

2015-2016
MD Juniors Volleyball Club
Handbook



Our Mission

Maryland Juniors is the volleyball club which prepares athletes for playing in college.

- **Serious Athletes**

Maryland Juniors is looking for athletes with strong volleyball skills but more importantly is looking for athletes with high potential (attitude, size, strength, speed). Athletes must commit to 4-6 hours a week of practice and 2-3 tournaments a month. Grades are also important for college play and must be maintained.

- **Serious Coaches**

Heavy emphasis is placed on learning fundamental skills correctly as well as volleyball specific conditioning and court sense. This coaching team currently has prepared players for national teams and has taken club teams to nationals.

- **Serious Competition**

Teams will be traveling to many of the best tournaments in the nation. This exposes the athlete to a higher level of competition than found in the region and provides the exposure needed to locate the best college program for them.

Club Volleyball Overview

MD Juniors VBC is affiliated with USA Volleyball (USAV) as a member of the USAV Chesapeake Region.

The Chesapeake Region Volleyball Association (CHRVA) is one of 40 Regional Volleyball Associations (RVAs) of USA Volleyball. The

Region encompasses the States of Delaware and Maryland, the District of Columbia, and the northern counties of the Commonwealth of Virginia. It is the Goal of both USA Volleyball and the Chesapeake Region Volleyball Association to provide all members a competitive volleyball environment, one that is challenging and enjoyable for amateur athletes, officials, and volleyball enthusiasts. Teams participate in local, state and national tournaments. Most club volleyball programs compete from January through May, with post-season play continues through early July.

Collegiate Scholarships

Not all club volleyball players aspire to play in college. However, for those who do want to play beyond high school, MD Juniors VBC provides the opportunity to develop the discipline and skills necessary to compete at the collegiate level.

Board of Directors

Sean Liu - Club Director

Roxanne Massarelli - Associate Club Director

Gary Gettier - Secretary

Lili Liu - Equipment/Travel Coordinator

TBD - Recruiting Coordinator

Ming Li - Webmaster

Yan & Mina Zhao - Treasurer

- Visit the MDJRS website: www.mdjrs.org for board member contact information.

Coaching Staff

MDJRS VBC is very proud of their high profile coaches which includes International pro-team coaches, college coaches, high level D-I college players, & high school coaches. Our coaches have

trained players who played for national teams, D-I or other level of college, High School State Championship teams, and many High School varsity teams. Check out our coaches on the web, click on the ABOUT US link.

Resources

The following websites, organizations and publications may assist in answering any additional questions you have about volleyball.

- EQUIPMENT

www.underarmour.com - the official sponsor of MD Juniors VBC

- INFORMATION

www.mdjrs.org - official website of MD Juniors VBC.

www.mdjuniorssportscenter.com - home of the MD Juniors VBC

www.chrva.org/page/show/102620-welcome-to-the-chrva-juniors-site - Chesapeake region directory, tournament lists, juniors' updates

www.teamusa.org/USA-Volleyball.aspx - national calendar of events, other regional contact info, national teams, junior and youth national teams, national championships

www.volleycentral.com/ - volleyball news and results: junior, collegiate, international

www.ncaa.org/ - NCAA policies and clearinghouse

Tryouts and Team Selections

Each year we evaluate a large number of athletes during tryouts. Some athletes have extensive playing experience while others do not. Athletes are evaluated for skill execution, as well as athletic capabilities and potential. We select athletes for teams based on the following non-prioritized criteria: athletic ability for volleyball, athletic potential, work ethic, drive, willingness to be coached, competitive attitude, and skill ability.

Every athlete in the club is evaluated each year. Each athlete must come to the tryouts ready to compete (an athlete with a limiting physical or medical condition should talk to the Staff or Head Coach prior to the start of the tryout period). Players should never assume that because they were previously on a team that they will automatically be selected to a team the next year. We select athletes for elite teams because they show the ability or potential to help those teams compete successfully at the national level.

***You will need to register with MD Juniors Volleyball Club AND USAV before you are able to attend tryouts. Please see the "Tryout Page" on our website, www.mdjrs.org for a complete description of the necessary steps that need to be taken before trying out.

Teams

- Elite -- Travel the farthest, attend JNQs, and a multi-day tournament at the end of the season. Playing time is strictly earned, teams compete to win. Coaches will make attempts to play everyone but not at the expense of the team. Club dues are paid for instruction at practice, not playing time.
- Open -- Compete in tournaments throughout the region as well as multi-day tournaments and the end of season multi-day tournament. Playing time is earned and geared toward whole team participation. Club dues are paid primarily for instruction at practice.
- Regional -- All tournaments are in the Chesapeake Region (MD, DE, and VA). Strong emphasis on fun, teamwork, and fundamentals. Playing time is as equal as possible -- with lots of chances to recover from mistakes.

Visit the MDJRS website: www.mdjrs.org for tournament play schedules.

The Multi-Sport Athlete

Many players in the club are multi-sport athletes who compete in two or more sports at one time. Conflicts are to be worked out well in advance with your coach. However, for our club Elite teams, we expect MD Juniors VBC to be your first priority for all non-school related activities.

We DO NOT discourage athletes from participating in another sport during our season; however, it is important to be aware of the physical demands and the time commitments required of these athletes. Safe participation is a primary concern. Injuries are much more common among athletes who participate in more than one sport at a time. We have placed many athletes on elite or open teams who play another sport and do believe in the idea of cross training. However, each athlete needs to be aware of her own limitations in order to stay strong and injury free.

Team Practices

- All practices are held at the MD Juniors Sports Center.
- All practices are open for anyone to attend. Observers are asked to do just that....OBSERVE. Coaching suggestions made from spectators are not welcome. The MD Juniors' coaches have the authority to ask anyone to leave who is disruptive to the progress of the practice session.
- The practice schedules are subject to change. Changes will be posted on the website. NOTE: players/parents should ALWAYS check email before going to practice in case of any last minute changes.
- All regular season team practices will conclude by Memorial

Day weekend. Teams that have qualified to attend the US Junior Olympic National Championships and those going to the AAU National Championships will continue to practice through June. Updated practice schedules for those teams (May/June) will be communicated by the coaches. Players on a team participating in Junior Olympics or AAU Championships are expected to attend all of the pre-tournament practices/scrimmages.

Practice Policies

Practices begin at the scheduled start time. Players' "practice prep" (shoes, kneepads, ankle braces, taping, hair, etc...) should all be in place and complete by the scheduled start time. This includes use of the bathroom.

If an athlete cannot be at practice, the athlete must call the coach. It is the athlete's responsibility (not the parent's) to reach the coach before the practice starts. The athlete must contact the coach directly at his/her home/work/or cell phone number.

Injured athletes who can attend school are expected to attend practice, even if they cannot physically participate in practice, to support their team and be available to help where they can.

Uniforms

For the 2015-16 season, all uniform pieces will remain the same. New club members will be required to purchase the uniform package which includes specific uniform gear. Under Armour, Inc. is the official supplier of MD Juniors uniforms and gear. Returning players may supplement their needs by purchasing individual pieces. Uniform fees are charged separately from club dues.

(Requirements may change from year to year based on supplier availability. There is no guarantee that a uniform piece will remain an approved garment for your entire MD Juniors career.)

Financial Information: Club Fees

Club fees cover coaches' compensation, facility rental, equipment, tournament entry fees, and club administration. Travel expenses and uniform fees will be calculated separately.

Club fees must be paid on time; as scheduled on the signed agreement by a parent. Other arrangements may be made, if approved by the club director.

Travel fees will be calculated for each overnight trip or local multi-day tournaments. Fees include airfare, hotel, car rental, gas, coaches' expenses, and parking fees. Expenses for players, coaches, and chaperones are divided by all players on the team. A player who does not attend a travel tournament is responsible for the coaches' expenses. Travel fees must be paid before travel occurs.

Uniform expenses must be paid within the first 15 days of each season.

Note: Refunds of player fees are only available in the case of an injury that occurs at a USVA sanctioned practice or tournament. The amount to be refunded is prorated and must be approved by the club director. Refunds must be requested in writing and must include a statement from the physician. Fund raising money and uniform fees are not refundable.

There will be a \$25 fee assess for any returned checks. This fee is to be included in the new payment.

Travel Fees

Travel fees are additional fees paid by all Team members to cover the expenses of traveling to a multi-day tournament. Coaches' expenses are to be paid by ALL team members and is not refundable for any reason. Fees may include:

- Airline ticket
- Hotel expenses
- Ground transportation including gas, insurance, tolls and parking.
- Coaches expenses (hotel, airfare and/or mileage and parking, meals)
- Chaperone expenses (hotel, membership, and background screening)

NOTE: trip fees are calculated by the total expense of the trip, divided by the number of athletes on the team. For that reason, it is important to know MONTHS IN ADVANCE if the athlete has a conflict with a scheduled trip. If for some reason you do not travel (illness or injury), and the trip fee has already been published, you will still be responsible to pay the fee.

Team Fees include membership fees for the team representative who is a volunteer for the team and will, most often, be collected with the team travel fees.

Payment Responsibilities

Athletes will not be permitted to participate during the current season unless fees from the previous year have been paid in full.

An athlete whose account becomes delinquent during the current

season may be denied the privilege of playing in a tournament and/or asked to sit out a practice until the account is paid or arrangements are made for restitution. Late fees may be assessed.

A player remains obligated for payment if they terminate their contract with MDJRS VBC. Extenuating circumstances will be considered and costs prorated accordingly. Examples of extenuating circumstances would be moving out of the state, serious illness or injury. Costs such as USAV player registration and uniform purchase will not be refunded. Prorated costs will be considered based on remaining tournament schedule, ability of the player to continue to participate in practices, etc.... The final decision on the refund amount will be the responsibility of the MDJRS VBC Director, Sean Liu.

Please do not hand payments directly to the coaching staff. Please include players name and team name on all checks. Make checks payable to MDJRS VBC.

Special payment arrangements may be made prior to the season or if a hardship occurs during the season. See Club Director for more information.

***Online payments will include a 3% surcharge. Credit cards will also be accepted at the Sports Center and will also include a 3% surcharge. To pay by check, please be sure to include players name and team name and place in the security box at the Sports Center or mail to:

MD Juniors VBC, c/o Sean Liu, 14105 Punch St, Silver Spring, MD 20906.

If you wish to pay by cash, please hand deliver to Sean Liu, Club Director, and be sure to get a receipt.

Refunds

Refunds of player fees are only available in the case of an injury that occurs at a USAV sanctioned practice or tournament. The amount to be refunded is prorated based on the date of request and at the Club Director's discretion. The prorated amount refunded will occur in one of two ways; 1) If the refund requested is made prior to the 15th of the month 50% of the club fee paid for that current month will be refunded. Or 2) if the refund requested occurs after the 15th of the month 25% of the club fee for that month will be refunded. Parents must request a refund in writing and must include a statement from the player's physician.

Refunds of travel fees are only available in the case of an injury that occurs at a USAV sanctioned practice or tournament. Refunds are available only in partial refunds, due to the non-refundable travel fees are prepaid based on the amount of expected players on the teams. A 60% refund of travel expenses is allowed and parents must request a refund in writing and include a statement from a player's physician.

Fundraising

MD Juniors VBC is committed to helping young athletes excel. A program of this magnitude and quality is expensive, both in terms of commitment of time and money. The Director and staff are committed to the goal that no deserving athlete shall be deprived the benefits of the Club for lack of funds. To that end, we will work with you to structure payment plans to enable you to be part of MD Juniors.

Fund raising money is not refundable.

Tournaments and Travel: Participation

Players are expected to attend all scheduled tournaments. Conflicts should be brought to the attention of the coach at the beginning of the year. Conflicts may result in the athlete's court time being affected as the team prepares during practices leading up to an event. Missed events do not constitute a partial reimbursement of the participant's fees.

In-Region Tournaments

The purpose for attending in state tournaments is to gain experience at the regional level, gain seeding statistics for other regional events, foster team/club unity and introduce athletes to the required responsibilities of traveling. All teams participate in these events.

In region tournaments take place over the weekend, either on Saturday or Sunday. Attending these events does not require missed school days.

Travel Tournaments

The purpose for attending travel tournaments is for teams to gain experience at the national level, to gain seeding statistics for other national events, to expose the athletes to collegiate coaches, and most of all, to qualify for the USA Volleyball Junior Olympics. Therefore, most scheduled travel events will be a "qualifying event."

All regular season travel tournaments are 3 days and MAY require missed school days depending on individual school schedules. (These events are often scheduled on holidays). Athletes are expected to travel with the team and notify their schools and teachers per individual school policy. Teams will participate in matches all three days.

Post season travel tournaments are only for Elite teams (Nationals or AAU Championships). These events are typically 4-6 days long and take place in early summer. Athletes must plan to attend the summer practices and tournaments.

Team Officiating

Officiating is the shared responsibility of the entire team. All athletes are required to help with line judging, score keeping, libero tracking, score flipping, and R2 officiating. Teams will work together and leave together - athletes who do not have an officiating assignment may not leave a tournament before the assignment is completed, rather they should be available to replace a team member or assist, as needed, and remain courtside. Coaches will provide further information regarding scorekeeper and officiating online clinics. Online clinics are also listed on our website under Scoring/Officiating.

Tournament Policies

- * No food, drinks (other than water), glass containers, or chewing gum is allowed in any gym at any time. Team food and drinks can be kept in the lobby or outside the playing venue.
- * Playing time for athletes is determined by the performance of the athlete during practices and previous matches, and is left to the discretion of the coach.

MDJRS VBC has three levels of play:

- Elite -- Travel the farthest, attend JNQs, and a multi-day tournament at the end of the season. Playing time is strictly earned, teams compete to win. Coaches will make attempts to play everyone but not at the expense of the team. Club dues are paid for instruction at practice, not playing time.
- Open -- Compete in tournaments throughout the region as well as multi-day tournaments and the end of season multi-

day tournament. Playing time is earned and geared toward whole team participation. Club dues are paid primarily for instruction at practice.

- Regional -- All tournaments are in the Chesapeake Region (MD, DE, and VA). Strong emphasis on fun, teamwork, and fundamentals. Playing time is as equal as possible -- with lots of chances to recover from mistakes.

* Proper demeanor is expected of all members of the Club (athletes, parents, and supporters); this includes treating members of the officiating crew with respect.

*Only MD Juniors uniform pieces will be worn during tournaments

*All uniform pieces must be brought to tournaments. Uniforms must be clean.

*Athletes may not leave tournament site until excused by the coach.

Travel Arrangements

MDJRS VBC organizes travel arrangements for athletes ONLY. Athletes travel as a team (see MDJRS VBC rules for traveling separately), stay in the club hotel, room with teammates, and eat meals with teammates.

- Regional overnight tournaments: team arrangements consist of hotel reservations only. A hotel will be selected by the club evaluating costs, location, accessibility and safety. Families are responsible to have the athletes meet the coach in the lobby at the specified time- usually Friday night-before the event begins. You are encouraged to car pool to tournaments. Transportation to the playing venues and for meals will be the responsibility of the families. Transportation home from the event is the responsibility of the family. Parents are responsible for making their own reservations. Once secured,

the total cost of the trip will be communicated to the athlete/family, with a date set for collection of fees.

- Tournaments requiring airfare: arrangements consist of hotel reservations, airline reservations, and ground transportation. Hotel information will be sent to the team rep/coach, who will then pass it along to families that wish to stay in the same hotel as the team. It is the responsibility of the parents to make their own reservations. Airline reservations and ground transportation will be secured as a group with consideration for schedule and costs. Parents must make their own reservations. Once secured, the total cost of the trip will be communicated to the athlete/family, with a date set for collection of fees.

Travel Policies

- Athletes will be courteous and respectfully obey all staff members. This includes all coaches, chaperones, and adults officially traveling with the team.
- Athletes may not leave the hotel area at any time without permission from their coach or chaperone.
- Athletes must report any illness or injury to the coach and chaperone immediately.
- Room phone numbers are to be given ONLY to members of the travel party and parent.
- An athlete who damages any property at lodging or playing facilities will be personally responsible for damages.
- Athletes must dress appropriately at all times.
- Athletes found in possession of alcohol, tobacco, or illegal drugs will be sent home immediately at the expense of the parent/guardian. Further action by the club will follow. Violation of any travel policy may result in the athlete being sent home immediately at the expense of the parent/guardian.

Further action by the club will follow.

MDJRS VBC Travel Rules (For players traveling separately from the team)

Much effort goes into making travel arrangements for our teams. We do understand there are times when families will need to make alternate travel arrangements due to special circumstances. Knowing this, parents must keep in mind they are assuming all travel responsibilities for their daughter and are at an increased risk of jeopardizing their daughter's availability for her team. The following policies will strictly be adhered to for those traveling aside from their team.

- Player must travel with parent or guardian (and if not with parent or guardian, written approval given to coach for that player to travel with another adult).
- Player and family are entirely responsible for player's welfare in travel process.
- Parents **MUST** sign a waiver that MD Juniors VBC is not responsible for this player.
- The player's itinerary will be provided to the coach at a specified time prior to the team's departure.
- Player and family are responsible to transport player from the airport to hotel and vice versa. MDJRS coaches/chaperone will not be responsible for providing ground transportation between airport and hotel.
- It is mandatory for the player to arrive at the hotel on time for the team meeting, to be determined by coach.
- Once at the hotel, player must remain in the community of the team (room with team, be transported with team, dine with the team, etc....) for the duration of the tournament and adhere to the rules established by the coaches.
- There are no good excuses for the player to be late. Example:

- if the flight is delayed for any reason and player is late arriving to hotel for team meeting. The coach will determine the consequence, which could be loss of playing time.
- Player is financially responsible for all "split charges" on hotel/transportation costs for the duration of the tournament.

Parents Code of Conduct

The influence, both good and bad, that a parent can have on their child's introduction to or continuation in sports is often misunderstood or underestimated. Your valuable contribution to your athlete is appreciated by MDJRS VBC.

- Remember that where we practice and play is like your child's classroom, respect the classroom.
- Make only positive encouraging comments to or about players on BOTH teams.
- Remember that making mistakes is part of the learning process - don't criticize.
- Discuss your concerns away from the players and away from your child.
- Show respect for the officials, coaching staff, parents, and players.
- Control your emotions.
- Get interested in your child's sport. Ignorance is not bliss for those around you.
- Learn the rules of the game.
- Don't coach from the sidelines - don't coach at all. Simply reiterate what you may have heard your child's coach say at practice.
- Get your child to games and practices on time.
- Don't allow your child to talk negatively about a teammate, a coach or an official - stick with the facts, not the emotion.

- If your child becomes discouraged, help them realize the positive.

Know the Rules

Each year, coaches and players complete officiating clinics online to become certified within our region. Parents are welcome and encouraged to complete the clinic as well. Knowing the rules will enhance your enjoyment of watching this game. Nothing is more frustrating than not knowing what the last call was all about - other than listening to the irate parent scream at the official over a call THEY knew nothing about! Visit USAV to download a copy of the rules of the game and the official USAV Handbook.

www.volleyball.org/rules

Chaperones and Team Parents

MDJRS volleyball teams will assign a "team parent" to assist the coach as needed. Hotel expenses for chaperones attending overnight travel tournaments will be covered by the player's travel fees. MDJRS will make airline reservations for the chaperone, but it is the responsibility of the chaperone to cover this expense.

Grievance Procedure

Knowing when to communicate and how to communicate with your athlete's coach is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

Athletes should be encouraged to talk to the coach when a problem arises (i.e. regarding playing time, position or unclear expectations in practice or competition.) The appropriate manner for the athlete to approach the coach is to ask what she, the athlete needs to do in order to receive more opportunities to play

or to accomplish a goal. Parents can best help their athlete by guiding them through this process and supporting communication with the coach. Athletes should be the one to approach a coach regarding "coaching decisions" not the parents. Coaching decisions include, among other things: practice organization, playing time, positions, substitutions, etc....

The amount an athlete is on the court is the result of a complex determination, in the team level, coach's opinion of the athlete's ability, the athlete's potential, the team's needs at the moment, and the team's needs in the future. The coach will not be required to defend his/her thought process or conclusions in these determinations. It should be expected however, that the coach be able to relay information to the athlete to explain the athlete's current role on the team and what the athlete needs to improve upon to resolve the concern.

The athlete and parents SHOULD:

1. Approach the coach to ask for a meeting time to be set. (Consider calling the coach on the phone to set a meeting time). The meeting should include the player, parent, and coaches.
2. Expect meetings to be at a location other than a tournament.
3. Expect that the meeting should be between the coaches of the team and the player.
4. If the concern still remains unresolved, the parent should contact the Director for intervention.

The parent or athlete SHOULD NOT:

1. Confront a coach during a practice or during tournaments.

2. Expect meetings to be set during practice or tournament participation.
3. Attempt to "compare" or evaluate another athlete.
4. Use profanity towards the coach.
5. Harass or threaten the coach.
6. Discuss their concerns with any other parents or players until a resolution has been reached with the coach.

General Behavior Policy

MDJRS VBC will not tolerate hostile, aggressive confrontations by a parent towards an official, a director, a coach, an athlete, or another parent. Violation of this policy may result in the athlete being dismissed from the club. In such cases, no refunds will be issued.

It is inappropriate for an athlete or a parent to involve other club members (third parties) about a problem the athlete or parent is having with a coach, such as, objections to coaching decisions, or disagreements with an administrative decision.

Any member who, as a third party, hears remarks or stories being told about MDJRS VBC, its employees or its policies, that cause the member to be concerned is encouraged to call the Director immediately to determine the facts, or to alert the club administration to a situation it may be unaware of.