



Handbook 2018 Season

Flatirons Volleyball Club is entering their 19th season as a member of the Rocky Mountain Region USA Volleyball (USAV). USAV governs the Olympic teams, Paralympic teams, Beach Volleyball, adult leagues, and junior clubs for boys and girls. The Rocky Mountain Region (RMR) is one of 40 regions in the United States. Over 100 junior clubs are members of the RMR.

Six Power Tournaments are run by the RMR and are held throughout Colorado from Windsor to Pueblo; Sterling to Evergreen. The Zelinkoff Bid Tournament determines which teams will get RMR bids to the Junior Olympic Championships.

The other means of gaining bids to Junior Olympics is by winning National Qualifying Tournaments hosted in various states. Teams may elect to attend by registering to play in the Patriot division.

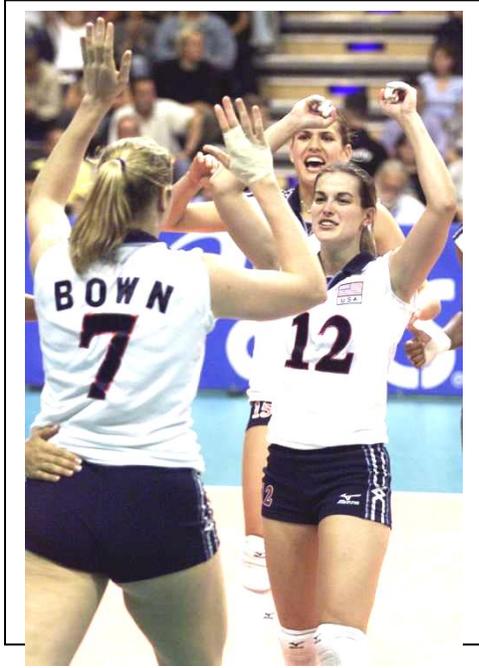
Mission Statement

Our goal at Flatirons Volleyball Club is to develop young women into accomplished volleyball players.

We plan to achieve this goal by recruiting top quality coaches who will run physically and mentally challenging practices. Flatirons athletes will be taught the competitive spirit along with sportsmanship. In addition, we strongly emphasize the importance of self-discipline, time management, the development of healthy relationships. Equally valuable is the importance of keeping the “fun” in volleyball.

Time Commitment

Club ball requires a large time commitment. Although tryouts take place in July, practices begin in November. Teams practice between four and six hours per week. The competitive season starts in January and ends in late April.



Power Tournaments, hosted by the Rocky Mountain Region of USA Volleyball, are held on Sundays. They are scheduled on important days such as Super Bowl, Mothers Day and over Spring Break. Please do not schedule trips until after your teams' tournament schedule is finalized.

Players on Elite and National level teams will miss some school due to travel days. The Colorado Crossroads National Qualifier Tournament takes place on a school day.

When athletes commit to club volleyball, they commit to attending all events and practices. This is critically important due to the team dependency of the sport.

Season Plans

Plans for the upcoming season include fielding teams at the 12's, 13's, 14's, 15's, 16's, and 17's age levels. The number of girls who attend tryouts and commit to teams plus the availability of a coaches and gym space will determine the final number of teams that will be fielded.

The National and Elite teams will compete nationally while the Regional teams will compete in Colorado. All teams compete in Power Tournaments that begin in January and end in April. Power Tournaments are held on Sundays from 8:00 AM till approximately 4:00 PM.

The RMR Zelinkoff Tournament (formally the RMR Junior National Qualifier Tournament) is now an open tournament. Any team can sign up and participate. It is a two day tournament that is single elimination.

First place finishers earn a bid to the Junior Olympic Championships in the National Division. The second place finisher earns a bid in the American Division. The site for the 2018 JO Championships is Detroit, MI. The Championships run from late June through early July and more than 1200 teams will compete.

AAU and JVDA Championships are held in June and July. Flatirons teams have attended these tournaments in the recent past.

**At the request of the Rocky Mountain Region,
do not call the RMR office!**

Tryouts start July 5, 2018



Flatirons Volleyball Club tryout format consists of open gyms and tryout sessions. The details are outlined on the Teams page of our website. Please read them carefully.

It's important to attend open gyms and tryouts. This is how we know you're interested in playing on a Flatirons team. Contact Director Susan Cancilla if you'd like to be a member of Flatirons VBC but cannot attend a scheduled tryout.

All players must hold current membership in the Rocky Mountain Region USA Volleyball.

Summer and Tryout Membership can be obtained on the RMR site and the cost is \$15; payable online. Membership cards must show a 2018 expiration date. For returning players, membership must be renewed in September 2017.

The tryout period is a stressful one for players, coaches and parents. It's important for athletes to be rested and able to focus during the tryouts. Athletes may be offered a spot on a team at Open Gyms or at Tryouts. An immediate response is welcomed. Players have 72 hours from the time of the verbal offer to make a decision. Without a verbal commitment, the offer may be extended to the next player. After 72 hours, the offer is rescinded unless arrangements are made with the coach or administration.

When trying out for more than one club, keep the lines of communication open. If another club makes an offer, contact Flatirons VBC to find out how the offers compare.

Cuts are an unavoidable part of club tryouts. Coaches will inform each player by a phone call, email or personal conversation.

Team Commitment

When a commitment is made to join a team, the team takes priority over other extracurricular activities. In the event of the school prom the night before a tournament, players will be required to adhere to limitations. If prom is scheduled during a travel tournament, players will have to forego the prom. They must remain at the tournament for the entire weekend with their team.

Flatirons Volleyball Club reserves the right to add players to a team over the course of the season. We also reserve the right to move players from one team to another. The most common reason for this is injury. These decisions are not taken lightly; much thought and discussion surround decisions of this nature.

Multi Sport Athletes

The option of choosing a multi sport athlete for a Flatirons team is the choice of the head coach. Parameters and expectations must be discussed in advance.

2017-2018 USA Volleyball Age Definition

Age Definitions, the rules for determining which team a player is eligible for, are posted on Teams pages of the Flatirons website. Players may be moved up during or after tryouts. You can determine your proper age division by the age you are on September 1, 2018. For example, if you are 14 years of age on the first day of September 2018, your proper age division is 14 and under.

Insurance

There are inherent risks when participating in sports. Your membership in the Rocky Mountain Region provides supplemental coverage to your major medical insurance.

Flatirons Volleyball Club strongly recommends every family carries medical insurance that covers athletic injuries.

Practice

Teams practice four to six hours a week. Saturday practices for all teams will be held in November and December. Beginning in January, Elite teams will practice most Saturdays. National and Regional teams will practice before scheduled Sunday tournaments.

Due to lack of space as well as safety concerns, practices are closed to parents. Closed practices allow athletes to focus fully on learning the lessons being taught. The first Dawson practice of the month is designated as parent observation night.

Missing practice is detrimental to the team. If a player misses practice, playing time may be affected (see team rules). In the case of illness or injury, players need to attend practice unless they are contagious.

Team rules will address how and when an athlete must inform their coach of lateness or absence from a practice.

In addition, each team will establish practice rules. They may choose to use the rules set by Flatirons. See Flatirons practice rules at the end of this handbook.

Because we practice in local school gyms, there will be school activities that take precedence over our practices. We are usually informed in advance. We make every effort to secure alternative practice sites. This gets challenging during the high school basketball season. These adjustments go with the territory and we have factored the conflicts into our plans and fees.

Facility Rules

Gym space is at a premium and we must respect the facilities or risk losing them. The fewer the gyms, the fewer the teams we can offer. Each gym has its' own set of rules which must be followed. Food and drink are not allowed in any gym. We are contracted to use the gyms for volleyball activities only. Horseplay and abuse of school equipment will not be tolerated. At the request of the schools, parents and spectators may not sit on bleachers that are folded up against the wall.

Incident Weather Cancellations

Under extreme weather conditions, Flatirons will cancel practices. If the school closes, our practices will be cancelled. The criteria for cancelling practices includes, but is not limited to icy roads, blowing snow, traveler's advisory, poor visibility, low temperatures, school closing and wind chill/extreme temperatures. The decision to cancel will begin at 4:00 pm unless it is obvious before that time. Once the decision is made, a notice will be posted on the calendar page of the website and Parent Reps will be notified to inform the team.

Coaches and Coaching Qualifications

Flatirons Volleyball Club prides itself on the quality of our coaching staff. Coaches are carefully selected based on experience and the ability to teach female athletes. All coaches must be IMPACT (Increased Mastery and Professional Application of Coaching Theory) and Safe Sport certified as mandated by USA Volleyball. A national background check is required by USA Volleyball.

Flatirons coaches undergo comprehensive training. Prior to the start of each season, the following topics are discussed: running an efficient practice, communicating with and understanding female athletes, incorporating physical conditioning into practice, safety requirements, psychology of sport, technical considerations such as offense, defense and systems, goal setting, team management, coaching styles, motivation, season planning, match management and much more. One of our primary practice goals is for each player to touch

the ball a maximum number of times. The results are faster, more comprehensive learning.

Chris Warner is a Flatirons Assistant Director; his duties include parent relations. He will work with coaches on communicating with parents. Chris will facilitate meetings for the purpose of resolving issues involving parents. Chris' email address is Christopher.warner@adams12.com

Flatirons coaches are experts at coaching volleyball. It is not appropriate for parents to suggest or advise coaches on coaching strategies or volleyball techniques. On the other hand, if your daughter is struggling and cannot bring herself to discuss her concerns with the coach, please encourage her to email the coach to let her/him know about the situation.

In the circumstance of dispute or need for clarification, coaches will not debate club policy. Contact club administration to discuss club policy.

Playing time

Studies show that playing time is the number one issue in junior sports today. Flatirons Volleyball Club is a competitive volleyball club and one of our top goals is to win matches. Each team will consist of players who can contribute to the success of the team. Our commitment to the players is to train them to become proficient volleyball players. Training takes place during practice. Playing time is never guaranteed – on any team for any event. Playing time will be determined by the coach and is not open for discussion. Court time is determined by attendance, work ethic, attitude, performance and the needs of the team. On game day, it is the obligation of the coach to field the team that will produce winning results. It is inappropriate to question the coach's decision.

Power Tournaments

Flatirons teams will participate in most, if not all of the Rocky Mountain Region Power Tournaments. Tournament dates are posted on our web site in the "Calendar" section and on the "Teams" page. Directions to sites can be found on the RMR site in the "Directions" section. We encourage players and families to carpool to tournaments. In some cases, teams may elect to stay overnight in the city where tournament is held.

The sites for the Power Tournaments will be posted on the RMR site; usually by Wednesday before the tournament. Power Tournaments are not canceled due to inclement weather. Commitment to the team includes commitment to the tournaments in spite of the weather. ***Do not call the RMR office!***

The Junior Handbook is available by selecting the Juniors tab in the RMR website then scroll to Club Directors. This handbook explains the tournament format, rules and regulations, and the policies of the Rocky Mountain Region.



Travel and Tournament Information

The purpose for traveling to National Qualifier Tournaments is to obtain experience at a high level of competition. **College coaches accomplish 95% of their recruiting at these tournaments.** Commitment to a National team is a commitment to travel to all scheduled tournaments.

Travel to National Qualifier Tournaments can involve out of state trips.

In the extreme event a traveling team has fewer than 8 players available to travel, Flatirons reserves the right to cancel the trip without refund.

Elite and National team players will arrange their own out of state travel. Flatirons will arrange travel for coaches. This year, a \$350 travel fee has been added to the fees for the season. The \$350 travel fee covers the cost of the tournament entry fee and the coach's expenses. All other travel expenses will be the responsibility of each player. National Qualifier Tournament protocol is:

1. Flatirons registers and pays for selected tournament.
2. Flatirons books the hotel rooms as required by the tournament. Parents then transfer the reservation to their name and credit card. In the event acceptance is denied, the credit card charges will be reversed. Teams are required to stay at a tournament approved hotel.
3. Tournament officials decide whether to accept team.
4. After official acceptance to the tournament, parents book their airfare.
5. Flatirons' suggests teams may want to stay overnight on Saturday and Sunday night for the RMR Showdown Tournament in Greeley. Hotel and food arrangements need to be made by parents. Because there is not an abundance of hotels in Greeley, it's a good idea to book your rooms as soon as the team has been accepted into the tournament.

All Elite, National teams and select Regional teams will apply to compete in the Colorado Crossroads Tournament in Downtown Denver. Crossroads is held at the Colorado Convention Center in Denver.

Regional teams and some National teams will apply to compete in the RMR Showdown Tournament in Greeley over President's Weekend in February.

Travel Rules

Players travel with their parent(s) or a designated adult. Teams should coordinate with the goal of flying on the same flights. Plan on arriving in the tournament city around 5:00 pm the day before the first day of play. Return flights need to be scheduled for after 7:00 pm on the final day of play. Coaches will take charge of the team during play time, team dinners, team activities and team meetings. Players will be supervised by their parent or designated adult outside of team time.

Travel rules will be distributed to each player; typically at the pre travel meeting.

Parental Involvement

Athletes need the support of their parents in order to grow and excel. Flatirons Volleyball Club encourages parents to show their support by participating in the following activities:

Team Rep is the communication link between parents and Flatirons Volleyball Club. The Team Rep oversees all other parent jobs, coordinates travel details for out of state tournaments, distributes uniforms, paperwork, and helps coaches with special requests such as keeping the med kit stocked.

Social Chairperson organizes social functions, parties, and holiday celebrations.

Fundraising Chairperson: If your team chooses to participate in additional fundraising, the FC will coordinate and lead fundraising activities.

Communication Chair: Communicate important and last minute information via phone and/or email.

Team Mom/Dad: Main responsibility is helping out at the Power Tournaments. Organize food, ensure player's water bottles are full, organize car pools etc. If needed, make hotel reservations when the site is a long distance away.

Team Photographer: Flatirons welcomes pictures of the team. Favorites will be posted on our website.

Spectator/Parental Behavior

It is inappropriate for spectators to yell at or coach players during practice or tournament play. It is unacceptable to boo or harass match officials including coaches, refs, scorekeepers and line judges. The tournament director is authorized to remove spectators who do not exhibit respectful behavior.

Tournament day is one that requires focus and direction. Coaches and players have much to think about. Emotions can run high ~ everyone wants to play and perform their best. Tournament day is not the time for parents to voice complaints of any nature. **Flatirons Volleyball Club prohibits parents from approaching coaches to discuss playing time, coaching decisions, or any other complaint on tournament day.** If this rule is violated, coaches are required to report the infraction immediately. A board committee will review the

circumstances and determine consequences, which could include player removal from the team.

Parents and/or guardians are prohibited from coaching their daughters during a tournament or practice.

The proper procedure for communication with the coach is to send an email requesting a time to meet before or after practice or on non-practice nights.



SPECTATOR/PARENT CODE OF CONDUCT

(This legally binding document may be reproduced as often as necessary)

IMPORTANT NOTICE – ENTRY TO THIS PRIVATELY SANCTIONED EVENT IS GRANTED AS A

COURTESY. IF YOU ENTER/ATTEND THIS, OR ANY REGION SANCTIONED EVENT, YOU AGREE TO

ABIDE BY THE FOLLOWING CODE OF CONDUCT GUIDELINES:

I WILL:

1. I WILL abide by the official rules of USA Volleyball.
2. I WILL display good sportsmanship at all times.
3. I WILL encourage my child and his/her team, regardless of the outcome on the court.
4. I WILL educate myself on the unique rules of this facility.
5. I WILL honor the rules of the host and the host facility.
6. I WILL generate goodwill by being polite and respectful to those around me at this event.
7. I WILL direct my child to speak directly with his/her coach when coaching decisions are made that may be confusing or unclear.
8. I WILL redirect any negative comments from others to the respective Event Director or Program Administrator.
9. I WILL direct all concerns regarding officials to the Head Coach or Club Director for my team/club as opposed to contacting the Head Official directly.
10. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
11. I WILL support the policies and guidelines of the team/club that I represent.
12. I WILL acknowledge effort and good performance, remembering that all of the players in this event are amateur athletes.
13. I WILL model exemplary spectator behavior while attending this event.
14. I WILL respect the history and tradition of the sport of volleyball by being a good ambassador.

I WILL NOT:

1. I WILL NOT harass or intimidate the officials or other match participants.

2. I WILL NOT coach my child from the bleachers and/or sidelines.
3. I WILL NOT criticize my child's coach or his/her teammates.
4. I WILL NOT participate in any game or game-like activities unless I have a current membership card with the Region and I am on the roster for the team on the court
5. I WILL NOT bring and/or carry any firearms at any Region event.
6. I WILL NOT bring, purchase, or consume alcohol at any Youth/Junior volleyball event.

Note: Any violation of this Code of Conduct will result in you being asked to leave the site/facility, and may result in you possibly being banned from attending future Region sanctioned events. Fines will be assessed to the Affiliated Club and will be collected by the Region, these fines may range from \$200 - \$500 depending on the type of violation. Multiple violations of this policy will be reviewed by the RMR Junior Committee in which they will assess fines and possibly revoke permission for any individual to attend any RMR Sanctioned Event for any length of time. The Event Director has the FINAL say regarding their individual event. Local law enforcement will be contacted if necessary to resolve any disputes or altercations. Questions or concerns may be directed to the Region office, Wendy Sapp at wendy@rmrvolleyball.org.

Parents who violate the RMR USA Volleyball Code of Conduct will be held responsible for any and all assessed fines associated with their misbehavior.

Officiating

It is the shared responsibility of the entire team to call lines, keep score, libero track and referee. Every athlete is expected to stay until released by the coach. Do not ask to leave early . . . you are required to stay until the entire team leaves.

Grievance process

In the event of dispute and/or complaint, there are proper steps to follow:

1. Encourage (even insist) your athlete to talk to coach about her concerns. We recommend requesting a meeting by sending an email
2. If there is no resolution, a parent may request a meeting with the coach (player must attend). Coaches have been instructed not to engage in discussion during practice or on tournament days. It is inappropriate to approach a coach with concerns or complaints during a practice or on a tournament day. Player and parent must be present when voicing concern. Attempt to resolve conflict. If there is no resolution:
 3. If there is no resolution, request a meeting with the Assistant Director Chris Warner (Christopher.warner@adams12.com). Individual or family meetings will be scheduled. Group meetings are against club policy.

For parent grievances, please contact Assistant Director Chris Warner. It's not appropriate to contact parents on the team before giving Flatirons an opportunity to address the concern.

Disciplinary Procedure

The Head Coach will handle minor infractions such as unexcused missed practices. For serious infractions the followed process will take place:

1. Verbal warning
2. Written warning
3. Suspension
4. Expulsion

Suspension and/or expulsion can be instituted without warning in the event of a serious infraction. Examples of serious infractions include assaults and/or illegal activity.

Team Rules

Each team will compose a set of team rules based on guidelines provided by Flatirons Volleyball Club.

In the event a team does not establish their own rules, team rules will automatically revert to the rules set by Flatirons VBC as posted at the end of this handbook.

A couple rules of note:

Negative postings about Flatirons Volleyball Club, coaches or teammates on public sites such as Facebook, Twitter or Instagram are inappropriate and will result in severe consequences the most severe being expulsion from Flatirons Volleyball Club.

Cell phone rules are simple: whenever the team is together at practice, at dinner, in a meeting or at tournaments, cell phones are not to be looked at. Additional clarification and/or rules may be added by your daughter's coach.

Ask your daughter what the rules are for her team. You may be asked to sign a copy of the rules.

Social Networking

Flatirons coaches are discouraged from engaging in online "relationships" with players or parents via social networking sites. Do not search for or attempt to befriend a Flatirons coach on any of the social network sites.

Fan Apparel

Flatirons has partnered with Schaefer Athletic for our 2018 Team and Fan Apparel. You will be able to order from our website. Items such as T-shirts, sweatshirts, sweatpants, and sling bags will be available for order.

Show support for your daughter and Flatirons Volleyball Club by wearing Flatirons apparel to tournaments!

Fundraising

Flatirons is excited to participate in the Grocery Gift Card Fundraiser offered by King Soopers and Safeway stores. Cards are available for purchase for \$10 each. Ten dollars is preloaded on each card. Cards may be loaded for up to \$500 and used for grocery and gas purchases. Five percent of monies loaded is returned to Flatirons and credited to the corresponding players account. Suggestions for a variety of other fundraising options is available upon request.

In addition, Flatirons Volleyball Club is a state registered 501c3 organization. Donations are tax deductible.

Scholarship

Scholarship monies are available through:

1. RMR Hardship Assistance Fund: www.rmrvolleyball.org Click on Juniors then scroll down to Hardship Application. Deadline: January 30, 2018.
2. Flatirons Volleyball Club does not award scholarships in order to be in compliance with NCAA rules that prohibit athletes from receiving money for play.

Financial Commitment

Commitment to a team and Flatirons Volleyball Club is a commitment to the financial obligations for the entire season. The budget is based on a team of 10 - 11 players. Therefore, all players are committing to their portion of the season's costs at the moment of verbal commitment and again when the contract is signed and notarized.

A \$500 deposit will be required at Tryouts. This deposit will be applied toward the total costs for the season. It is not refundable after a verbal commitment has been made. If an offer is not made, the deposit check will be destroyed.

Flatirons Volleyball Club makes every effort to contain the costs of club volleyball. The fees cover the expense of gym space, uniforms, equipment, insurance, team registration fees, physical training/conditioning, coach's stipends, administration, accounting, tournament entry fees, memberships, and tech support.

Payment plans are available upon request.

The fee schedule for 2018 will be emailed to parents along with the contract. While payment in full is welcomed, payment plans and extended payment plans are available upon request as long as the account is paid in full by June 1, 2018. To arrange an extended payment plan, contact Renee Loewen of Bottom Line Bookkeeping at lionconsult1@centurylink.net. Accounts that are past due by 30 or more days will result in player suspension. Players will be held out of

participation in practice and/or tournaments. Players are expected to attend all practices and tournaments while suspended.

Additional expenses such as chaperone expenses, Fan Apparel or hotel expenses that have not been paid by the parent will be added to the players account. If the balance is not paid in full by June 1, 2018 a report will be filed with the Rocky Mountain Region.

Balances that remain on the books after June 1st, are subject to penalty fees and interest charges. A \$50 charge will be assessed when accounts are reported to the Rocky Mountain Region.

Outstanding Debt

To be a “member in good standing” in the Rocky Mountain Region, players must have no outstanding debt from the previous seasons. Registration in the Rocky Mountain Region will be denied to a player who owes money to any club. In order to accept a position with Flatirons Volleyball Club, you must be in good standing in the Region. If you are on the RMR “hold” list, contact the club and rectify the dispute.

Programs offered by Flatirons Volleyball Club

Summer Camps are offered for 12's – 15's. 2018 camps are slated for June 5- 8 at Eldorado K8 School in Superior. This is a great opportunity to learn the sport of volleyball and to increase your skills. Please help us to spread the word by letting your friends know about our camps.

Open Gyms are offered throughout the summer months. This is an opportunity to meet Flatirons coaches, play a high level of volleyball and be recruited to a Flatirons team.

Specialty Clinics are held intermittently over the summer and into the fall. Topics include improving your serve, how to increase your chance of making a high school team, attack strategies, defensive tips, setter training and more.

Little Spikers League is an introductory program for girls in 4th – 5th grade. Check our website for details. Registration and program details will be announced mid December.

Flatirons VBC heads up the Monarch Gold Crown Volleyball program. Tryouts and practices begin mid August. The season ends around November 1st. To be included on the email list, send your request to monarchgcvb@gmail.com

In addition, Flatirons will offer Leadership Training and Nutritional Counseling for players.

Websites

Here are some websites that will help you navigate the club season:

USA Volleyball: www.teamusa.org/USA-Volleyball

Rocky Mountain Region: www.rmrvolleyball.org

Tournament Live Results: results.tm2sign.com

Flatirons VBC: www.flatironsvbc.org

Follow Flatirons (and “like” us, please) on Facebook:

www.facebook.com/flatironsvbc

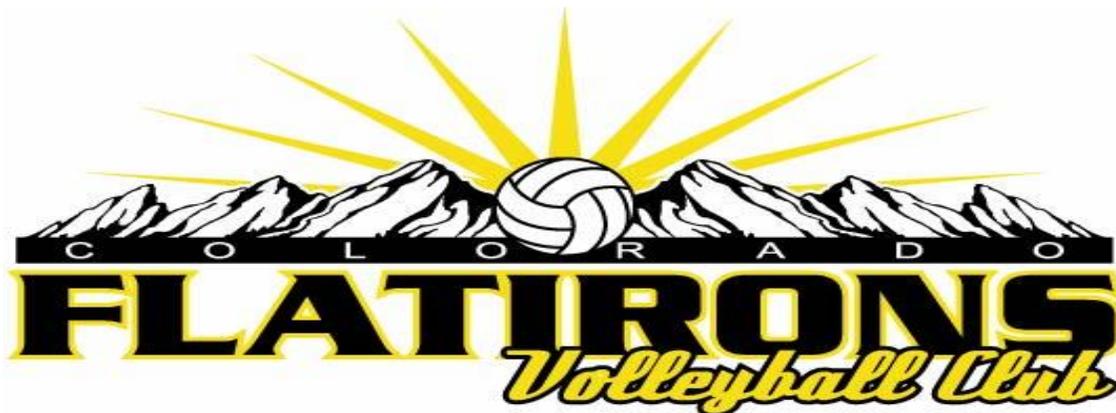
Follow Flatirons on Twitter: www.twitter.com/flatironsvbc

2018 Resource Directory

Director:	Susan Cancilla	(303)543-7605 flatironsvbc@gmail.com
Assistant Director: Parent Liaison	Chris Warner	(303) 554-9113 (h) (303) 819-2571 © Christopher.warner@adams12.org
Assistant Director:	Kerrilyn Garde	(303) 579-2026 © coachkerrilyn@flatironsvbc.com
Administrative Assistant:	Kay Pahl	(303) 438-1773 kmpahl@msn.com
Bookkeeping:	Renee Loewen	(303) 466-6373 lionconsult1@centurylink.net

Flatirons Volleyball Club Board of Directors:

President	Robyn Read	<u>doggiedoc2006@live.com</u>
Vice President	Gaynelle Tuck	<u>tuckgaynelle@hotmail.com</u>
Director	Susan Cancilla	<u>flatironsvbc@aol.com</u>
Treasurer	Renee Loewen	<u>lionconsult1@centurylink.net</u>
At large	Corinne Read	<u>ckmmm@hotmail.com</u>
At large	Greg Hand	<u>gregoryhand@gmail.com</u>
At large	Effie Stone	<u>effiestone@hotmail.com</u>
At large	Therese DeBenedette	<u>therese.debenedette@anadarko.com</u>



Sample Practice Rules

1. Arrive 10 minutes early; wait in the hall until it's your time to practice.
2. Remove jewelry before practice; mute and put your cell phones away.
3. Wear your volleyball shoes for volleyball only. No street shoes on the court.
4. Flatirons practice shirts are required. Do not wear your competition jerseys.
5. Leave bags in the hall or on top of the bleachers with valuables zipped inside
6. Keep area around the court (10' on all sides) clear of clothing, equipment, papers etc. This is a safety requirement!
7. Enter the gym leaving your cares and concerns of the day behind.
8. Bring water in a nonbreakable bottle with a secure lid.
9. Keep water bottles together – in a spot away from flying balls.
10. Everyone helps to set up & take down nets, pads, antennae, standards (2 people) and put them in proper order in the equipment closet.
11. Respect equipment: don't kick balls, pull on nets or jump on carts.
12. Practice the way you want to play.
13. Change your warm up/practice partner at every opportunity.
14. When coach is talking, you are listening.
15. Yell "ball" when errant ball rolls onto court.
16. During drills, clear errant balls immediately **without** rolling them onto adjoining court.
17. Return balls to destination by rolling them under the net; not throwing them.
18. Be positive – encourage your teammates.
19. Refrain from coaching your teammates.
20. Honor teammates and coaches on and off the court.
21. Hustle at all times.
22. Inform coach if you are not feeling well.

23. Contact coach if you will be late for practice.
24. In the case of illness or injury, attend practice – there's much to learn
Exception: fever, contagious
25. Do not leave the gym until all equipment is put away & balls are counted and bagged.
26. Pick up trash, water bottles and hair ties.
27. No gum during practice.

Sample: Flatirons Volleyball Club Team Rules

1. Be early to practice. This means you are courtside and ready to go 5 minutes before your scheduled start time.
After the third instance, coach will determine a consequence for the team.
2. You are late for a match if you are not warming up with the team with the first warm up exercise. Consequence is a loss of playing time. The amount will be at the discretion of the coach.
3. Unexcused missed practice
First offense: loss of playing time to be determined by coach
Second offense: player will sit out one entire match
Third offense: player will be suspended from the team
Each missed practice, regardless of the reason, must be made up with another team. This make up practice must be prearranged through the head coach.
4. Excused missed practice
Make up practice with another team or be an assistance coach for a younger team. Missed practice before a tournament may result in loss of playing time at the discretion of the coach.
5. Jewelry worn at practice/start of warm ups at match
Team will perform squat jumps until jewelry is removed and put away.
6. Bring all volleyball equipment to every practice and every match.
Consequence will be determined by coach and/or team.
7. Unsportsmanlike behavior:
Loss of playing time at the discretion of the coach; possible suspension from the team.
8. Bad attitude at practice/match will result in a practice suspension or loss of playing time at the discretion of the coach.
9. Other infractions/poor judgment not listed above will be dealt with on a case by case basis.
10. If you are going to miss a practice, you must contact your coach at least one hour in advance. Delayed notification may result in loss of playing time. No notification will result in loss of playing time and/or suspension from the team.

11. Respect all coaches and your teammates by listening while instruction is being given.
12. Cell phones must be muted and put away in your backpack for the duration of practice.
13. Negative postings about Flatirons Volleyball Club, coaches or teammates on public sites such as Facebook, Twitter and My Space are inappropriate and will result in severe consequences; the most severe being expulsion from Flatirons Volleyball Club.

The following notice will be sent to your parent(s) and the club director in the event of extreme behavior violations such as aggressive behavior, cursing, blatant lack of respect, excessive absences and any other behavior deemed harmful to the player, teammates or the team.

Notice of Unacceptable Behavior

Due to the nature of the behavior described below, notification is deemed necessary.

Name:

Team:

Unacceptable behavior:

Date of infraction:

Description of infraction:

Consequence:

