



DYNAMIC IMPACT

VOLLEYBALL CLUB

PLAYER HANDBOOK



Our Mission

Dynamic Impact Volleyball Club dedicates itself to the mission of providing quality instruction in a supportive atmosphere where young student-athletes can enhance their volleyball skills to reach their fullest potential. We strive to create a fun, yet hard-working environment where female athletes feel encouraged. Our goal is to develop character through an emphasis of commitment, mutual respect, and passion for volleyball.

We provide an environment for athletes to mature by increasing their self-confidence through teamwork, sportsmanship, and healthy competition. We expect dedication and industriousness in order to reach goals.

We also provide fantastic communication with players, coaches, parents, and other club representatives.

Dynamic Impact reaches female athletes of ages 18 and under. We strive to show our passion and love of the game by working hard to meet the needs of both our players, and parents. Our coaches are dedicated, hardworking individuals who are talented in the skills of not only playing volleyball, but also coaching young adults.

Athlete Time Commitment

DIVC believes that acceptance by a player to participate on a regional, premier or national team will require the player to be committed to the team, disciplined, focused and responsible. All players should be prepared to participate in at least two practices per week for at least two hours each, at least one positional training session per month, and to participate in all weekend tournaments. It is also expected that all athletes will participate in additional physical conditioning and training, and at times, be required to do outside work (study pamphlets and videos that are provided) to enhance their volleyball skills.

DIVC allows our athletes to participate in their school's sports programs in addition to participating with our program. DIVC will attempt to schedule practices in the evening hours to allow athletes to participate on their school athletic teams as well as with DIVC, however conflicts may arise. In the event that this is a conflict, we expect an athlete to uphold her commitment to DIVC before any other. It is critical to communicate conflicts, as soon as possible, with coaches and directors.

In addition, DIVC believes that all athletes are first and foremost students. All athletes will be expected to maintain passing grades in all subjects. The club season generally runs from December to May. Practices during the holiday season will vary as determined by the directors. All athletes will be required to participate in practices in order to participate in the tournaments. DIVC believes that all players will be given equal opportunities to improve their existing skills and learn new skills during practices. Coaches will determine playing time at tournaments, with consideration for players who have consistently shown their commitment to the team by attending all practices and tournaments, as well as giving consideration for attitude and effort displayed during practices and games on and off the court. This means there will not always be equal playing time for each player on the team. This is based on the coach's discretion. DIVC reserves the right to make any necessary team changes in order to better the individual athlete and the club.

Player Absence and Tardy Policy

Parents and players will be given a preliminary team schedule with all tournament dates listed at the beginning of the season, as well as practice days and times. DIVC expects all girls to participate in all tournaments and practices. If for any reason an athlete will be unable to attend a tournament, the player or parent will be required to notify the coach as soon as possible. If a player must miss a practice, or will be late for a practice, the player or parent must notify the coach at least two hours prior to the practice, or (preferably a week in advance). DIVC firmly believes that our athletes must be in attendance to improve their skills. An absence not only affects an individual player's ability to improve, but it affects the coach's ability to perform planned drills during practices as well as the entire team's ability to perform well during a tournament or match. Excessive absences may result in a player being dismissed from the team without refund of the annual fees. Players should arrive at practice and tournaments ready to begin at the designated time. Players who arrive late may not be allowed to play in the first game of the tournament, or may be required to do extra conditioning at practice as determined by the coach. Any unexcused missed practice on the week of a tournament, will result in the player not starting at the first match of the tournament.

Code of Ethics

As a representative of AVC, GLR Volleyball and USA Volleyball, all athletes, and coaches are expected to adhere to the strict code of ethics set forth in their USA Volleyball registration, as well as specific club and team rules. As representatives of all the above entities, athletes, coaches and even parents must understand that their actions both on and off the court, in the gym or in the stand should always reflect the positive values of AVC, Gold Cup Series, GLR and USA Volleyball.

The following is the USA Volleyball Participant Code of Conduct

THE FOLLOWING ACTIONS ARE PROHIBITED:

1. Violation of any anti-doping policies, protocols or procedures as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), Federation Internationale de Volleyball (FIVB), US Anti-Doping Agency (USADA) or the United States Olympic Committee (USOC). Violations of this provision will be adjudicated only by USADA or the proper anti-doping authority, not USA Volleyball (USAV).
 2. Possession, consumption or distribution of alcohol and/or tobacco if illegal or in violation of USA Volleyball (USAV) or Regional Volleyball Association (RVA) policy.
 3. USAV policy prohibits the possession, consumption or distribution of alcohol and/or tobacco by anyone registered as a Junior Olympic Volleyball Player at the event venue of any USAV/RVA sanctioned junior event.
 4. Use of a recognized identification card by anyone other than the individual described on the card.
 5. Physical damage to a facility or theft of items from a room, dormitory, residence or other person.
- (Restitution will be part of any penalty imposed.)

6. Possession of fireworks, ammunition, firearms, or other weapons or any item or material which by commonly accepted practices and principles would be a hazard or harmful to other persons at GLR sanctioned events.
7. Any action considered to be an offense under Federal, State or local law ordinances.
8. Violation of the specific policies, regulations, and/or procedures of the USAV, RVA or the facility used in conjunction with a sanctioned event. (It is the responsibility of the individual to be familiar with applicable specific policies, regulations and procedures.)
9. Conduct which is inappropriate as determined by comparison to normally accepted behavior.
10. Physical or verbal intimidation of any individual.
11. Actions that will be detrimental to USAV or the GLR.

DIVC Disciplinary Action Policy:

First Offense: Warning. A coach will discuss a situation with the player involved. Second Offense: Parent's will be contacted and a meeting will be scheduled. This is subject due to offense. Third Offense: Suspension from all DIVC practices, tournaments, activities, and events for one month, no matter what time of season the offense takes place. Tuition dues are still continued at this time. Final Offense: Expulsion from DIVC. Player will no longer be allowed to be part of any DIVC practice, tournament, activity, or event for the remainder of the season. If a player is expelled from DIVC, payment commitment is still intact. Please note, any offense that goes against club rules may be subject to automatic suspension or expulsion of the club based on the severity of the offense. Any minor infraction will result in limited playing time at tournaments.

Player Practice, Tournament, and Hotel Rules

DIVC expects all athletes to adhere to the following general rules. If a specific coach has additional requirements, they will explain those rules to players, parents, and directors.

1. Athletes are expected to be on time ready to play for all practices and matches. If a player is going to be late for any reason, they will notify the coach ahead of time.
2. Practices are to be considered mandatory, notify your coach prior to practice if you will not be able to attend.
3. All equipment and training aids are the property of DIVC and should be treated with respect.
4. If an injury occurs, the player must notify their coach immediately.
5. Players will be expected to help set up for practice and assist the coaches in accounting for all other DIVC equipment (balls, bags, first aid kits etc) when asked.
6. Players will be expected to keep the practice gyms, tournament sites, and hotel rooms clean.
7. All teammates, competitors, officials, fans, other players will all be treated with the respect, dignity and courtesy at all times.

8. Players using abusive language or showing outward signs of anger or frustration will be asked to leave practice, or removed from the game.
9. Athletes will not be allowed to wear jewelry to practices or tournaments.
10. Athletes are required to learn all officiating skills that are required during tournaments.
11. Players are not to leave the gym without permission from their coach.
12. No sitting down in practice unless a coach instructs you to do so.
13. Except for breaks directed by coaches, players are expected to jog or run everywhere during practices.
14. Players should never allow a ball to roll through an active drill.
15. If you are not actively involved in a drill, you are expected to participate in shagging balls or following the directions of the coach.
16. Encourage your teammates as you would expect them to encourage you.
17. Only the floor captain or coach will be allowed to talk to the officials during the games.
18. During tournaments, you are expected to be with your team both on the court and off the court.
19. During tournaments, a player must let the coach know prior to leaving; there are times, where an athlete will need to stay later than their scheduled tournament time to fulfill DIVC's line judging, scoring and officiating commitments. Any player leaving a tournament due to unsatisfactory feelings will be expelled from the club.
20. Player will not be allowed to use cell phones during practices or tournaments without discussing with their coach first.
21. Players will not post negatively on social media regarding their teammates or DIVC.
22. Although we try to keep teams together for the entire season, at any time, players can be moved to a different team based on the needs of the volleyball club as a whole.
23. Talking negatively about teammates will not be tolerated. There will be serious consequences in the event that bullying occurs between teammates.

Results of inappropriate actions may result in one or more of the following:

1. Verbal warning
2. Written warning and loss of playing time
3. Dismissal from team
4. Tournament or match suspension DIVC believes and understands that any set of rules or guidelines may not apply in all situations. If a parent or player feels that the consequences they receive are not proportionate to the infraction, they should discuss it directly with the coach. The Board of Directors and owner will have the final say in all matters.

Financial Commitment

It is the goal of the club to provide quality training at an affordable cost to all players. Per season, the player annual fees will differ per age group. The annual fee includes the following:

1. Paid professional coaches
2. Two practices per week
3. Multiple Tournaments
4. Training aids (balls, boxes, etc.)
5. Gym Time rental The following expenses are not included in the annual fee and are the responsibility of the athlete and their family:

1. Travel expenses including hotel, food, gas, etc.
2. Additional Travel fees for away tournaments
3. Appropriate Shoes and Knee Pads
4. Spiritwear
5. Uniform

6. Region memberships due to specific tournament deposit requirements, the annual fee must be paid in full prior to the first practice, or in accordance with a specific payment schedule. Any payment more than five business days late will be subject to a \$25 late fee. Players who have not paid their fees will not be permitted to practice or be eligible for tournament play. Payments may be made by Cash, Money Order, Check, or Credit Card online. Checks and Money orders should be made out to DIVC or Dynamic Impact Volleyball Club. The tryout fee of \$30.00 is non-refundable and will not be added to full tuition if a player commits to playing with DIVC. The initial deposit is also non-refundable. If an athlete withdraws from the club more than 30 days after the first practice, the athletes and their parents will still be responsible for the remaining payments to the club. If an athlete is injured during the season and a physician supplies written notification that further participation in the club volleyball program for the remainder of the season is prohibited, the athlete's fees will be pro-rated to the date of the injury, and no further fees will be the incurred by the athlete or their family, for the duration of the season. DIVC teams will participate in annual fundraisers to help keep the annual costs as low as possible. All athletes will be required to participate in any group fundraising efforts. Players that do not pay their full annual fee will be ineligible to participate in the club the following season until all fees are paid in full. Note: Any player that has not paid their tuition in full will not be able to register or play for any other volleyball club.

Travel Policy

Players will be responsible for arranging their own transportation to and from out-of-town tournaments. It is the player and parent responsibility to ensure that the player arrives at tournaments and practices on time ready to play. Players may travel with their parents or another adult over 21 years of age with written permission from their parents. Players may not leave a

tournament site without notifying their coach. DIVC will not be responsible or liable for players during travel to or from tournaments. If a hotel stay is required for a tournament, DIVC requires all players to stay at the team hotel unless written permission has been granted prior to the day of travel. DIVC will work with tournament directors and area hotels to secure a tournament rate at hotels in the area of the tournament location.

Parent Responsibility

DIVC believes that our team member parents are to set the examples of good behavior for their daughters. Parents are expected to show respect and support for the teams, the coaches and the club.

Parents are asked to refrain from being critical of opponents, coaches, referees or other individuals at a club practice, tournament or sanctioned event. Volleyball is a sport that breeds passion, parents are asked to remember that with passion sometimes comes conflict. Parents are not going to agree with every coaching decision, playing time decision, comment, practice format, etc. However, DIVC believes that our parents must set the example for our young players about how to maturely deal with these types of scenarios. Remember, players are fully aware of parent's attitude during games and this added pressure often times has a negative impact on the player's ability to perform. Parents that have a conflict with a coach should contact the coach to set up a private meeting. Parents will not approach a coach to discuss an issue immediately before a tournament, during a tournament, after a tournament, or immediately before or after a practice. However, players can communicate with coaches at all times.

Encourage players to take the initiative to speak with their coach at any time to talk about anything. DIVC encourages strong communication between players and coaches. Our coaches are all qualified individuals that love the sport of volleyball and have a passion for teaching our young athletes, they are not however infallible. Our coaches will make themselves available to listen to parent or player comments and concerns to come to an amicable solution. If after a private meeting with the coach, the problem persists, the parent or player should contact the club directors for a meeting with the coach, club director and parent/player. Parents are expected to support their daughter's achievements, and help them to learn to deal with any failures. Parents should be helping to teach their daughter that good sportsmanship should be exhibited when a team loses, and when a team wins. Parents, along with coaches, are expected to help their daughter to learn and understand that a volleyball team consists of multiple players, and that no one player is any more or less important than any other. Parents are expected to help enforce team rules and regulations, and enforce consequences when they are not. This includes supporting DIVC coaches and their decisions. DIVC coaches are trained individuals who know the players and understand the game.

There are many reasons that influence when and why specific players play. For this reason, it is critical parents set up a meeting with a coach to discuss any questions they might have regarding playing time.

Any parent who does not follow the policy of respecting DIVC rules, can result in suspension and expulsion of the player from the club.