

CLUB COCHISE



PLAYER AND PARENT HANDBOOK

The purpose of this handbook is to let the players and parents know how Club Cochise Volleyball (CCV) is organized, how it is run, and what can be expected from club membership. There is also background information about USA Volleyball and its Junior Olympic program. We hope you will keep this handbook as a reference throughout the season. It will answer many of your questions. However, should you require further information, please contact the CCV Board of Directors.

Club Cochise Volleyball Association

Mission Statement

Club Cochise Volleyball Association (CCVA), part of the USA Volleyball (USAV) Junior Olympic volleyball program is committed to providing quality training to all athletes, ages 12 - 18 who reside in Cochise County.

Club volleyball is for the players. Club volleyball is an off-season training program to improve and master fundamental volleyball skills. Emphasis is placed on conditioning, developing skills, commitment, teamwork, game and tournament experience, parent participation, and preparation for upper level play.

It is the mission of CCVA to give each Club volleyball member a competitive sports experience that will contribute to their own physical and psychological well being.

“As a Club Cochise board member, I will do my best to ensure that the opportunities presented in this Mission Statement exist for all club members and coaches.”

Club Cochise Board of Directors:

Todd Bradbury	President	236-8598
Amy Cooper	Vice President	417-2676
Marianne Bailey	Boys Secretary	378-0477
Nancy Murphy	Girls Secretary	378-0072
Charlie Peck	Treasurer	439-9600

Certification and Affiliation

USA volleyball (USAV) is the national governing body of volleyball in this country. It is associated with the US Olympic Committee and is responsible for most region, national, and international competitions within the United States and other competitions where USA is represented. USAV is divided into 25 regions. Our club is a member of the Arizona Region Junior Olympic Volleyball (ARJOV). Teams from the region compete in championships in a number of categories from men's, women's and coed Open to Seniors, Masters and Golden Masters. The USAV also sponsors the year-round training program for the US National Men's and Women's teams. For younger players, the USAV sponsors teams that participate in the National Sports Festival, International Junior Competition and the Junior Olympic National Championships.

Our club, as part of USAV Junior Olympic volleyball program, is committed to providing quality training; physically, psychologically and competitively. We compete in local and regional events with aspirations of future national events. This competitive sports experience can enhance social development, and contribute to good physical and mental health. It also teaches the value of teamwork, responsibility, self-discipline and self-motivation.

The rules of USAV, ARJOV and CCV are strictly enforced. Players in this program will come from many different schools and cities so there is no room for school rivalries. This program is non-denominational, with practices held at Buena and Benson High Schools and other local school facilities as needed. CCV is a non-profit club, started in 1995 and currently operates with a Board of Directors.

Why Play Club?

Club volleyball gives players a choice. It can improve the quality of high school regular season volleyball. It can give more players a chance or a reason to go to college. CCV's goal is to make quality volleyball available to everyone in Cochise County. CCV is off-season training to give all members the opportunity to improve their skills. Emphasis is placed on developing skills and providing competition in the form of tournaments at each age level.

Another significant aspect of club volleyball is the way colleges handle scholarships in this sport. For the major established sports such as football and basketball, the high school season is the prime showcase for college recruiters. In sports such as volleyball, swimming and soccer, the high school season is more ceremonial than crucial. It is club play that gets looked at the most. This is because during the high school season, college coaches are busy coaching their teams. During the club season, they can take the time to get out and look at the players and recruit.

Eligibility

Anybody within USAV's age limitations, who enjoys volleyball and has not been banned by USAV, is eligible.

Team Size and Organization

Most players and parents would like to have teams of 6 or 7 players to maximize playing time. Because our Board members and coaches have always encouraged players to participate in others sports; school related or traveling teams, attendance at practice and tournaments is always a major issue or concern. CCV would therefore prefer to have 10 to 12 players on a team. We encourage all members to participate in every practice and tournament, but do understand our members have school and family priorities as well.

Insurance Coverage

The club's only insurance is provided through USAV on a secondary coverage basis for members while participating in team scheduled, supervised and approved activities such as practice, games, fund-raising events and attendance at major volleyball related events.

Transportation

Transportation to and from tournaments, practices and any other club activity is not the club's responsibility. It is up to the parents to ensure that their child has transportation to and from club events. It is also the function of your team parent to know who every player is riding with. Car pooling is suggested.

Parent Support

We ask that parents participate with officiating and hosting tournaments. Each new player must attend an officiating clinic before the season begins (parents are encouraged to attend also). Returning players will need to attend to learn any new rules and procedures. Club will have a local clinic for your convenience, if scheduling permits. Should your child not attend for any reason, she (he) will need to attend one in Tucson or Phoenix before the first tournament. Parent support at matches is important and encouraged. However, parents must refrain from questioning official's calls (that's the coaches job), yelling at the scorekeeper (POINT!), and especially, yelling at the players. Please treat the players and the coaches with respect. Officials have the ability to penalize our team for unsportsmanlike conduct from the players, coaches and parents. **HAVE FUN!**

Attendance

Attendance at practices and tournaments are mandatory unless there is a conflict with school activities or homework. If possible, injuries and illnesses should not keep players from attending. They can help, listen and still learn. The severity of the illness or injury should determine whether the player participates or not. If you do not attend practice regularly, please do not expect a lot of playing time in tournaments.

REMEMBER: YOU MUST NOTIFY YOUR COACH IN ADVANCE IF YOU ARE GOING TO MISS PRACTICE, REGARDLESS OF THE REASON. Lack of notification is grounds for disciplinary action.

Be on Time!: Players should be at the gym 15 minutes prior to scheduled practice time. Players are required to help set up equipment. Assignments will be made at the first practice. You are responsible for your assigned day. Practice should not be expected to wait around while the net is being set up.

Practice expectations: Players are expected to work hard and get the most out of each minute of practice. Players must help in keeping our facilities clean and in maintaining the upkeep of the equipment. Please make sure you know where all equipment goes and return items as you found them. Please clean up the gym of all trash (yours or not) before leaving. Players are encouraged to bring water to practice, however, please keep all beverage containers off the wooden floor.

SMOKING IS NOT PERMITTED AT PRACTICE OR TOURNAMENT SITES:

Alcohol is not permitted either. This goes for all coaches, players and their families and friends attending.

TOURNAMENTS

Playing Time: Players and parents should be aware that every coach has the responsibility to ensure that all players get to play during tournaments. This time is not guaranteed, and may not be equitable. Attendance, attitude and work ethics are contributing factors to the amount of playing time you receive.

What to eat at tournaments: Players should bring an ice chest with food and drinks for the entire day. Fruits, crackers and bread are best to eat while competing. Water is the best fluid to drink, while fruit and Gatorade type beverages are also okay. **FOODS TO AVOID WHILE COMPETING:** candies, pastries and soft drinks. Any item with processed sugar will only add to the fatigue factor, which is critical in a long day of play. Food costs are the responsibility of the player. Food and drinks, other than water are not allowed in most of the facilities where we play our tournaments. Coolers must remain outside the gyms.

Players must stay with the team during the entire trip. Players may not leave the team to go out with friends or relatives however these people can join the team for meals or activities.

Reno Tournament: This is an optional tournament. Played at UC Davis for the last twenty years, the Volleyball Festival (VF) has moved to Reno, NV. The largest female sporting event in the country, the VF has over 900 teams from all over the United States and other countries participating. The tournament consists of 5 days of playing time with a minimum of 3 matches per day. Many scouts come looking for girls to play at a college level. Not only is it a memorable experience for the player, but they will also have the opportunity to learn new skills and techniques from University coaches. It is the responsibility of parents and players to incur the cost. Players fund-raise to cover the expenses for this tournament (airfare, registration, van rental, hotels, meals and 2 extra months coaching fees. Once you have signed your commitment, your deposit will be non-refundable. You are expected to be responsible for your part regardless of whether or not you attend.