to attending all events and all practices.

Personal Commitment

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.

Regular Attendance

It is important that you attend every practice. Players are required to notify coaches when they cannot attend practice and make other arrangements.

Respect for the Rules of the Club

Players must have respect for ARVC's rules and the 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 take an overnight trip with our travel teams. These trips require that you follow our team rules, and we expect you to respect the rules set forth by your coach. Any lack of respect will effect your playing time.

Image Presentations

Your conduct is a direct reflection on ARVC as a whole. When your team is in a tournament, you should be in a game jersey or ARVC apparel throughout the entire tournament. During this time, you should conduct yourself in a friendly, respectful, and positive manner.

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.

Financial Commitment

Commitment to an ARVC team is a commitment to the financial obligation for the entire season. The budget is based on a full team of players. Therefore, all players are committing to their part of the season's costs at the moment of verbal commitment and again when the contract is signed.

An initial fee will be required prior to first practice. The initial fee is non-refundable after a verbal commitment has been made.

ARVC makes every effort to contain the cost of club volleyball. The fees cover the expense of gym space, uniforms, equipment, insurance, team registration fees, practices/JST, coaches' stipends, administration, and tournament entry fees. A signed payment agreement and prompt payment will ensure that your athletes training time is not disrupted.

Outstanding Debt

You should not have any outstanding debt with our club or any other club. Should it come to our attention that an outstanding debt is owed to any club, we reserve the right to suspend your play and practice time until such debt is paid in full.

Tryout Selection and Acceptance Process

The Selection Process

ARVC's tryout process consists of optional clinics and age-level tryout dates. Athletes will be tested with some physical tests, jump tests, sprints, etc. Next, they will be evaluated on skill execution. They will also be watched during a game situation for other traits, such as coach-ability, willingness to be a team player, athletic ability, potential, work ethic, drive, competitiveness, and current skill level.

Tryouts will be conducted and rated by most of the ARVC coaching staff and ranked according to the above traits to determine which girls will be offered a position on the travel teams and which will be offered a position on the local teams.

The Acceptance Process

Players can expect to see a posting of selected players with team assignments within at least 48 hours after the last makeup tryout for that age group. The posting will list players only by their tryout number.

Players need to make both a verbal commitment with their coach and also confirm their acceptance of the position offered online using the ARVC web site. An immediate response is encouraged. All positions must be accepted within seven days of the initial posting. Coaches will advise players of team meetings when the teams are in place.

Transportation, Travel, and Lodging

Transportation

ARVC does not provide transportation for club members to or from practices or tournaments. Parents are encouraged to arrange carpools for players whenever possible.

Travel

The distance to tournaments varies depending on each team's schedule. Some will be in Albuquerque and the surrounding area, while others can be hours away or in other states. Coaches will discuss travel rules with their teams, but at all times, players (and parents) are expected to adhere to the Player or Parent Code of Conduct. Valuable travel information can be found on the ARVC web site (www.arvcrebels.com) under the tab "Junior Volleyball" and then "Lodging Information."

Lodging

Some teams will be participating in tournaments that require multiple days of play outside of the Albuquerque area. It is preferred that the players and coaches stay at the same location to promote team unity, easily hold team meetings, and provide for group discounts. Lodging arrangements for ARVC teams are made by the designated ARVC Lodging Coordinator on each team. All lodging information and instructions on how to make your individual reservations will be posted on the ARVC web site.

Required Reservations

Teams that participate in tournaments that have a "stay-to-play" policy must make reservations for their player to lodge at the required hotel. "Stay-to-play" is quite literal. The tournament requires teams to have their players and coaches stay at prearranged hotels in order for that team to participate in the tournament. Players are required to stay in the hotel. These tournaments include National Bid Qualifiers (e.g., Denver, Dallas, Anaheim, etc.), as well as Nationals (formerly known as Junior Olympics). The Lodging Coordinator will coordinate the procurement of the appropriate hotel and will provide information on how to make your player's reservation. Parents must make these reservations before the "Block Ends" date provided on the web site. Financial penalties can be assessed to players and the club for failure to adhere to the "stay-to-play" policy. Be aware that the cancellation policy for "stay-to-play" reservations can be quite stringent. Please read the confirmation information you receive when making "stay-to-play" reservations.

Recommended Reservations

ARVC recommends that players and coaches stay at the same hotel for all overnight tournaments. The Lodging Coordinator will make hotel arrangements and post them on the ARVC web site. Please make reservations for your player's lodging before the "Block Ends" date.

Block Ends

Please be aware that group discounts have deadline dates. These deadlines will be indicated with "Block Ends" followed by a date on the web site. After this date, the hotel

typically releases the remaining rooms that had been blocked for our club, and the room rates will return to their regular pricing. Book your rooms early!

Parent Lodging

ARVC works to provide the ability for parents to share their rooms with players. Remember that when attending overnight tournaments, players are there to play volleyball. This is not a vacation for the players. If you are bringing your entire family to an out-of-town tournament, please be there to support your player during the days of the tournament. Any vacationing or extension of your time at a venue needs to be done AFTER the tournament is completely over.

Tournaments

Attendance

Players are expected to attend all tournaments scheduled by ARVC. We realize that this is not always possible due to any number of outside conflicts. However, all absences, planned or emergency, must be communicated to the team's coach as early as possible. Consequences for missing a tournament are handled on a team-by-team basis by the coaching staff. It is important that every player understand the nature of team sports and the effect their absence has on the entire team.

Attire

Players should arrive at the tournament wearing the uniform that was previously selected by the team for that day of competition. In addition, players should ALWAYS have all of their jerseys with them when attending a tournament. If a player chooses to wear a sweat top and/or bottoms, they should be the ones issued by ARVC. This is to ensure that we look like and act like a team, both on and off the court.

Officiating

Players will be expected to learn the rules of the game and be able to carry out all of the team's officiating duties, which may include 1st referee, 2nd referee, Lines Judge, Scorebook, Scoreboard, and Libero Tracker. Officiating duties are to be handled with the same level of concentration and effort as playing. Remember that other teams will also be officiating your matches, and you would want their best effort also. How individual officiating duties are assigned will be handled on a team-by-team basis. No player is allowed to leave the tournament until the entire team's officiating responsibilities are complete unless otherwise approved by the coach.

Parent and Spectator Conduct

Expectations for Parents and Spectators during Tournaments

1. Observe the 24-hour rule.
2. Remain in the spectator area during matches.
3. Do not advise the coach on how to coach.
4. Do not make derogatory comments to coaches, officials, tournament directors or players of either team.
5. Do not try to coach your child during the match.
6. Do not drink alcohol at tournaments or come to a tournament having consumed too much alcohol.
7. Cheer for your child's team using socially acceptable language.
8. Show interest, enthusiasm, and support for your child.
9. Be in control of your emotions.
10. Help when asked by coaches or officials.
11. Thank coaches, officials, tournament directors, and other volunteers who conducted the event.
12. Know the rules.
13. Avoid conduct that is inappropriate as determined by comparison to normally accepted behavior.
14. Physical or verbal intimidation of any individual is unacceptable.
15. Follow the rules of the tournament and facility, such as NO FOOD IN GYM, no beach chairs, etc.

Fundraising

Fundraising for ARVC

There will be mandatory fundraising for every player on ARVC. This fundraising will help to fund our concessions, new equipment purchases, and our scholarship fund. We will have two ongoing fundraisers to benefit ARVC and the players. These two fundraisers are Great Lake Scrip Center and Albertson's Community Partner key chains. We will also have a mandatory sale of four Octopus Car Wash tickets beginning in March.

Fundraising for Your Player's Account

We will have four fundraisers to help you raise money that will go directly into your account:

1. Isotopes
2. Raffle Ticket Fundraiser
3. Octopus Car Wash Fundraiser
4. Great Lakes Scrip Center

Please check the ARVC web site and click on the Fundraising tab to stay informed

Club Rules

The 24-Hour Rule

It is important to separate game emotions from the best interests of their child's sports development. For this reason, ARVC has adopted the "24-Hour Rule." The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off," compose themselves, and put the provoking incident or situation that occurred in the game in perspective before meeting to discuss it.

Abiding by the Law

Any player caught in an unlawful act will be subject to expulsion.

Drug, Alcohol, and Tobacco Policy

Possession and/or use of drugs, alcohol, and tobacco are strictly prohibited at all ARVC activities. If a player is caught with drugs, alcohol, or tobacco, she will be subject to expulsion.

Discipline

Discipline is a form of corrective action deemed necessary to correct a team or individual problem. The athlete will be notified verbally of what needs to be corrected and will be given a specific time to correct the deficiency. If an individual player fails to correct the deficient behavior or action within the specified time period, there may be further disciplinary action taken, including suspension or expulsion.

Suspension

If suspended, the individual shall not be permitted to take part in ARVC or team activities for a specified time.

Expulsion

If expelled, the individual shall be removed from the Albuquerque Rebels Volleyball Club. This action may be for the remainder of the current season or for a specified number of years. Implementation of suspension or expulsion will also result in a conference with the parents. In the event of an expulsion, **there will be no refund** of participation fees.

Grievance Procedures

Competitive athletics, by its very nature, does not allow all people involved to be happy at all times. In the case of a grievance, please know when and how to resolve a discrepancy.

1. Early communication of expectations is very important. Consistent communication between players and coaches is encouraged throughout the season. It is important that a player learns to communicate issues with her coach quickly before issues become a detriment to her or the team.
2. Situations should be resolved directly between a player and her coach. If a resolution is not found, a meeting with the coach, player, and parent(s) may be requested with the Club Director. If a resolution is still not found, a meeting of all concerned parties with the ARVC Directors should be requested. Any of the three parties involved (i.e., coach, player, or parent) may make this request. This problem resolution sequence will be strictly followed. It is imperative that all issues are dealt with as quickly as possible.
3. When to communicate is just as important as what to communicate. We suggest that you analyze the issue and pick the most appropriate time. Remember the 24-hour rule.
 - A non-emotional issue might be able to be resolved by the player before or after practice.
 - If an issue is difficult and/or emotional, it is best to request a separate meeting with the coach. Trying to deal with it right before practice could be disruptive to the practice, not only for the player, but for the coach and the other team members.
 - Do not request to meet during a tournament. The coach is there to work with the players, meet timelines set by tournament officials, and make sure everything is running smoothly. He or she does not have time to resolve issues during tournaments.
 - Due to the competitive and emotional atmosphere involved in club sports, ARVC recommends a minimum of a 24- to 48-hour reflection period prior to addressing certain issues with coaches.
4. We want the season to be pleasurable for both the players and parents. Should any issues of concern arise during the season, please be sure to bring them to the attention of your Coach first, then the Club Directors. Players need to be present for every meeting regarding themselves and their team.

“We can’t fix it, if we don’t know about it.”
5. ARVC reserves the right to honor and stand by all final decisions made by the Club Director and Club Administrator.

USA VOLLEYBALL PARTICIPANT CODES OF CONDUCT

In consideration of the rights granted to me by my membership with the Regional Volleyball Association (RVA), a USA Volleyball (USAV) RVA member, I consent to abide by the rules of conduct set forth herein, while I am a member of the RVA. I understand that these rules extend to my conduct in activities related to, and during any USAV/RVA sanctioned event in which I participate. This includes all events or activities sanctioned or sponsored by the RVAs or the USAV, practices, travel to and from events, volleyball camps, players' clinics and officials' clinics. I also understand that if I violate any of the following rules, I might be subject to whatever disciplinary action is deemed appropriate by the authorized person, persons, boards or committees of the RVAs or USA Volleyball.

THE FOLLOWING ACTIONS ARE PROHIBITED:

1. Violation of any anti-doping policies, protocols or procedures as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), Federation Internationale de Volleyball (FIVB), US Anti-Doping Agency (USADA) or the United States Olympic Committee (USOC). Violations of this provision will be adjudicated only by USADA or the proper anti-doping authority, not USA Volleyball (USAV).
2. Possession, consumption or distribution of alcohol and/or tobacco if illegal or in violation of USA Volleyball (USAV) or Regional Volleyball Association (RVA) policy.
3. USAV policy prohibits the possession, consumption or distribution of alcohol and/or tobacco by anyone registered as a Junior Olympic Volleyball Player at the event venue of any USAV/RVA sanctioned junior event.
4. Use of a recognized identification card by anyone other than the individual described on the card.
5. Physical damage to a facility or theft of items from a room, dormitory, residence or other person. (Restitution will be part of any penalty imposed.)
6. Possession of fireworks, ammunition, firearms, or other weapons or any item or material which by commonly accepted practices and principles would be a hazard or harmful to other persons at USAV/RVA sanctioned events.
7. Any action considered to be an offense under Federal, State or local law ordinances.
8. Violation of the specific policies, regulations, and/or procedures of the USAV, RVA or the facility used in conjunction with a sanctioned event. (It is the responsibility of the individual to be familiar with applicable specific policies, regulations and procedures.)
9. Conduct which is inappropriate as determined by comparison to normally accepted behavior.
10. Physical or verbal intimidation of any individual.
11. Actions that will be detrimental to USAV or the RVA.

USA VOLLEYBALL DISCIPLINARY POLICY:

<u>Infraction</u>	<u>When Occurred</u>	<u>Suggested Maximum Penalty</u>
First	Before or during event	Individual disqualified (if person is a junior, he/she will be sent home as soon as possible and parent or guardian notified). The individual may be declared ineligible for USAV registration or RVA membership for one year starting from the date of infraction.
	After event concludes	The individual may be declared ineligible for USAV registration or RVA membership for one year starting from the date of infraction.
Second	Before or during event	Individual disqualified (if person is a junior, he/she will be sent home as soon as possible and parent or guardian notified). The individual may be declared ineligible for USAV registration or RVA membership for two years starting from the date of infraction.
	After event concludes	The individual may be declared ineligible for USAV registration or RVA membership for two years starting from the date of infraction.
Third		Individual may be declared ineligible for USAV registration or RVA membership for the remainder of his/her lifetime.
NOTE :		Major misbehavior (e.g. verbal or physical abuse of a child, sexual harassment, etc.) may subject the violator to a lifetime ineligibility for USAV registration or RVA membership after the first infraction.

Penalties are only applied after affording the participant due process as may be required by the Ted Stevens Olympic and Amateur Sports Act (TSOASA), USOC, USAV, and RVA. Appeals, other than for doping violations, may be made in accordance with procedures set forth in the bylaws and operating codes of USA Volleyball and the RVA as printed in the current *Official USA Volleyball Guide* and *RVA Handbook*, respectively.

TO BE RETAINED BY MEMBER

(Revised 06/30/2010)