

KMS Junior Volleyball Association

Player and Parent/Guardian Handbook

2024-2025

IMPORTANT DATES TO REMEMBER:

October 2024 -

- Tryout registration opens for grades 7-12.

October 27, 2024 –

- Deadline to submit tryout registration (grades 7-12)

November 1 - 15 –

- Registration & payment window for grades 5-6

November 3, 2024 –

- 2-4 pm: Pre-tryout warm-ups for grades 7-12
- 4-6 pm: Tryouts for grades 7-8

November 10, 2024 –

- 2-4 pm: Pre-tryout warm-ups for grades 7-12
- 4-6 pm: Tryouts for grades 9-12, plus anyone invited from 7th & 8th grade tryouts

November 2024 –

- Final registration & payment due for all teams

Junior Athlete Officiate Training – All players are strongly recommended to complete this training, which is found online via SportsEngine and the USA Volleyball Academy. We recommend you start this process early, as it must be completed prior to your first competition. Each individual coach will communicate Officiate Training information for their team.

INTRODUCTION

The purpose of this handbook is to provide information about KMS Junior Volleyball Association, including the Association's philosophies, rules, expectations, and responsibilities.

MISSION STATEMENT

KMS Junior Volleyball Association is committed to providing:

A high-quality girls' junior volleyball experience through training, skill development, and competitive play at a reasonable cost. We continuously seek to achieve excellence in coaching, personal, and team performance in an environment that is supportive, challenging, and rewarding.

COMMITMENT

The level of commitment on the part of the athlete, parents, coaches, and Association personnel needed to sustain a successful organization cannot be overemphasized.

In order to achieve a successful program, we rely heavily on the players and their parents/guardians participating fully. There is a great deal of commitment required (this includes time and money) to participate in Club volleyball.

Association communication relies heavily on email as a quick and efficient way to communicate upcoming information related to practices, tournaments, and other information. If a participant does not have access to email it is their responsibility to make arrangements within their team to establish an alternative means for Club/team communication.

In order to build a successful team, all team players are expected to attend all practice sessions and tournaments. If a player cannot attend a practice or a tournament, the player or parent must inform the coach as soon as this is known. Players and Parent/Guardian must realize that missed practices and/or tournaments may reflect their playing time at future tournaments.

Parents/Guardians may have the opportunity and be asked to support the program by considering becoming a team parent representative, serving on a committee, assisting with Club Tournaments, hosting a team bonding gathering or becoming active with the Association's Board of Directors just to name a few.

ATHLETE CODE OF CONDUCT

Participation in KMS Jr. Volleyball Association is a privilege that is accompanied by responsibility. This privilege is earned through payment of Association fees, timely completion of paperwork, participation in tryouts, and an athlete's conduct. It is the goal of the KMS Jr. Volleyball Association to support positive choices in their athletes and we will enforce the following rules:

An Athlete shall not at any time, regardless of the quantity:

- A. Use, consume, or have in their possession a beverage containing alcohol
- B. Use, consume, or have in their possession tobacco

- C. Use, consume, or have in their possession any vaping or e-cigarette paraphernalia
- D. Use, consume, or have in their possession, buy, sell or give away any other controlled substance or drug

All Athletes shall:

- A. Respect the rights and beliefs of others and treat others with courtesy and consideration
- B. Be fully responsible for their actions and the consequences of their actions
- C. Respect the rights and property of others
- D. Respect and obey the rules of the Association and the laws of our state
- E. Show respect to those who are responsible for enforcing the rules of the Association and the laws of our state

Violations of the Athlete Code of Conduct will be brought to the KMS Jr. Volleyball Association Board to determine the severity of the violation and appropriate penalties. Penalties may be similar to Minnesota State High School League rules for misconduct. Severe infractions may result in athletes being removed from the Club team roster and ineligible to participate for the remainder of the season. No refunds will be made to participants violating the Athlete Code of Conduct.

SOCIAL MEDIA POLICY

KMS athletes, their families, KMS coaches, and KMS Volleyball board members should recognize that as representatives of our Association, they are held to a high standard of behavior. Players and family members are not restricted from using social media sites. However, they must understand that any content they make public via social media or websites is expected to follow acceptable social behaviors.

Social media expectations for athletes, family members, coaches, and board members include::

- Understand and follow the rules and laws of each social media site
- Do not post anything private, confidential or sensitive
- Do not post comments that attack KMS, an athlete, coach, family member, volleyball association or any institution
- Do not post information, photos, harassing language, inappropriate behavior, or items that could be interpreted as demeaning or inflammatory

In an effort to guide social media practices, the KMS Volleyball Association suggests the following:

- Understand that freedom of speech is not unlimited. Social media websites are NOT a place where you can say and do whatever you want without repercussions
- Practice the grievance policy and execute a 24-hour cooling-off period
- Think twice before posting. If you don't want family, coaches, or a teacher/boss to see your post, don't post it
- The internet is permanent. Even if you delete something on the internet, it still exists out there somewhere
- Consider the audience who will see your posts, including fans, alumni, children, athletes, parents, staff, faculty, etc.
- Be honest, respectful, positive, professional and polite
- Be accurate. Own your mistakes and correct them quickly
- Do not post anything that you would not speak about openly in school or public
- Protect yourself by maintaining a self-image that you can be proud of years from now
- Use the privacy/security setting made available on social media sites

Violation of the social media policy may result in one or more of the following disciplinary actions:

- Meeting with the KMS Volleyball Association board member(s)
- Removing the unacceptable content
- Temporary suspension from the team until specified conditions are met
- Suspension from the team for a specific period
- Indefinite suspension from the team
- Dismissal from the team
- Dismissal from any future team

TEAMS AND COACHES

KMS Jr. Volleyball Association is committed to:

- Assigning a Head Coach for each team
- Fair player evaluations to form teams of 8 to 10 players with similar skill level, commitment, coachability, and availability
- Supporting a reasonable number of teams based on facility availability, coaching staff availability, skill level of players and ability to support the teams formed

Tryouts:

Tryouts will be held at the KMS High School on the date specified above. Everyone who signs up and attends tryouts will be placed on a team; no one will be cut.

In order to participate in tryout sessions:

1. All players MUST register via SportsEngine.
2. All players MUST complete and sign the Player Waivers online.
3. All players MUST complete the medical release waiver online.
4. All players must pay a non-refundable tryout fee of \$25. This can be paid online through SportsEngine or brought to tryouts.

ASSOCIATION FEES:

\$225 fee: teams 15s-18s

\$200 fee: team 13s & 14s

\$125 fee: grades 5 & 6

Registration through SportsEngine includes payment for each player's NCR membership (required to participate in tournaments) and the remaining balance goes to the KMS Volleyball Association. **A player cannot practice or play without full payment and registration.**

Players in grades 7-12 MUST attend tryouts to be considered for a team. If a player is experiencing an extreme circumstance, arrangements must be made to assess skill level with the Association prior to tryouts as teams will be determined immediately after tryouts based on the total number of players participating. If your daughter needs a different tryout time, you must contact KMS Volleyball Association to receive approval. They will still need to sign up for tryouts.

No parents/spectators are allowed in the gym or gym viewing areas during tryouts.

TEAM SELECTION

A player's eligibility for selection to a team is based on the following criteria:

1. Player's birth date
2. Qualifying through participation in tryouts
3. Timely submission of all required documentation
4. Player's coachability, commitment, athleticism and attitude

All teams are selected by a third-party evaluation committee; the board is not involved with player evaluations. Once tryouts are complete, the evaluation committee will provide their insights to the Board. All players will be notified of their team placement within one week of tryouts. Evaluators are not to be contacted regarding scoring or team placements.

FINANCIAL INFORMATION

Association participation fees vary depending on the team and level of travel. Association fees for the year include but are not limited to:

- Evaluator fees
- Accountant fee
- KMS facility rental fees
- Equipment; including, but not limited, to balls, whistles, and first aid kits for each team
- Coach stipends
- NCR administrative fees (memberships, background checks) for players, coaches, Association directors, etc.
- Practice and training sessions
- KMS High School volleyball program support
- Tournament entry fees

Costs for each team are based on a minimum of eight to ten players and the number and type of tournaments planned for as a starting point. In an effort to be environmentally friendly, we will be reusing jerseys from prior years. You should only have to purchase a new jersey if you are new to the program, if you need a different size, or if you are placed on a team that has a different jersey style than you own. Association fees do not cover food, lodging and travel costs.

PAYMENTS

\$18-60 NCR registration fee (non-refundable) and Association Fee for a total of \$125 for 5th and 6th graders (Includes **4 tournaments**)

\$60 NCR registration fee (non-refundable) and \$140 Association Fee for a total of \$200 for 13s and 14s teams (Includes 5 tournaments)

\$60 NCR registration fee (non-refundable) and \$165 Association Fee for a total of \$225 for 15s, 16s, 17s and 18s (if sufficient players try out) team (Includes 6 tournaments)

A coach and individual teams may decide to add additional tournaments to their schedule; which in turn may result in additional fees not covered by the initial fee. Many of the costs associated with the teams are paid up-front by the Association.

REFUNDS

Refunds will be issued on a pro-rated basis, less the fees already paid out for the player. Refunds will only be granted for players with an injury that does not allow them to participate. This will need to be brought to the board along with proper doctor's note(s) to be considered.

Tryout and NCR registration fees are non-refundable.

PRACTICES

Practices typically begin in January and may continue into the month of April. Some teams may complete all of their tournaments early but will still be able to practice.

All teams will be scheduled to practice one day a week for approximately 1 ½ - 2 hours at each session. Teams will be notified of their practice time. Coaches may to arrange opportunities for teams to have extra practices when possible utilizing locations other than the KMS High School gym. All players will practice in t-shirts and shorts/spandex, court shoes, kneepads and, as appropriate, ankle guards. Players are expected to attend all practices and team activities. Players must notify their coach by telephone or text of any absences at least one hour prior to the start of practice.

All players should report injuries immediately to their coach for the completion of necessary paperwork. Practices will be held at, unless otherwise notified: KMS High School Gym and/or KMS Elementary School Gym.

WEATHER CANCELLATIONS

Weather cancellations will be determined by the Coaches with the KMS Jr. Volleyball Board consultation based on current weather conditions and forecast. We will be in touch with coaches and rely on text and/or email to communicate late changes in the practice schedule. As we all know, Minnesota winters can be completely different from one area of the region to another. The decision to cancel will be made in the best interest of keeping everyone safe. For tournaments and individual team practices coaches will work with their teams to determine and make the call if they will attend. Coaches are welcome to consult with the KMS Volleyball Board members if it is questionable. The Association encourages individual responsibility and if parents are uncomfortable and do not feel they should travel this is your decision to make. If this is the case, please contact your coach immediately. The team may still travel and/or practice.

TOURNAMENTS

Most tournaments occur on weekends, including holiday weekends. Tournaments are usually one day and are typically located within our region. Teams participating in a Sunday tournament will not have practice that day.

- One-day or two-day tournaments will generally be within one to two hours away. These events may start as early as 8:00 A.M. They begin with pool-play format and tournament play follows. Many go into late afternoon and sometimes evenings.
- With all tournaments, the more you win the more you play, the longer you stay
- Player arrival time to all tournaments is 30 minutes prior to the start of their tournament time
- Parents are responsible for providing transportation for their players to tournaments or making other arrangements (carpooling, etc.)

During all tournaments there will be periods when the team will be scheduled to provide work teams for opposing team matches. Work teams consist of a down referee, two line judges, a scorebook recorder, score flipper, and libero tracker. Work duties will be assigned by the coach. During work sessions the entire team is expected to remain courtside, ready to relieve teammates of work duties as appropriate, until excused by their coach. There will be **NO FOOD OR CELL PHONE USE** while performing work duties. Fines of up to \$100 per incident can be issued for non-compliance.

Meal and snack breaks will be worked in throughout the tournament around playing time.

PLAYING TIME

A player's Association participation fee includes their practice time, but does not guarantee their tournament playing time.

It is the Association's goal to compose teams with players who can successfully compete with one another. Understandably there will be players who demonstrate strengths in different

areas and serve the team in different ways and roles. This alone will create different playing scenarios.

The Association believes that playing time is earned through hard work at practice, good communication and a positive attitude toward the sport, teams, players, coaches and Association. Playing time for all players is fair but not necessarily equal. Dedication and commitment are a must for true success.

It will be important for each player to understand her role and value on the team and how that may play out in tournament situations. All opportunities are to be viewed as learning opportunities, no matter the role played. Our goal will be to do all we can to make not only each team, but also each player, feel successful and to assist in advancing personal athletic goals. Tournaments represent one kind of opportunity to accomplish this.

GRIEVANCE PROCEDURES

Competitive athletics by its very nature will not allow all people involved to be pleased at all times. Should there be a need to address a grievance, the following procedures have been established and are required to be followed to ensure the best possible resolution for all concerned:

1. The first step is to have the player speak with their coach about the problem. Parents/Guardians are not to approach coaches regarding team or player issues until their daughter has had time to communicate with their coach first
2. If there continues to be a concern following your daughter's attempt to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you. To facilitate communication and resolution, parents/guardians and players are asked to email a summary of their concern(s) to the coach prior to any scheduled meeting. If you are trying to resolve a problem, help your child by being a role model in the problem-solving process. Meetings will be conducted before or after practice times or as mutually agreed to by the participants.

3. If there continues to be a concern after the first two steps above have been followed, then a meeting can be scheduled for the coach, player, parent/guardian and member of the board

AT NO TIME ARE PARENTS/GUARDIANS PERMITTED TO APPROACH A COACH ABOUT CONCERNS BEFORE, DURING OR DIRECTLY AFTER THE COMPLETION OF ANY GAME. PARENTS/GUARDIANS ARE ALSO NOT ALLOWED TO INTERFERE OR INTERRUPT DURING PRACTICE SESSIONS.

*Parents/Guardians MUST wait a minimum of 24 hours after the last game before contacting the Coach to arrange for meetings as set forth above, but no sooner.

Parents/Guardians are asked to refrain from negative comments around their daughter and other players. Young players are vulnerable and if they hear complaints about the coach, the coach's style, or Association policies, this can have an adverse effect on their performance and/or attitude. If you, as a Parent/Guardian have a legitimate concern, you should follow the grievance procedures above to resolve the matter. Repetitive complaining to the player(s) or third parties (other parents/supporters) interferes with the Association's efforts to pursue its purpose of providing a positive and healthy competitive environment for the players and may jeopardize Association participation.

TEAM PARENT REPRESENTATIVE

Team Parent Representatives provide a valuable service to our Association and its teams. Each season, the coach may seek a parent from each of the teams to become the team Parent Representative. This person is a liaison between the Association and the parents of the athletes. Team Parent Representatives help communicate policies, assist coaches in facilitating team functions, gather and disseminate information from the Association and coaching staff, practice schedules, tournament plans, rosters, phone tree, and team contact information. Association coaches may elect to be their own team representative.

BOARD MEMBERSHIP

The Board for the KMS Jr. Volleyball Association exists to establish policy, facilitate necessary paperwork, determine fees, recruit coaches, register for tournaments, provide player and coach enrichment, host the KMS volleyball tournaments, ensure equipment availability and collectively work to create a positive experience for our players.

2024-2025 Board Membership:

Angie Beyerl, President

Keri Ohren, Vice President

Amber Doering, Co-Treasurer

Courtney Lee, Co-Treasurer

Wendy Kolling, Secretary

Jessi Collins, Member at Large

Kelly Finstrom, Member at Large

Trista Nelson, Member at Large

Kim Sweere, Member at Large

Stephanie Rodriguez, Member at Large

Contact us at: kmsjuniorvolleyball@gmail.com

Please keep in mind that Board Members volunteer their time in an effort to have a quality program. Board members are parents of players, which can represent a conflict of interest. Board members will refrain from involvement in conflicts related to their players.

SCHOOL RELATIONSHIP

The KMS Jr. Volleyball Association is not a school-sponsored activity. Team placement for junior volleyball is not a reflection or prediction of team placement for high school volleyball. The KMS Jr. Volleyball Association serves athletes currently enrolled in the KMS School District. To be eligible for Team 14 and up, players must have been a member of the fall KMS Saints volleyball team.

The KMS Jr. Volleyball season runs during the winter and spring school sports season. Every effort will be made by the Association and coaches to not create schedule conflicts for players. In the rare event of a conflict, players are to notify their coaches as soon as possible and the KMS Jr. Volleyball Association policy is to encourage players to prioritize the school sport they are participating in. Club Volleyball is not meant to interfere with school -sponsored activities.

PLAYER AND PARENT/GUARDIAN HANDBOOK AACKNOWLEDGMENT

Please sign and return this portion to the KMS Volleyball Association along with your completed medical release form and final payment on or before the team meeting

Participant/Player Agreement and Consent

I _____, have read, understand, and agree to the policies, procedures and obligations set forth in the KMS Junior Volleyball Association Player/Parents Handbook. I agree to abide by the Athlete Code of Conduct. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

PLEASE PRINT Participant's Name _____

Participant's Signature _____ Date _____

Participant's cell number _____

Participant's e-mail address _____

Parent/Guardian Agreement and Consent

I _____, have read, understand, and agree to the policies, procedures and obligations set forth in the KMS Junior Volleyball Association Player's/Parents Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein. I agree to support the KMS Jr. Volleyball Association's efforts to enforce the Athlete Code of Conduct. In addition, I certify that as Parent or Guardian of this participant, have explained to my daughter the aforementioned stipulated conditions and their ramifications, and I consent to her participation in the programs conducted under North Country Region USA Volleyball, in which she is a member. I agree to pay the fees set forth by the KMS Junior Volleyball Association, allowing my child to participate in the program.

PLEASE PRINT Parent/Guardian Name _____

Relationship _____ Date _____

Parent/Guardian signature _____

Parent/Guardian cell number _____

Parent/Guardian email address _____