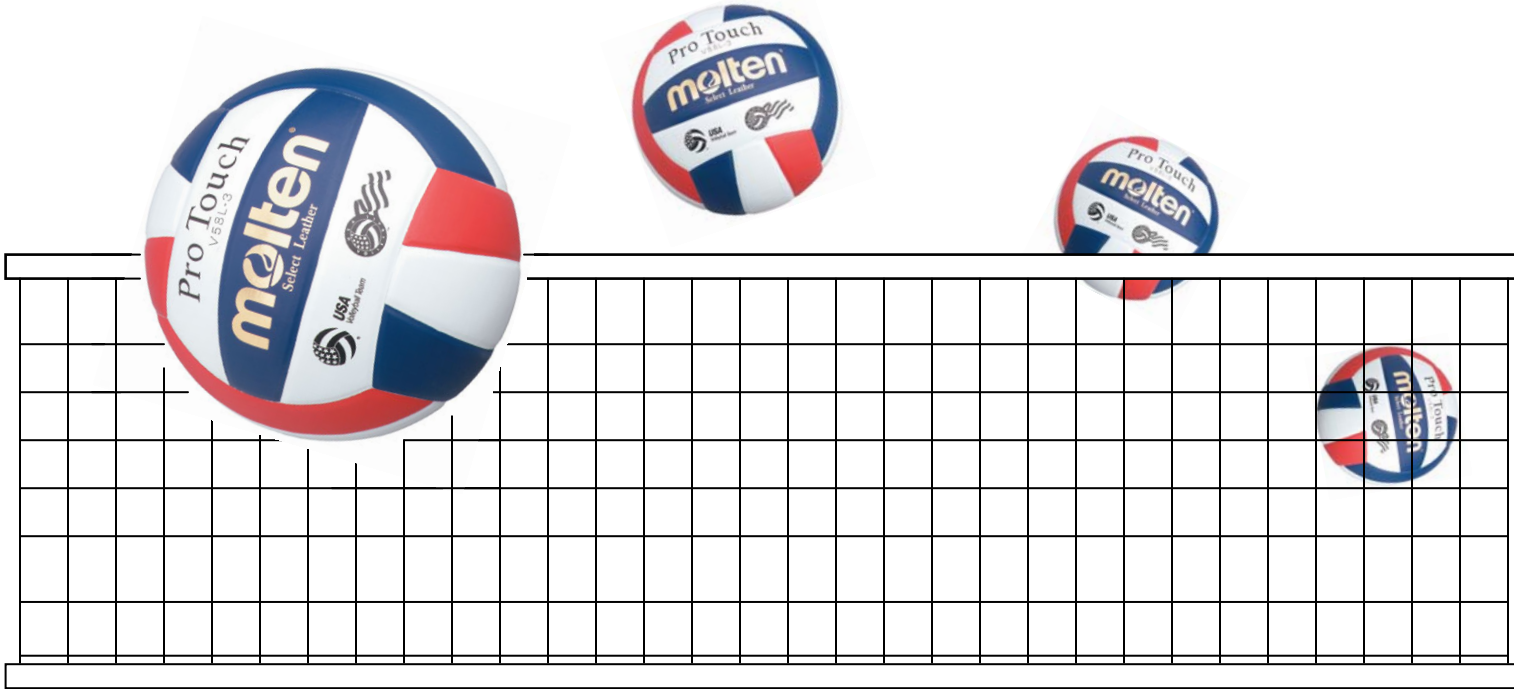


# SLO JRS VOLLEYBALL CLUB

# Parent Handbook



# *2010*

PO Box 422 Prather, CA 93651  
Club Hotline (805)434-0147

## *SLO JRS PARENT HANDBOOK*

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# *GENERAL INFORMATION*

The SLO Juniors program is a non-profit organization which was started in the early 1980's. The club has been involved with over one thousand girls since its inception. It is located in San Luis Obispo and operates out of Cuesta College. The athletes who participate in our club program come from as far north as King City and as far south as Santa Maria. Our players range in age from nine to eighteen years of age.

SLO Juniors primary goal is to develop volleyball skills, compete nationally, and create an environment of exposure to college coaches for young female athletes. We attain this goal by the hard work and dedication of the coaching staff. We have an excellent coaching staff whose philosophy is in accordance with our main focus: the athletes.

The season begins primarily in January with regular tournament play. Tournaments are held predominately in Southern California. We play until late June and then attend a culminating, weeklong tournament in Phoenix, Arizona. "The Festival" tournament is the largest sports tournament in the world. The participants in the Festival come from many of the fifty states including Puerto Rico. There are approximately 900 teams who participate.

SLO JRS. has played a key role in helping many of the athletes receive scholarships, from such schools as: Stanford, UC Berkeley, Pepperdine, UC Santa Barbara, University of Hawaii, University of Rhode Island, American University, Cal Poly and many others.

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# WELCOME TO SLO JRS

**When and where is practice?** Practice takes place every Tuesday and Thursday at the Cuesta College gym. Most teams will start the regular Tuesday and Thursday practices on Tuesday, January 5, 2010. In the event of a tournament in early January, some teams may make special practice arrangement beginning in December. Practice time is from 7:00- 9:00 pm for all teams.

**When and where do we play?** We play in the Southern California Volleyball Association (SCVA). Most of our games are in the Long Beach area. We play at high schools, colleges and community colleges, but we never know exactly where we will be until the week of the scheduled tournaments. If we play at 8:00 a.m. we go down the night before, stay in a hotel, and play the following day. We return that night.

**How do we find out where we are going?** Each team will have a team parent who is responsible for making arrangements for rooms and car pools. They will provide itineraries for each player (telling who rides with whom, directions and times) and distribute them at the Thursday night practice prior to each tournament. Your team parent will ask what tournaments you are available for and will make up a schedule. If something comes up and you cannot drive on your scheduled weekend, you may trade dates with another driver and notify the team parent.

**How do the girls get to Tournaments?** Car pools are created with 3-7 girls in each car. Parents take turns driving to tournaments. When you drive, the girls pay your gas and hotel room costs. You stay with the girls and are responsible for them.

**What if a dad wants to drive?** That's fine, but he will not be able to stay with the girls in the hotel room. The girls will pay for half of his hotel room and another mother will have to stay in the room with the girls.

**What extra costs are there?** Besides your fees, every time we travel, your daughter is responsible for gas money (about \$20.00), her share of the hotel room (about \$20-\$25), her own meals (an ice chest plus about \$10.00) and her share of the coach's room.

**This is expensive! Is there any way to cut costs?** We are non-profit and you are only paying what it costs for your daughter to play, but there are lots of ways to earn money to cover the costs. Girls can sell candy and we have optional fundraisers including car washes and rummage sales. The Festival sends us "donation drawing" tickets for the girls to sell and they keep 100% of the money they raise. Girls can easily raise enough money to pay their entire expenses if they work hard. You may also get sponsors to help cover the costs, but if you plan to do this, see Roche first because there is a certain way it must be done to maintain NCAA player eligibility.

**Where do I go if I have a question?** For general questions, go to your team parent or your coach. If you have a problem with a person or decision, go to the source.

## SLO JRS CLUB POLICIES

### ***Problems, Questions and Concerns***

Problems or questions should be directed to the source. For example, a girl who is unhappy with her playing position or another team matter should speak directly to her coach. If parents are concerned with something, they need to speak first to the person that is involved (director, coach, team parent etc.) If the girl and parent feel that their concern has not been properly addressed, they may next take the problem to the director (Roche Nystrom). Roche will speak to all parties involved in an attempt to resolve the problem. If the parent/player is still not satisfied, bring the issue to the board.

Please remember to speak to people at an appropriate time and place, in a calm and direct manner. Any verbal or physical attack on a player, coach, parent, board member or director will mean dismissal from the organization.

Procedure Outline:

- 1) Talk to the source.
- 2) Talk to the director of SLO JRS.
- 3) Talk to the board members.

### ***Playing Time***

SLO JRS. is a competitive club. They are elite teams who play to win. Teams are kept to small numbers to minimize the amount of bench-time, but there is no guaranteed playing time or equal play rule. The teams emphasize skill building and players often change positions and rotate in and out of the games. It is possible for any team to advance above another depending on their play at tournaments.

Note also that no coach want to see a girl sit on the bench. Playing time is also determined by an athlete's effort made in practice.

### ***Multiple Sports***

Due to the fact that we live in small communities, SLO JRS recognizes that many of our high schools depend on our volleyball players as their strong players in other sports. We encourage players to continue their school sports, but any conflict of schedules needs to be dealt with in advance. Let your coach know when you will be late or unable to attend practices/tournaments due to conflicting schedules. We would like for athletes to provide practice and game schedules as soon as they are available.

It is preferred that a player comes late to practice rather than not at all.

If your high school sport conflicts with travel arrangements to tournaments, it is up to the parent to get your child to a tournament. It is not the responsibility of the team parent to make special arrangements. Players may not drive themselves to tournaments.

## ***Illnesses and Missed Practices***

A player who is mildly ill or injured should attend practice. She can sit on the sidelines and watch. Important information is gone through at each practice that she can listen to. If she is contagious or too ill to attend, call the coach BEFORE practice time.

If a player misses practice due to reasons other than illness, the coach should be notified in advance. Remember, you have committed to your team.

## ***Number of Practices***

Generally practices are from 7:00– 9:00 p.m. at Cuesta College from early January through June. The June practices vary due to finals and graduation. Be sure to communicate with your coaches about the June practice schedules.

## ***Cancellation Due to Emergencies***

Occasionally we have had to cancel practice due to power outages or flooding. If you think that there is an emergency that would cancel practice, call the club hot line. The number is 434-0147.

## ***Tournament Travel Policies***

- Players must travel with assigned parent drivers or their own parents. Players may not drive themselves to tournaments. In cases of extreme hardship, the director or club board may make an exception to this rule.
- Girls who will not be attending a tournament must notify the team parent and the coach by Tuesday, or they will be responsible for the cost of their room and gas money. In any case, the player will be responsible for their portion of the coach's room.
- Girls may not change room or driver assignments, except with permission from the team parent.
- No girl is ever to be anywhere alone. In the hotels, girls should not be out of the room without an adult to supervise. Even at Cuesta practices, don't be outside alone EVER.
- A complete itinerary will be handed out on Thursday of the week you travel. If you miss Thursday's practice, it is your responsibility to contact your team parent to get the itinerary.
- Girls may ride home with their own parents after a tournament even if they rode to the tournament in a team car. You must personally notify both your driver and your coach. Do not pass the message by someone else.
- Every family must share turns driving to and chaperoning at tournaments. If you are not able to complete or arrange for your turns, you must pay for the extra expenses incurred (In the past, this has been the cost of a rental van).
- Parents may transport and stay with their own daughter separate from the team, but remember that a certain sense of "team" is important. If your daughter stays with you, she is still responsible to pay her portion of the coach's room.
- Fathers may not have any girl in their room except their own daughter, regardless of family friendships.

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- Teams will pay for their coach's room. Coaches will share rooms whenever possible.
- Parents attending a tournament, but not chaperoning, may not take other players home (unless it is an emergency). Permission slips and releases, phone call OK's from players parents are recommended.
- Players may not leave a playing site. They must make prior arrangements for lunch (ice chests etc.)

### ***Payment of Fees***

- Fees are due according to your payment schedule. If you need to make special arrangements for a different schedule, please call the hotline (434-0147) or Ashley Jones at 805-296-5496 to make arrangements.
- If arrangements have not been made and fees are 15 days late, the player may not practice or play in tournaments until fees are current.
- Checks returned due to non-sufficient funds will be charged a \$10 fee to cover SLO JRS bank charges.

## SCVA INFORMATION

Welcome to the 2010 Junior Club Volleyball season. In our constant search to help the parents better understand what club is all about, what their athlete is doing, and what to expect, the SCVA has put together this information booklet to better inform you, the parent. **All information and schedules are subject to change. Please contact your Club director (Roche Nystrom @ 434-0147) with any questions.**

### ***Age Divisions***

The following age groups shall be in effect for players other than college students, who regardless of age are not eligible to compete.

#### **18 and under division**

Players who were born on or after **September 1st, 1991**

**or**

Players who were born on or after **September 1st, 1990**, and a high school student in the twelfth (12th) grade during some part of the current academic year

#### **17 and under division**

Players who were born on or after **September 1st, 1992**

#### **16 and under division**

Players who were born on or after **September 1st, 1993**

#### **15 and under division**

Players who were born on or after **September 1st, 1994**

#### **14 and under division**

Players who were born on or after **September 1st, 1995**

#### **13 and under division**

Players who were born on or after **September 1st, 1996**

#### **12 and under division**

Players who were born on or after **September 1st, 1997**

### ***SCVA Division Format***

Tournaments are designed to give maximum competition to each athlete in our program and to allow them to achieve a healthy and satisfactory attitude towards themselves, their teammates and the sport of volleyball. For the girls, there is a series of Qualifying tournaments, which determine the starting division for each team. Following these Qualifying tournaments, there will be a series of Mandatory Tournaments. There will be movement of teams between divisions depending upon the finishing positions of each Mandatory tournament. Points will be awarded to each team based on the order of finish in their respective divisions. No points will be given for friendship, optional, or special event tournaments. The Regional Championship will be held at the end of the season with double points given. The Regional Championships are a 2-day event.

For a schedule of all Southern California tournaments, please visit our website – [www.scvavolleyball.org](http://www.scvavolleyball.org).

### ***Club to Club Recruiting Policy***

Although the SCVA is aware of certain illicit recruiting actions, we are unable to enforce such a policy for two reasons. First, we do not have the support of the CIF in governing clubs holding tryouts during the CIF season. Second, most recruiting violations come to us in a “he said, she

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said” manner and are very difficult to ascertain fault. Therefore, we ask the cooperation of all coaches and directors in this matter. The following are guidelines that we ask all clubs to abide by:

1. Hold tryouts at the conclusion of the CIF season.
2. Allow no coach or club representative to make initial contact with an athlete or his/her parent in order to persuade that player to leave his/her current club/team.
3. Refrain from making negative comments concerning other clubs and/or their coaches.

We ask that these guidelines be followed in order to foster a positive experience for the players in pursuit of their volleyball goals.

### ***College Bound Athletes***

Due to the increased numbers of scholarships available, college coaches come to view prospective athletes and watch SCVA tournaments. **What is the biggest recruiting time for college coaches?** Any tournament! Though the Las Vegas Invitational, Junior National Qualifiers, Junior Nationals, and Festival Tournaments draw the largest crowd of college coaches, they frequently attend the regional SCVA tournaments. But remember, there is a lot of ‘red tape’ that goes with college recruiting and there are many restrictions. A central clearinghouse will certify your athlete’s eligibility for Division I and II. If your athlete intends to participate in Division I or II athletics as a freshman, they must register and be certified by the NCAA Initial-Eligibility Clearinghouse. They can obtain registration materials from their high-school counselor (if the school has run out of materials, their counselor should call the clearinghouse at 310-337-1492). Remember, qualifying test scores are required for participation at both Division I and II colleges. Please contact your Club Director or call the NCAA (913)339-1906 with any questions regarding college recruiting and restrictions.

### ***Eligibility and Club Transfers***

Junior athletes (boys and girls) are eligible to play for any Club up until the beginning of the season. From the time of his/her first court appearance, the athlete is to remain a registered member of that specific Club or organization throughout the season. During the season, an athlete may change teams within his/her Club, subject to the discretion of the Club Director. To change clubs, a player must use the following process: First, submit a written request to both the Club Director and the SCVA office by the stated deadline (see below). The Club Director has ten (10) days in which to respond. If there is no response, the SCVA Regional Commissioner will contact the Club Director to expedite the process. An approval, signed by 1) the Club Director, 2) the team coach, and 3) the athlete’s parents/guardians must be received in the SCVA office by the deadline below. If the transfer request is denied, the SCVA Eligibility Committee will meet with all parties to determine whether the transfer will be granted. The Eligibility Committee will make a decision as soon as possible. After the transfer deadline (February 2009), no athlete will be allowed to change club affiliation.

## **The Game**

### **Scoring**

All play will be the best of 2 out of 3 games, with 25 points rally scoring in games 1 and 2. The winning team must achieve a 2-point advantage: no cap will be used. If necessary, the deciding game will be rally score to 15 points, win by two, no cap.

### **Tie Breaking Procedure**

2 way tie:

- 1) Match record
- 2) Game record
- 3) Head to head

3 way tie:

- 1) Match record
  - 2) Game record
  - 3) Point ratio
- Please note – if three teams have the same match record but a different game record, only the teams with identical game records are tied. If match record and game record is the same for all three teams, then the point ratio will be used to break the tie. Formula: Point ratio = points FOR divided by points AGAINST.

### **Pool Play Schedule**

Listed below is the schedule for both four and five team pools (there are certain circumstances which may change the listed order of matches).

<b><u>4 Team Pool</u></b>	
Playing / Officiating	
1 vs. 3	2
2 vs. 4	1
1 vs. 4	3
2 vs. 3	1
3 vs. 4	2
1 vs. 2	4

<b><u>5 Team Pool</u></b>	
Playing / Officiating	
1 vs. 5	3
2 vs. 4	5
1 vs. 3	4
2 vs. 5	1
3 vs. 4	2
1 vs. 2	3
3 vs. 5	4
1 vs. 4	5
2 vs. 3	1
4 vs. 5	2

### **Officials**

The SCVA attempts to provide officials for all scheduled tournaments. We ask that you refrain from any verbal abuse directed at these individuals who are doing their best to officiate the match.

### **Libero Rules**

- The Libero must wear a uniform shirt or jacket that is immediately recognized from all angles as being in clear contrast to and distinct from the other members of the team.

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- The Libero may only perform as a back row player and may not attack the ball from anywhere if, at the moment of contact, the ball is entirely above the top of the net.
- The Libero may not serve, block, or attempt to block.
- The Libero may only set the ball from behind the 10-foot line.
- The Libero cannot be the game or team captain.

### **Libero Substitute Rules**

- The Libero can replace any player in the back row.
- The Libero has unlimited substitutions, but a rally must occur between substitutions.
- The player whom she replaced can only replace the Libero.
- The Libero can only sub when the ball is out of play.

### ***Other rules to note:***

- A maximum of 15 players and 5 coach/staff personnel are allowed
- Net Serve - If the ball hits the net on a serve, the ball is alive (playable).
- Substitutions – In addition to the unlimited Libero substitutions, each team will have 12 team substitutions.
- All matches are 2 out of 3 games, rally scoring to 25 points in games 1 and 2 with no cap. Game 3 will be rally scoring to 15 points with no cap.
- The service zone has been extended to the entire width of the end lines.
- Ceilings and/or obstructions are now in play.
- The ball can be played with any part of the body.
- Each player receives only one toss per service attempt. Two tosses are allowed for the 14 and 12 and under divisions only.

### ***Facility Regulations***

Parents, we ask for your help in regulating the “**NO FOOD IN THE GYM**” rule. Please remember that neither your club nor the SCVA owns these facilities and that if we wish to have facilities for our athletes to play in, we must take care of them. This season all facilities will follow the same rules. A facility encompasses the entire building: hallways, foyers, gym proper and any rooms (unless otherwise specified). The Tournament Director will make exceptions in case of inclement weather. The SCVA asks your help in informing all parents, your players and interested parties regarding these facility rules.

- NO chairs of any kind will be allowed INSIDE any facility. They may not be placed on blankets, towels or newspapers. The use of beach chairs is prohibited by campus administration.
- NO coolers will be allowed inside any facility unless the Site Director sets a specified area aside.
- No food or drink will be allowed in any facility (that includes coffee!).

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- No animals are allowed in any facility or on any school campus, with the exception of service dogs. This includes the parking lots.
- No Skateboards, Roller blades or any type of bicycle.
- No barbecues on any campus.
- Plastic squeeze bottles with push/pull tops and water only!!
- Outside areas must be kept clean throughout the tournament.

### **Penalties**

Any player caught in violation will be suspended for the next scheduled game. Any coaches, parents, or supporters violating these rules will result in all team and club members thoroughly cleaning the facility at the conclusion of the tournament. If any team, player, parent or supporter introduces and / or consumes alcoholic beverages in or about the facility, the penalty will be immediate disqualification.

### ***Parking Regulations***

Each site has specific regulations. The high school lots are free of charge. The universities and colleges are charging from \$ .75 to \$2.00. Their fees are posted at the quarter meters located at the entrances of the parking lots. NO parking passes will be available. Citations will be given at most facilities, so please check carefully. The SCVA will not be responsible for accidents or violations while at a SCVA event.

## **Parents' Code of Ethics**

In order to provide positive support, care, and encouragement for my child and the other children participating, I understand that I should follow this Parents' Code of Ethics.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth – not adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

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## SLO JRS. VOLLEYBALL COACHES

### Brooke Ecklund

2008-Present	San Luis High School JV Coach
2005-Present	SLO JRS. Volleyball Club
2003-2007	Cuesta College Assistant
2001-2002	University of Rhode Island Player

### Doug Harbottle

2000-Present	SLO JRS. Volleyball Club
2005-2007	Cuesta College Assistant
2002-2004	North County Christian H.S. Varsity Coach
2000	Power Volleyball Club
1996-2000	Seal Beach Volleyball Club
1994-1996	Orange County Volleyball Club
1992	Long Beach State Volunteer Assistant
1983, 1988-1994	Cal Jrs. Volleyball Club
1983	Long Beach State Setter Camp
1985-1988	Fountain Valley Volleyball Club
1985-1989	Rick Evan Volleyball Camp
1981	USA National Development Volleyball Camp
1981	Tara Liskevych Coaching Clinic

### Ashley Jones

1998-2006	Cuesta College Assistant Volleyball Coach
1998-2007	SLO JRS. Volleyball Club
1996-2006	Cuesta College Volleyball Camp

### Pam Kenyon

1990-Present	Coast Union H.S. Varsity Volleyball
1993-Present	SLO JRS. Volleyball Club
1993-Present	Cuesta College Volleyball Camp
1991	Karch Kiraly Camp
1983	Santa Barbara H.S. Frosh/Soph Volleyball Coach

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### Roche Nystrom

	Director SLO JRS. Volleyball Club
1986-Present	Coach, SLO JRS. Volleyball Club
1993-Present	Head Coach, Cuesta College
1984-1993	Assistant Coach, Cuesta College
1995- Present	Cuesta College Volleyball Camp, Director/Coach
1991	Karch Kiraly Camp Coach
1982-1983	Kingsburg H.S. Varsity Volleyball Coach
1981	Biola University Volleyball Camp

### Shaun McDonough

1997-2003	Coach, SLO JRS Volleyball Club
2001-2004	Cuesta College Community Programs
1999	Assistant Varsity Coach, San Luis Obispo HS
1998	Junior Varsity Coach, Morro Bay HS
1997	Junior Varsity Coach, Morro Bay HS
1996	Frosh Coach, Morro Bay HS
1994	Assistant JV Coach, San Luis Obispo HS

### Neil Sutherland

2008-Present	Cuesta College Assistant Volleyball Coach
2008-Present	Coach, SLO JRS Volleyball Club
2008-Present	Cuesta College Volleyball Camp

### Jeremy Douglas