

2017 Parent/Athlete Handbook



The administration and staff of the Rappahannock River Volleyball Club welcomes you to the finest junior volleyball program in Virginia!

OUR MISSION

At Rappahannock River Girls Volleyball Club, our mission is to empower young women to reach their full potential—on and off the court. We are committed to developing dedicated athletes who pursue excellence through hard work, discipline, and teamwork. Beyond athletic achievement, we strive to cultivate strong community members, supportive teammates, and confident young adults who embody integrity, respect, and leadership in everything they do. Through purposeful training, mentorship, and a culture of mutual support, we prepare our players not only to compete, but to contribute meaningfully to their communities and their futures.

COMMITMENT

You have been selected to play on one of the RRVC teams. We want to make you aware of the responsibilities that come with participation, and also let you know what RRVC will provide in return. We know that your commitment to a RRVC team will expose you to high quality volleyball, provide you with a valuable educational experience, and allow you to develop lifelong friendships.

A. A non-refundable deposit is required by each player selected to play on a RRVC team at the time of signing the player contract. This deposit will be applied to the players overall club tuition which includes:

1. Tournament Registration and Fees
2. Coaches travel and pay
3. Facility costs, insurance, maintenance
4. Balls, carts, training equipment, nets
5. Gym time for practices
6. Administration Fees

C. Extra costs outside of tuition include:

1. Practice clothes
2. Kneepads, elbowpads
3. Volleyball Shoes
4. Any other gear or equipment outside that which is provided by RRVC
5. Travel expenses including hotel fees, food, event gear, etc.

GRIEVANCE POLICY & PROCEDURES

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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.

RRVC encourages the athlete to talk to the coach when she has a problem with her playing time. If the athlete is unsure or unclear about what the coach expects, either in practice or in competition, the appropriate action is for the athlete to communicate with the coach about what needs to be done to get more opportunities to play in matches or at another position.

When parents have a concern that is specific to their own athlete, they are encouraged to speak first to the coach. Coaches WILL NOT discuss "coaching decisions." Coaching decisions include, among other things, specific match decisions (who played when, who was subbed in/out and when, etc.). Playing time is a very complex determination. It includes the coach's opinion, the athlete's ability, the athlete's potential, the team's needs at the moment, the momentum of the game, and the team's needs for the future. The coach will not be required to defend his/her thought process or conclusions in these determinations, and it is improper for a parent to make such a request.

In addition, RRVC instructs coaches not to discuss any athlete other than the parent's own or the actions of any other RRVC coach. If you, as a parent, have legitimate concerns about a coach other than your athlete's coach, or with an athlete other than your own, you must address the Club Administration Staff.

POLICY ORDER

1. The athlete should first speak to the coach about the matter. If the matter remains unresolved, then move on to step 2.
2. The parents should speak or meet with the coach. Parents and/or athlete should contact the coach via the telephone to set up a meeting time (not during a tournament).
 - A parent should never approach a coach at a tournament. We have instructed the coaches to follow the "24 hour -rule", to refuse to discuss any controversial matter, and to refer the parent to the Coordinator. The coach will then walk away.
 - The recommended time for a parent to schedule a meeting is usually before or immediately following a scheduled practice. If the matter remains unresolved, then go to step 3.
3. The parent may speak to the coordinator and request a meeting with the coach and coordinator together.
 - In certain situations, RRVC may request the athlete to also attend.
 - Meetings should be previously arranged. This will not take place at a tournament site.
 - The Coordinator will not engage in discussions about coaching decisions.
4. If the parent or athlete is not satisfied by the action of the coordinator, they may request, in writing, that the Club Director review the matter.
5. All issues or disputes, regardless of the nature or source, must follow the previously detailed club "Policy Order" as stated in numerals 1-4 above

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6. Any dispute with the club must be submitted to the Club Director. If there is an injury or other incident, include the date. For an injury, a doctor's note with a diagnosis and duration of rest or rehab before return to club participation should be submitted. All documented disputes will be considered.

7. Refunds and Deposits: Upon making any RRVC team, at a regular or supplemental tryout, there is a non-refundable deposit due to secure the spot (amount depends upon the team). Subsequent refund of any club dues is based on the number of players per team, and will be given for medical reasons ONLY. All refunds are reviewed on a case-by-case basis. The Club Director and administration staff determine all final decisions.

OTHER POLICIES REGARDING GRIEVANCES WITH RRVC:

1. RRVC will not tolerate hostile, aggressive confrontations between a parent and any official, coach, athlete, or another parent, whether the confrontation is within the club or not. Violation of this policy may result in the athlete(s) being dismissed from RRVC.
2. It is inappropriate for an athlete or parent to approach other RRVC members about a problem the athlete or parent is having with a RRVC coach.
 - Asking uninvolved persons to take sides in an issue will not be tolerated. Grievances need to be handled between the parties involved and the RRVC Administration.
 - Remember...Competitive team athletics, by nature alone, create situations where everyone may not be happy all of the time.
3. Any member who is approached and asked to listen to or to express an opinion about matters between two other parties in the club is strongly encouraged to refer the complaining party to either the coach or the club administration.
4. Any member who, as a third party, hears remarks or stories about RRVC, its employees or its policies, that cause the member to be concerned, is encouraged to call the Director or administration staff immediately to determine the facts, or to alert the club administration to a situation of which it may be unaware.

Code of Conduct

Each athlete will be expected to comply with the rules and regulations set forth in this players/parents handbook. Any athlete who willfully performs any act, which is detrimental to their team, teammates, RRVC or staff members shall be subject to discipline, suspension or expulsion from Rappahannock River Volleyball Club.

Automatic expulsions will result for the following offenses:

- Smoking at any RRVC function
- Using alcohol or drugs at any time during a RRVC function
- Approaching a coach, athlete or other RRVC member in an inappropriate manner at any RRVC function
- Anything deemed "criminal activity" (Theft, Hazing, etc.)
- Failing to pay club dues

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PARENT CODE OF CONDUCT

As a parent, I will:

- Remain in the spectator areas during all games.
- Not advise the coach on how to coach.
- Respect the integrity of the officials and not advise them how to call the match.
- Model sportsmanship for my child by treating all coaches, officials, tournament staff and players of either team with courtesy and respect.
- Encourage hard work and honest effort that will lead to improved performance and participation.
- Emphasize the cooperative nature of the sport.
- Not coach my child during the game.
- Attend all volleyball events alcohol and drug free.
- Cheer for my child's entire team.
- Be a positive sounding board for my child and encourage him/her to handle his/her issues.
- Be in control of my emotions.
- Learn the rules of the game to help me better understand what is happening on the court.
- Abide by all rules set by the practice facility and competition site.
- Honor financial commitments.

TRAVEL INFORMATION

HOTEL: Players and parents will secure their own lodging. Where possible, discounted room block codes will be supplied to parents by RRVC. Some tournaments require a certain number of rooms to be booked in order for the team to attend the tournament. These "Stay to Play" tournaments will be made aware to players and parents so that the appropriate number of rooms can be booked to allow the team to compete.

Other Travel Policies:

- RRVC athletes should never be alone. Use the buddy system
- RRVC athletes must inform their coach before going anywhere.
- Upon check-out, leave your hotel room in respectable condition.
- Remember that you are representing yourself, your family, and RRVC at all times.

RRVC PLAYER GUIDELINES

RRVC intends to lead by example and requires you, the athlete, to do the same. These guidelines are set forth to protect the safety and integrity of you, your parents, the coaches, and Rappahannock River Volleyball Club. It is impossible to account for all potential circumstances; however in the event of an undue circumstance the club will enforce appropriate action. It is our goal to set standards for other programs to mirror.

- Though the opportunity is always equivalent, playing time is never guaranteed to be equal. Playing time is a very complex determination. It includes the coach's opinion, the athlete's ability and potential, the team's need at that moment of the game and in the future, work ethic, attitude, and role on the team. Please offer the experienced RRVC coaches the benefit of the doubt by supporting them with a positive attitude.
- Every athlete is expected to have a "Team First" attitude. Team above self should be shared by both players and parents. Negativity will not be tolerated.
- The top teams in the country have figured out how to eliminate DRAMA. Your teammates should be like family. You will not always agree with each other, but you will respect and fight for them at all times.
- You will need to be excellent at time management. You will need to organize your time so that your participation in practices and tournaments does not cause your academic life to suffer. By accepting a RRVC roster position you understand that your teammates rely on your commitment to the team. To have a successful club volleyball season, you must also have a successful academic year. It is very important that you relay this to your parents.

PRACTICE

- All team practices are mandatory. In the event of a missed practice, coaches should be notified as soon as possible. In all but the most extreme circumstances, one day's notice should be given.
- Always be ready to practice at least 15 minutes prior to your team taking the court. Practice time is limited so every athlete must be dressed, warmed up, and ready to go at scheduled practice time.
- All athletes are required to wear coach approved athletic wear to practice.
- An injured athlete who is able to attend school is expected to attend team practice, even if they cannot physically participate. This policy is to offer support to her team as well as to assist the coach in practice.
- Athletes must be "coachable" and be ready to adapt to new techniques and training methods determined by the coach.
- Athletes must remove all jewelry during practices and hair is to be pulled back out of the face.
- Cell phones are to be put away during practice time.
- Any negative behavior by players or parents will warrant immediate removal from the gym.

TOURNAMENTS

- Unless otherwise instructed by a coach, cell phones are to be put away while in the tournament playing facility, during team events, and any other moment declared by the coaching staff. Coaches reserve the right to collect phones if they feel this policy is being disregarded.
- Athletes are to be courteous to officials, opponents, and coaches at all times.
- Athletes may not wear jewelry during matches.
- Proper nutrition is required. Tournaments are an all-day affair. In some cases they are 2-3 days in length. It is your responsibility to refuel and hydrate your body appropriately throughout the tournament.
- RRVC will be known for stellar officiating work crews. Quality officiating is a display of your high volleyball I.Q, therefore RRVC requires all athletes to become certified in tournament officiating.
- Only approved RRVC apparel may be worn in the tournament facility.
- **TEAMS WILL ALL BE DRESSED IN THE SAME CLUB ATTIRE. ALL RRVC TEAMS ARE REQUIRED TO ARRIVE AND DEPART ALL PLAYING SITES IN THEIR RRVC TRAVEL APPAREL.**
- RRVC athletes will be encouraged to support their fellow club teams playing in the same tournament site.
- No team member is permitted to leave the tournament site until all officiating responsibilities are completed. There are circumstances where the coach can give the athlete permission to leave. If the athlete leaves without permission before officiating duties are completed, the club or coach will enforce disciplinary action. Multiple infractions will result in the athlete being expelled from the program.

SIGN-OFF SHEET

As a RRVC athlete I, _____ (print name) have read, understand, and agree to abide by the Parent/Athlete Guidelines set forth by the Rappahannock River Volleyball Club. I understand that I am responsible for my conduct while participating with RRVC.

As a parent or guardian of the RRVC athlete identified I have read, understand, and agree to abide by the Parent/Athlete Guidelines set forth by RRVC. I understand that my athlete is responsible for his/her conduct while participating with RRVC.

Athlete's Signature	Date
Parent's Signature	Date

This sheet must be turned in no later than the athlete's second practice. Participation with Rappahannock River Volleyball Club is not permitted without a signed copy of this sheet.