



## **Club 1 2014-2015 Player/Parent Handbook**

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Welcome to the 2014-2015 Club 1 volleyball season. We are looking forward to begin the season. We have put together a very knowledgeable and experienced coaching staff with many years in the club, high school and grade school arenas. Please check out their staff bios on the Club 1 webpage under the Staff tab. Contact information is available there as well. We feel fortunate that our coaching staff not only has extensive experience and knowledge, but they are also great mentors for our girls and boys and committed to our program.

We look forward to seeing our families out supporting our teams as much as possible. The success of our program comes from the positive involvement of our coaches, players and their families. We are very fortunate to have had wonderful parental support and are excited to continue that tradition within our program.

We would like to thank you in advance for your support and commitment to Club 1. With everyone working together we can all achieve our goals and make this season a positive experience for all.

Please feel free to contact either one of us with any questions. We look forward to a great season!!

Sincerely,

Brie Isaacson- Club Director

Bridget Haack- Business Manager

## **PHILOSOPHY**

Our philosophy at Club 1 is to allow our players to grow and develop into the best athlete possible in a positive, challenging and encouraging environment. Through athletics we have the opportunity to not only develop our athletes into great volleyball players, but to also assist in developing them into great individuals as well.

## **TEAM STRUCTURE**

Club 1 is a member of the Junior Volleyball Association (JVA), USAV and American Athletic Union (AAU). We support the JVA because their mission is to “promote the growth of youth and junior volleyball through program and resource development, education and events.” Their guiding principles are member driven, player welfare, affordability and financial responsibility, transparency, and best practices. Club 1 is also a member of USAV. USAV’s mission is “To promote and develop the sport of volleyball and to provide clinics and seminars in coaching, playing and officiating.” We support JVA, AAU and USAV because it is in the best interest of our athletes to compete at the highest level possible, while getting the benefit of the many resources that each organization provides.

In accordance with the JVA, AAU and USAV Guidelines, September 1, 2014 will determine which age division an athlete can compete in. While most players on the team will be in the same grade, JVA, AAU and USAV guidelines follow age instead of grade. An age waiver can be obtained under special circumstances and used at local events. At this time age waivers are not accepted outside of Illinois or any major events.

After the first few weeks of practices our staff will select teams. As stated in the contract, Club 1 will not discuss why or how teams are selected. It is possible that players could be moved from one team to another throughout the season; however, we try to limit this as much as possible. Rosters will be posted on the webpage after the teams are selected. Rosters will include name, number, position, height and graduating year.

## **PRACTICES**

Practices will begin at the following times for each program:

**All Boys-** Week of September 15<sup>th</sup>

**Youth Girls-** Week of November 10<sup>th</sup>

**High School Girls-** Week of November 17<sup>th</sup>

Boys will practice 2-3 times per week and weight train 2 hours per week. Youth girls will practice 2 times a week with the exception of our 14U program that will practice 2-3 days a week with 1 hour of weight training per week. High school girls will practice 2-3 times per week and weight train 2 hours per week. Players should arrive 15 minutes early to practice so they are ready to begin on time. If an athlete is going to be late for practice the coach must be notified prior to the start of practice by the athlete.

Each player will be allowed three (3) excused absences for the year. These absences include illness; study days and personal reasons combined and must be communicated to your coach at least 3 hours before the practice is to begin. After a player exceeds the allotted three (3), it is possible that their playing time at tournaments can be affected. If a player misses a practice they can make it up with another team on another night. If a practice is made up the original missed practice will not be counted toward the three (3) absences. Please notify your coach if this is what you intend to do and which practice you will be attending.

All athletes are required to wear volleyball shoes, knee pads, spandex and Club 1 practice t-shirt to all practices. Shirts are required to be tucked in and hair must be completely pulled back. Please note a Club 1 issued t shirt is the only acceptable practice t shirt. Failure to do so will result in non participation of practice.

All practices are closed to parents except for the first practice day of the month. While we understand that parents enjoy seeing their child practice, it at times becomes a distraction to both our players and our coaches. It is our goal to get the most out of each practice and we appreciate your understanding.

At Club 1 we use a master coach philosophy. This philosophy incorporates a common practice plan for each team in the program based on age and development. We train our athletes with the same skills and drills to ensure we all train at the highest level possible regardless of the team your child is placed on.

Practice locations are as follows:

**Boys- Flight VBC**

**Youth Girls- Flight VBC**

**High School Girls- Flight VBC**

Flight VBC

14407 Coil Plus Drive, Unit B

Plainfield, IL

### **WEIGHT TRAINING**

Club 1 recognizes that aside from quality practice training additional weights/plyo metric training is an important part of an athlete's development.

### **MULTI-SPORT ATHLETES**

We support our athletes to participate in other school sponsored sports; however, we ask that a schedule (game and practice) is given in a timely fashion to allow our coaches to plan accordingly. While we understand being committed to multiple sports can be challenging we ask that our athletes do their best to get to practices and tournaments even if they need to come late or leave early. It is expected that all athletes attend all major tournaments.

## **TOURNAMENTS**

A tournament schedule will be posted on our webpage a few weeks into the start of the season. All players are expected to arrive at a tournament 1 hour before game time if they play the first round and 45 minutes early if they ref the first round. Some tournaments are half day events while other tournaments are full day events. Various officiating duties are required during tournament play. All athletes must stay until all officiating duties are complete. Please respect each host tournament sites food policy guidelines. On average our teams will play 2 times per month; however, this is based on tournament availability. As a rule of thumb tournament schedules are released by the tournament director the Wednesday before the tournament (this is due to drops and add ons). Once the tournament schedule is received your coach will email your playing schedule for the weekend.

## **PLAYING TIME**

Coaches will determine which position an athlete will play in and how much they will play. We will always try our best to give our athletes an opportunity to play; however, depending on the tournament and the match this may not always be possible. Playing time on our Elite teams is not guaranteed. If a player is unhappy about their playing time they need to talk with their coach directly. If this does not get solved after an adequate amount of time please refer to our complaint policy below.

Club 1 does enforce a 24 hour rule for every parent. A parent must wait at least 24 hours before they attempt to schedule a meeting with their coach. At no time is it acceptable to approach a coach at a tournament to discuss playing time, line ups or coaches decisions with regard to match play.

Please remember that our coaching staff dedicates many hours to our teams not only during practice time but tournament time as well. While it is the expectation that our coaches would never humiliate or embarrass a player in any situation, we ask that the same respect is always given to our coaching staff.

## **COMPLAINT POLICY**

If an athlete is unhappy about their playing time they must first discuss directly with their coach at an appropriate time. If this does not get resolved after an adequate amount of time, the coach-athlete-parent can sit down to discuss the situation further. If the problem still continues the coach-athlete-parent-club director can all discuss together. Each of the steps must be followed in this order. Failure to do so can result in the athlete being removed from the program with no refund.

## **PARENT EXPECTATIONS**

- To be respectful of the club, coaches and players
- Demonstrate good sportsmanship at practices and tournaments to not only Club 1 players and families, but other teams, coaches and officials as well

- Support the development of each player and team
- Follow proper chain of command with coach (kid-coach) (kid-parent-coach) kid-parent-coach-director)
- Failure to follow these expectations can be grounds for an athlete's removal from the program with no refund

### **MID-SEASON PLAYER EVALUATION**

Players will be given a mid-season evaluation created by the coach to discuss a few things the players are doing well and a few things the player can approve on. The coach will sit down with the player for a brief discussion and the parents are invited to attend this as well. The evaluation schedule is as follows:

**Boys-** end of November/beginning of December

**Youth/High School Girls-** end of February/beginning of March

### **FINANCIALS**

Below please find our tuition costs for the following programs:

**Boys Youth-** \$1,295 + uniform

**Boys High School-** \$1,470 (travel included) + uniform

**Girls Youth (10-12)-** \$1,295 + uniform

**Girls Youth (13)-** \$1,695 (includes travel) + uniform

**Girls Youth (14)-** \$1,695 (includes travel) + uniform

**Girls High School (15) -** \$2,345.00 (includes travel) + uniform

**Girls High School (16-18)-** \$2,445.00 (includes travel) + uniform

\*Exact information on what is and is not included in travel can be found under the travel section in the handbook.

A 25% deposit on is required at the parent meeting to secure your spot in the program, as well as uniform costs in full. Tuition can be paid in full, or broken into 2, 3, 4 or 5 monthly payments. With the payment installments a \$25.00 administrative fee will be added to each installment payment. Tuition installment costs will be due as follows:

**All Boys-** Down payment at parent meeting with last payment due January, 2015

**Girls Youth-** Down payment at parent meeting with last payment due February 1, 2015

## **Girls High School- Down payment at parent meeting with last payment due March 1, 2015**

Travel fees will be combined with tuition for the installment payments. Uniforms costs must be paid in full and cannot be combined with the above.

All installment payments will be charged by Club 1 with the credit card on file on the first of the month. If your credit card is declined or a check payment is returned a \$29.00 fee may apply. Any account that is 7 days past due without direct communication with Bridget Haack, Business Manager, will result in a player not being able to participate in practice or tournament play until the account is current. A reminder email will be sent out 5 days prior to payment due date reminding you that the credit card will be charged.

Club 1 offers a 10% sibling discount for families with multiple players. The 10% will be applied to the youngest players tuition.

Any account with a balance at the conclusion of the season will be sent to collections and reported to the Great Lakes Region. These balances include tuition, travel and raffle.

## **FUNDRAISING**

All Club 1 parent/guardian/athletes are automatically members of Friends of Powerhouse Sports, a non-profit booster club ("Friends") and are subject to those fundraising requirements of Friends. A mandatory raffle where an athlete must sell (10) raffle tickets for a total of \$100.00 will be required. A parent/guardian/athlete can opt out of Friends by providing written notice of the same within five (5) business days of the date of execution of this contract and a Seventy Five Dollar (\$75.00) opt out fee. Failure to pay the fee at the time of notice shall nullify any opting out. Failure to opt out within said time obligates the parent/guardian/athlete to be a member of Friends for the term of this contract. If at the conclusion of the raffle the mandatory \$100.00 has not been paid you will default to the opt out price of \$75.00. This \$75.00 will be added to your account and your credit card on file will be charged immediately. If your account is paid in full, it is your responsibility to submit the \$75.00 via check or you can provide Bridget Haack with a credit card number to pay the balance. Should this balance not be rectified immediately, your son/daughter's practice and tournament eligibility may be affected.

Club 1 may offer additional fundraisers throughout the season in an attempt to help our families offset tuition/travel costs. These fundraisers may include cookie dough sales, pizza sales and other miscellaneous opportunities. These fundraisers are optional and intended solely to help our families.

## **TRAVEL**

In our girls program our 13/14/15/16/17/18 and in our boys program our 15/16/17/18 will be required to travel to various events. All athletes will be traveling and staying with their parents or responsible guardian during any and all travel events to ensure the safety of all athletes. All Club 1 athletes/parents are required to provide transportation (airfare or ground) to all travel events. Parents are also required to secure lodging and provide all food and spending money while on the trip. These additional fees are not included in your travel cost. If a family is not planning on

attending please reach out to other families on the team and coordinate travel schedules. The coaches and Club Director can also be contacted for assistance.

- 15/16/17/18 Boys will be traveling to St. Louis February 14-16, 2015
- 13/14 Girls will be traveling to either Mideast Qualifier in March OR Diggin in the Dells in April
- 15/16/17/18 Girls will be traveling to Indianapolis Qualifier in March OR JVA World Challenge in Kentucky in April and AAU National Championships in June

If you receive an automatic birth to the AAU National Championships through the JVA World Challenge or qualify for the USAV National Championships through any qualifier, you are required to attend which may extend your season and additional fees will be incurred.

A more detailed travel letter will be posted on our webpage and distributed to our families once all travel information is secured.

**No travel refunds of any kind will be given. Payment is required whether the athlete attends the event or not.**

### **SPIRIT WEAR**

We will offer one to two rounds of spirit wear throughout the season for our parents and players. Order forms will be available online and more information will be available on our webpage. We hope to see our families in their spirit wear at our tournaments.

### **PRIVATE LESSONS**

Club 1 offers private lessons for players that are in our program as well as not in our program. Private lessons can be requested with any member of our staff. Availability is dependent upon our coaches and their work schedules. Requests can go directly to Dan Drye at [iwuchamps97@aol.com](mailto:iwuchamps97@aol.com) or Brie Isaacson at [brieisaacson1@gmail.com](mailto:brieisaacson1@gmail.com).

Private lesson costs are as follows:

- One lesson with one player- \$60.00 for the hour
- One lesson with two players- \$35.00 per player for the hour
- One lesson with three + players- \$25.00 per player for the hour

All payments for private lessons must be made payable by check ONLY to Club 1 VBC. Club 1 does not accept cash for private lessons. Coaches will not be able to accept cash payments.

### **CONCESSIONS**

Club 1 will be offering various tournaments throughout the year at Flight VBC. In order to run these tournaments smoothly, we may need assistance to properly run the concession stand. Should opportunities arise for our families/athletes to work and offset fees, a schedule will be posted for sign up.

## **RECRUITING**

Club 1 will assist our athletes through the college recruiting process. This process typically begins during their junior year. Club 1 will offer various recruiting seminars throughout the season to better educate both our athletes and our families. Our college recruiting coordinator is Jeanette Simenson-Gurolnick. Her contact information is [jrsimenson@gmail.com](mailto:jrsimenson@gmail.com). Specific seminar dates will be emailed out to our families as well as posted on our webpage.

## **WEBSITE INFORMATION**

All important information such as rosters, results, tournament schedules and practice schedules will be posted on our webpage at [www.club1volleyball.com](http://www.club1volleyball.com). Please frequently check the webpage for important updates and information. All weather related cancellations will be posted on the webpage.

## **FORMS**

There are several forms and registrations that need to be completed before an athlete is eligible for participation. This list was handed out at the tryout and will again be discussed at the parent meeting. Your child will not be able to participate in practice until all of the information is completed and returned.

## **FLIGHT PARKING**

Parking is available in our lot on the front and side of the building as well as the street along Coil Plus Drive. You can also park in the lot across the street at the Public Works building. There is absolutely NO parking in the Bounce Up lot.

## **VOLLEY TOTS/VOLLEY KIDS/VOLLEY LEAGUE**

Club 1 offers three programs targeting various age groups (6 – 14) to introduce the very fundamentals of the game of volleyball in a fun and energetic environment. These programs can be found on our webpage along with a more detailed description of each program.