

2024-25 Lanier Volleyball Club Player/ Parent Handbook and Contract



Welcome

The Directors, Coaches and Staff are pleased to have your daughter/athlete and entire family as members of Lanier Volleyball Club (LVC) as we begin the 2024-25 season of club volleyball.

Purpose

The purpose of this handbook is to familiarize both players and parents with the Lanier Volleyball Club program. Please, keep this handbook throughout the season as a reference for questions that may arise. If you feel the need for further information or clarification please do not hesitate to contact either the club directors or the coach of your daughter's team. One of our goals is an incident free, positive season with beneficial learning experiences for all involved. Our experience has taught us that the best way for us to accomplish this is to put down in writing our exact expectations up front. The policies, rules, responsibilities and procedures outlined in this handbook serve as an agreement between Lanier Volleyball Club, parents, athletes and coaches. This agreement covers the majority of questions/concerns that may arise during the season and provide insight into how we handle these. It is imperative you read this handbook and agree to all terms prior to joining this season as they will be followed and enforced by LVC.

Club Program

Lanier Volleyball Club's directors and coaching staff pride themselves on adhering to an educational program that is derived from the fundamental skills of volleyball. We are dedicated to providing a highly skilled coaching staff that has the tools, knowledge and desire to teach a high level of technique and tactics so as to assist each athlete in reaching their peak potential. We seek to provide each individual with the knowledge and opportunity to advance their physical ability in ways that complement both the sport of volleyball and a healthy lifestyle.

We recognize that, while the experience of playing competitive volleyball has inherent value in the skills learned, the most important lessons we teach extend far beyond the court. We desire for all of our athletes to learn and value the character traits of a sense of family and faith, hard work, perseverance, discipline, commitment, teamwork, competition and respect. We hope to use the sport of volleyball and its many teaching and learning opportunities to show the importance and life value of all these traits.

Above all, Lanier Volleyball Club prides itself on its stringent adherence to providing all of its members

with a consistent and unified coaching philosophy and process. From our youngest age group through high school graduation, we make every effort to teach the same fundamentals so that as an athlete grows with us, they know what is expected and valued by our coaching staff. We are committed to accommodating only the number of teams for which we have above average coaches who are qualified and complement our system. Further, our club provides and develops a coaching staff that holds to and values the tenets of Lanier Volleyball Club.

Coaches

As mentioned above, Lanier Volleyball Club's coaches are the greatest assets and backbone to the success of LVC's programs. LVC seeks and boasts quality, positive and professional individuals to instruct and lead our club teams. Coaches will communicate with players and parents in a constructive, positive and professional manner. Each coach will strive to be firm, fair, consistent and encouraging mentors who will train each athlete accordingly in all areas of volleyball and use the described disciplinary measures within this handbook and within their individual team policies whenever necessary. Further, each coach will strive to assist each athlete in reaching their peak potential.

Lanier Volleyball Club Teams are staffed with a minimum of 2 coaches. At least one coach is required to be at every event (practices and tournaments, and both should be a majority of events). Each coach is asked to make as many of these as possible. In the event that a head coach is unable to attend a practice, every effort will be made for a substitute coach to attend. Early in the season expect some of our college player coaches to be unable to hold practices or attend an early tournament until they return from the Christmas break holidays, LVC will supply coach substitutes until they return.

Commitment

All of our club volleyball teams, regardless of level of play, require a great deal of commitment including both time and financial resources. Any player considering participation should discuss the matter with parents and other people it may impact. While LVC both believes in and supports its athletes participating jointly in club and school sports during coinciding seasons, we ask that you also understand that the success of the program, each team and each individual player relies heavily on ALL of its members fully participating in practices, team events and tournaments. Please carefully consider any other activities participated in during club season and promptly make the appropriate parties (coaches, specifically) aware of any conflicts or other activities that may interfere with your daughter's volleyball schedule. Further information on missing (either planned or unplanned) any LVC practice or event can be found below under the Practices and Tournaments section.

Attitude

Player and/ or parent attitude may affect eligibility for the club. We are ALWAYS open to communication from both players and parents and encourage you to set up a meeting with a director

to resolve any concerns or issues. Every athlete and all parents will be expected to conduct themselves appropriately at all times in a manner that is becoming of Lanier's Vision Statement: Faith, Family and Character in Volleyball. Remember, you are representing Lanier Volleyball Club at any and all events and are expected to show respect at all times to coaches, teammates, officials & parents. We expect players to be competitive, but not disrespectful toward other club teams, clubs, officials and parents. Disrespect to anyone will not be tolerated and, in extreme cases, may constitute grounds for dismissal from the club without refund.

Health

Players and Parents are to keep their appropriate LVC coaches or directors aware of their physical well-being as it applies to their participation in practices and tournaments. Athletes should inform LVC of any long-term physical inability (i.e. major injury or illness, chronic or medical conditions) as soon as possible so that we can be informed and prepare for the remainder of the season. Please note that once a player/ parent has committed to a team, physical inability to participate does not release said player/ parent from their financial obligation to Lanier Volleyball Club. In the event of an injury resulting in missed practice or tournament play, a doctor or attending medical professional's release will be necessary to allow the player to return to their normal LVC practices or competition participation.

Practice and Tournaments

Understand that practice and training is where you receive the most instruction and experience and accounts for a large portion of your club commitment; tournament play is only a supplement to participating in Lanier Volleyball Club's program and accounts for a smaller portion of your time with the program. Taking into account these numbers in conjunction with the percentage of your dues which are applied towards practice time (a LARGE percentage), we adhere to a playing time policy which we believe most accurately reflects what is fair, applicable and achievable for all members of our club. All of our club teams are operated under our "**fair (not equal) playing time**" policy. Every Lanier Volleyball Club athlete receives equal and ample opportunity to learn, grow and prove themselves in practice. Playing time is not decided by a definitive formula, but takes into consideration skill level, attitude, attendance, commitment, position, and performance in practice and at tournaments among other things. "Fair" is not based on time, playing a specific requested position, or being able to serve. "Fair" does not mean that your athlete will play in every set or every match.

If you must miss a practice, you must inform your coach a minimum 24 hours in advance if possible so that the coach may plan practice appropriately. There is no exception to this rule! School and Church activities as well as illnesses and family emergencies are excusable with prior notice. Attendance policy club wide is as follows:

1. Excused Absence (i.e. illness, school function for a grade, family emergency, pre-planned church trips, other school sports, pre-approved absences at coaches' discretion)

- Athlete is expected to communicate with coach to arrange a make-up practice with another team near their level of play
- Unexcused Absence (everything else & absences that aren't communicated beforehand – communication is key)
- Athlete is expected to communicate with coach to arrange a make-up practice with another team near their level of play

Teams may make additions and amendments to this rule and will notify parents/athletes at their initial Team Meeting of said changes. Absences, especially unexcused, may affect your playing time. 4 weeks advance notice is required if you can't attend a tournament. In the event that a player misses what the directors deem to be an "excessive" amount of practices or tournaments, especially those which are not pre-approved or those which are unexcused, LVC reserves the right to both place said player on probation and/or remove that player from any and all LVC program or team; all remaining monies will become due and payable within 24 hours of that time.

In most instances, practice schedules will be available 15-30 days in advance, tournament schedules (dates only) 30-60 days in advance. We request that LANIER VOLLEYBALL CLUB be a priority, after schoolwork and school sports, family and church. If you decide that your schedule has too many conflicts, then you should seriously consider whether you have the time to dedicate to our Club Volleyball Team program. We are looking for the player who is committed to reaching her potential and who is willing to work hard to achieve this.

Lanier Athletes **MUST** wear Lanier Volleyball Club or Tournament tops to practice.

Bring **ALL** uniform items to **ALL** tournaments. For the purposes of promoting LVC and showing support, athletes are to wear LVC attire from the time they arrive at a tournament until the time the tournament is over. Some combination of LVC Attire, including jersey, warm-up t-shirt, pullovers, backpack and sweatpants is to be worn between matches. Parents are encouraged to wear LVC apparel during tournaments.

All players are expected to remain for tournaments in their entirety unless pre-approved by their Head Coach. In the event a player leaves a tournament without prior permission or approval, LVC will consider that athlete to have resigned from the Program; all remaining monies will become due and payable within 24 hours of that time. When your team has referee duties, the ENTIRE team must stay and work until the match is completed, this includes the last officiating duty.

During any overnight travel, players should stay with their parents/ guardians or another team parent as arranged by the player's parent/ guardian. It is the parent's responsibility to arrange transportation and/or housing for their daughter if they can't attend. If we find out about any problems incurred at hotels by players' disciplinary actions will be taken which may include removal from the club program.

Lanier Volleyball Club has a policy that prohibits staff, coaches, volunteers and athletes from using illicit drugs, participating in underage drinking or using weapons in a violent manner. The use of or participation in such substances or activities during an LVC event is grounds for immediate dismissal from any and all LVC teams and programs; the participation in such substances or activities outside

of LVC activities, when is brought to the attention of a coach or director, is grounds for severe penalties which may include sitting out practices, tournaments or even dismissal from any and all LVC teams and programs. If a player is removed from a LVC team or program, all remaining monies will become due and payable within 24 hours of that time.

Financial Contract

Please read, review, understand and refer to Lanier Volleyball Club's "Financial Agreement" for all information pertaining to LVC's Financial Contract and Policies.

Grievance Procedure

Under no circumstances should a coach be approached about a grievance at an event, in between days at multi-day events or during practice. Exceptions are made if there is a circumstance which endangers or compromises an athlete within our program. Specifically, the procedures to follow if you as a parent, or your athlete as a member of a Lanier Volleyball Club Program, have concerns about Lanier Volleyball Club policies or actions are, in this order:

1. The athlete should speak to or meet with the coach about the matter. If the matter remains unresolved, or if the athlete has reasonable concern that speaking to the coach will not resolve the matter.
2. The parent should first email the coach. If it can't be resolved, a meeting will be called with the coach, parent, director. If a parent, during a tournament approaches a coach, we have instructed the coach to refuse to discuss any controversial matter, and to walk away from the parent. **A player and/or parent should NEVER approach a coach or director during a tournament with concerns.** This includes off time during multi day tournaments. We request a minimum of 48 hours pass before contact. This time serves as a buffer for emotions to cool and reason to set in among both parties.
3. If the parent prefers to not speak to the coach, they may request to speak to a Club Director, but NOT during a tournament. In certain situations, we may ask the athlete to attend the meeting, also.

More often than not, the main topic of grievances is playing time. Please understand that the amount of time any given athlete is on the court is the result of a complex determination, in that coach's opinion, of the athlete's ability, the athlete's potential, the athlete's attitude, the athlete's position, the team's needs at the moment, and the team's needs in the future. It is an imprecise process and we ask that you understand that all LVC coaches are very aware of girls sitting the bench and are constantly seeking ways to give fair playing time (not equal) while simultaneously put their best team on the court and win the match or set at hand.

In addition, we instruct coaches not to discuss any athlete other than the parent's own, the actions of any other Lanier Volleyball Club coach, or the comparison of one coach to another. If you, as a parent,

have legitimate concerns about a coach other than your athlete's coach, or with an athlete other than your own, please contact a LVC Director.

If a financial dispute arises, between or among Lanier Volleyball Club and the athlete and/or parent(s), and it is not resolved to the satisfaction of the athlete and/or parent(s), the aggrieved persons shall first proceed in good faith to submit the matter to mediation. Costs related to mediation shall be mutually shared between or among Lanier Volleyball Club and the aggrieved. After attempted mediation, unless otherwise agreed in mediation, all parties reserve their right to litigation.

Parental Requirements and Guidelines

Most club-wide information will be provided via email. In order to be kept informed, we recommend you sign up ALL the email addresses for members who need to get information (Player, Mom and Dad). Communication apps, like GroupMe, may also be utilized to disseminate information.

Parents are not to "Coach" their Athletes during Tournaments or Practices. The Athletes will be focused on what Coaches have to say and need to concentrate on such. Parents are not allowed near the team bench.

If an Athlete is removed by Parents for any reason from the Tournament site without previous permission from the Head Coach, LVC will consider that Athlete to have resigned from the Program; all remaining monies will become due and payable within 24 hours of that time.

Parents are responsible for getting your child to and from a tournament or making other arrangements in the event that they cannot do so themselves.

Parents are to be supportive of the entire Team at all time, and all LVC Teams while at Tournaments. Parents are not to engage in any behavior in cheering that would reflect negatively on LVC. Guidelines for Parents are no different from Athletes in this regard. Parents are expected to conduct themselves respectfully and appropriately at all LVC events and while on the LVC campus.

Only the Head Coach or the Team Captain, under the direction of the Head Coach, may question an official or gym supervisor. At no time should a parent address or yell at any official.

Parents are to abide by the Lanier volleyball Club Grievance Policy.

Travel Policy

USA Volleyball junior clubs are now required to implement a team travel policy. Each member club has the responsibility for approval and implementation of its own set of travel policies, and to provide these policies to all players, parents, coaches and other adults who will be traveling with a team.

Lanier Volleyball Club has some teams that travel regularly to play in tournaments, has some teams where travel is limited to a few events per season, and some teams where there is no travel other than local travel to and from our own area. Lanier Volleyball Club prohibits and condemns all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Volleyball SafeSport Handbook. Lanier Volleyball Club has established policies to guide our travel, minimize one-on-one interactions and reduce the risk of abuse or misconduct. Adherence to these travel guidelines will increase player safety and improve the player's experience while keeping travel a fun and enjoyable experience.

We distinguish between travel to training, practice and local tournaments ("local travel") and team travel involving an overnight stay ("team travel") as well as other events in which a team may participate such as team bonding ("other travel").

Local Travel

Local travel occurs when Lanier Volleyball Club does not sponsor, coordinate or arrange for travel. For the 2024-25 season, Lanier Volleyball club will not travel in any other manner. In all instances, players and/or their parents/guardian are responsible for making all arrangements for local travel.

- Players and/or their parents/guardian are responsible for making all arrangements for local travel. The team and its coaches, managers or administrators should avoid responsibility for arranging or coordinating local travel. It is the responsibility of the parents/guardians to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order, and compliance with applicable state laws.
- The employees, coaches and/or volunteers of Lanier Volleyball Club or one of its teams, who are not also acting as a parent, should not drive alone with an unrelated minor player without explicit permission from a parent. It is preferred and urged that said parent has participated in USOPC's SafeSport Training so that they are aware of the inherent risks of athletes traveling with coaches.

Team Travel

Team travel is overnight travel that occurs when Lanier Volleyball Club or one of its teams or designees sponsors, coordinates or arranges for travel so that our team can compete locally, regionally or nationally. Because of the greater distances, coaches, staff, volunteers and chaperones will often travel with the players. This type of travel arrangement will not occur during the 2024-25 season. In all instances, players and/or their parents/guardian are responsible for making all arrangements for local travel.

Other Travel

Other travel occurs when Lanier Volleyball Club helps to organize or condone activities that do not fall under the umbrella of Local or Team Travel. Travel for such an event may or may not be arranged, coordinated or sponsored by Lanier Volleyball Club so that the team may practice, bond, complete community service or another such event. For the 2024-25 season, Lanier Volleyball Club may travel in this manner. In the instance of other travel, players and/or their parents/guardian are responsible for making all arrangements for and providing payment for other travel.

- It is the responsibility of the parents/guardians to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order, and compliance with applicable state laws.
- The employees, coaches and/or volunteers of Lanier Volleyball Club or one of its teams, who are not also acting as a parent, should not drive alone with an unrelated minor player.
- Family members who wish to participate in the event are permitted and encouraged to do so.
- In all cases involving travel, parents have the right and are encouraged to transport their minor player.
- All participants including athletes, coaches, chaperones and volunteers must wear seatbelts and remain seated in vehicles.
- No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperoning duties.
- Prior to any travel, coaches will endeavor to make players and parents aware of all expectations and rules. Coaches will also support chaperones and/or participate in the monitoring of the players for adherence to curfew restrictions and other travel rules.
- If disciplinary action against a player is required while the player is traveling without his/her parents, then except where immediate action is necessary, parents will be notified before any action is taken, or immediately after.
- Players are expected to remain with the team at all times during the trip. Players are not to leave the event venue, restaurant or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- When visiting public places such as shopping malls, movie theaters, etc., players will stay in groups of no less than three persons. Athletes 12 and under will be accompanied by a chaperone.

By signing this contract, I acknowledge that all invested parties (all parents/guardians and athletes) have received, fully read, fully understand and agree to the policies within. I understand that if I have any questions or concerns about the policies within, it is my responsibility to discuss this prior to signing the document and committing to the Club Program at Lanier Volleyball Club, Inc.