



CORE Volleyball

2016 Player & Parent Guide

corevolleyball.weebly.com

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Mission and Philosophy

CORE Volleyball (formally Blazer Volleyball Club) is not about national championships, expensive trips, hundreds of dollars worth of gear, nor do we have a huge facility to house an endless number of teams. We do offer a reasonably priced volleyball club with **OUTSTANDING** coaches who care less about medals, trophies, and glory as they do about our CORE values.

<p style="text-align: center;"><i>SPORTSMANSHIP</i></p> <p>As we strive for ultimate respect from fellow clubs, CORE will install the following sportsmanship values to all parties within the organization:</p> <ul style="list-style-type: none">Respect;Integrity;Courtesy;Honesty; andProper Judgment.	<p style="text-align: center;"><i>TEAMWORK</i></p> <p>Volleyball is a team sport in which each athlete has her own role. CORE strives to motivate athletes and coaches to become a cohesive unit by building...</p> <ul style="list-style-type: none">Collaboration;Community;Responsibility;Trust;Commitment;Pride; andPurpose.
<p style="text-align: center;"><i>FRIENDSHIP</i></p> <p>As athletes and coaches spend multiple hours together, CORE hopes to create friendships that will last. We will pursue:</p> <ul style="list-style-type: none">Fun;Celebration;Laughter;Passion for each other;Worthiness; andSense of belonging.	<p style="text-align: center;"><i>GROWTH</i></p> <p>CORE focuses on providing fundamental training and mentoring within our program. Athletes at CORE will be pushed to maximize their efforts to build:</p> <ul style="list-style-type: none">Skill Improvement;Strength;Confidence;Perseverance;Passion for the game;drive; andthe ability to cope with failures and learn from them.

CLUB COMMUNICATION

All information from CORE will come from emails from coaches, director, or will be posted on the main website (corevolleyball.weebly.com). If you need to contact a coach the email and phone numbers will be supplied at the beginning of the season.

The club director is Joe Zimmermann who may be contacted at jzimmerman@isd271.org.

CORE TEAMS

CORE Regular Season Teams:

DEC-MARCH: CORE will have teams for ages 10-17 (see below). Tryouts are open to students from any school and teams will consist of 9-12 players to maximize coach-player interaction and playing time.

10-12 Year Olds

CORE will house one or two 12 and under teams based on the tryout numbers. Practices average out to be four practices every three weeks. The teams will participate in one CORE tournament (one-day) and five power league play dates at the Warehouse in Burnsville. The 12 and under team usually is coached by a current college player with high school assistants.

13-16 Year Olds

CORE will house one or two teams at each level (13,14,15,16's) depending upon the number of girls at tryout balanced with the amount of gym time available. Practices average about twice a week. Each team will play in six one-day tournaments in which many of them are held at Visitation and others are within the Metro area.

17-Year Olds

CORE will hold a 17's team if there is enough interest through pre-registrations and there is enough gym time allotted by the school. The decision will be made at least one week prior to the tryout dates.

Extended Season

APRIL-MAY: Starting the second week of April we will create a second season for girls interested in extending their season though the end of May. Number of teams and age combinations will be determined by the number of girls registered/interested. There would be an additional cost to play the extended season.

The extended season has been a popular choice for girls during 2012-2014; however, there was not enough sign-ups in 2015. This means that CORE will host teams if there are enough players but it's not guaranteed.

Sign-ups for Extended season will be during tryouts in Oct/Nov and the fee will be incorporated into the two payments. If there are spots remaining on the teams CORE will allow players to sign up later during the season.

TRYOUTS

Pre-registration

Players who pre-register by filling out the form on the website and send in all paperwork in advance will pay a discounted tryout fee. The pre-registrations help the club plan for the tryout and reduce the lines at the tryout time.

Injury or Illness

A player who has registered for tryouts and cannot participate due to an injury or illness will be excused, prior to the start of the tryout session, upon delivery of a doctor's note describing the player's limitations. A player excused due to injury or illness must present a signed doctor's release indicating that the player is medically fit before he/she will be allowed to participate in any CORE activity. The player will be able to tryout for a spot when she is healthy enough to participate. If the injury or illness is a last minute/unforeseen situation (the day of) the parents must make an attempt to get to the tryouts to let the coaches know. A time will be set-up to make up the tryout.

Player Tryout Evaluation

A team of CORE coaches will be at each tryout session to evaluate every player's volleyball skills. The player is evaluated on their current volleyball ability, coachability, effort level, attitude, anticipated potential, and general athleticism.

Team Selection

Players will be placed on a team based upon their own merits. If players have played on a previous year's team, their prior commitment and character will also be considered. No player will be placed on a team over a more deserving candidate because he/she has previously played on a traveling team.

Once tryouts are complete using the data collected along with recommendations by the evaluators, teams will be posted on the club's website by the pre-determined time. CORE will post the teams ASAP so players who do not make the team may find another club to play for.

CORE FEES

Tryout Fee

The specified fee is non-refundable and will be collected at the time of registration or at your tryout session. There is a much reduced fee for pre-registrations.

Season Fee

Specific fees can be found on the website but the fees cover the following:

- North Country Region player, team, coaches, and director fees
- Coaches, assistants, director, and physical fitness trainer salaries
- Equipment and supplies
- Gym rental fees
- Tournament fees
- Player wear (warm-up shirt and two practice shirts)
- Jersey's & printing which are bought new every 3 or 4 years
- Coaches wear
- Other Miscellaneous fees

CORE is proud of being one of the best-priced programs in the area while still maintaining excellent quality. How is CORE able offer such a high quality service at a low price? This answer to this has many aspects:

- (1) We do not have a huge overhead cost. We work through Visitation, which means we have low gym rental - this is not the case with many other clubs.
- (2) We are a low profit club - even with low player fees our coaches are paid very well compared to other clubs. Which leads to quality - coaches want to coach in our program!
- (3) We do not buy jerseys every year; girls turn them in at the end of the season. Why should players pay for a jersey, which will never be worn again?
- (4) We run many home tournaments, which bring in funds and more importantly our teams do not have to pay many of tournament fees.
- (5) We are local and do not travel. In traveling clubs the players pay for themselves, the coaches (travel, board, and food), chaperones, and at times other teams within the club to travel.

Fundraising

CORE DOES NOT ORGAINZE ANY FUNDRAISING OR REQUIRE "VOLUNTEERING"

Refunds:

Refunds of fees will be considered upon written request to the CORE Director and will be made at the director's discretion. The player is responsible for covering the cost of all fees, clothing, salaries, and other costs the club has paid up to the point of the refund. In addition a \$25 per player cancellation processing fee will be assessed.

ELIGIBILITY

CORE practices at Visitation and some of the Visitation high school coaches do coach in the program this does not mean that Visitation students have priority or special rights to the teams formed - teams are formed as fairly as possible based off the "blind" tryout results.

2016 USA Volleyball Age Divisions:

We do not play in qualifiers or the President's Day tournament so birthday OR grade can decide on age level for the player!

17 and under Division: Players who were born on or after **Sept. 1, 1998 or grade 11.**

16 and under Division: Players who were born on or after **Sept. 1, 1999 or grade 10.**

15 and under Division: Players who were born on or after **Sept. 1, 2000 or grade 9.**

14 and under Division: Players who were born on or after **Sept. 1, 2001 or grade 8.**

13 and under Division: Players who were born on or after **Sept. 1, 2002 or grade 7.**

12 and under Division: Players who were born on or after **Sept. 1, 2003 or 6th grade or under.**

(age 10-11 play in the 12 & under division)

PLAYER EXPECTATIONS

Respect the Game / Respect the Club

Players are responsible for their actions on and off of the court. This is true during practices, team activities, matches, and even at school as each player represents the whole CORE Volleyball Club.

1. Hustle

- a. Players are expected to quickly move on and off of the court.
- b. Go for every ball, even if the ball is projected as unplayable, the player should make a play on the ball. Coaches will teach this during practices and games.

2. Positive Attitude

- a. Players should have a positive attitude toward the game, their teammates, coaches, fans, officials, and everyone else involved within the game or practice they are attending. Negativity will be dealt with immediately and consistently.

3. Uniform

- a. Players wear will be clean and worn appropriately with jerseys tucked in.
- b. Spandex must be at least a 4" inseam and black in color.**
- c. Practice shirts are to be worn to all practices.

4. Officials

- a. Arguing with officials is not acceptable by neither the parents nor players of CORE, it is the coach's responsibility to deal with officials in the appropriate manner.
- b. Captains or all players (to be determined by the coach) should shake the hands of the up and down official at the end of the match.

5. Other Players and Coaches

- a. Respect will be shown for all opposing players and teammates at all times.
- b. Respect will be shown for all opposing and CORE coaches at all times.

6. Practice

- a. Practice time is the most important time for players to hustle and listen.
 - i. Players must hustle between activities/contacts. NO walking in the gym!
 - ii. Players must refrain from goofing off or not listening while a coach is speaking.
- b. Supporting fellow teammates should be conducted at all times.
 - i. All players should be paying attention to the game and cheering on fellow players.

7. Attend workout sessions

- a. All players must attend and participate in the workout sessions. Players will get out of training what they put into training. These sessions are beneficial for all including 10-12 year old players. Missing these sessions are the same as missing practice and have the same consequences. Players who do not work hard will have additional consequences determined by the coaching staff.

8. NO PHONES AT TEAM EVENTS – coaches may choose to keep the phones in a safe place until the event is over.

9. Communication with coaches

- a. Players must contact coaches through EMAIL if they plan on missing any practice, team event, or tournament. **Parents must be CC on the email or the absence will count as an unexcused absence.**

Participation

CORE as a program understands the balance players need to make with volleyball, academics, activities, and social lives. We expect the players to realize that the team counts on everyone (coaches and players) to be at as many practices and events as possible. CORE believes a player should participate in all scheduled practices, workout sessions, tournaments, and team events unless an excused absence is granted prior to the day of the event/practice. If there is a last minute issue the athlete should text, email, or call the coach ASAP. Attendance will be taken at the beginning of each practice and absences without being excused will effect playing time or may lead to disqualification for an event. Extenuating and unusual circumstances will be reviewed on a case-by-case basis.

Injury or Illness Absence

A player who is sick from school or is injured the day of practice still needs to contact the coach through an email to state that they will not be at practice. ALL EMAILS MUST CC THE PLAYER'S PARENTS, if this rule is not followed it will be counted as an unexcused absence. We know this is an extra responsibility when the player is already not healthy; however, the coach needs this information so they can plan practice accordingly. If the coach is not contacted it will count as an unexcused absence.

Blood Policy

A player or coach may be injured during practice or a game. Anyone who is bleeding or who has an open wound shall be prohibited from participating in the game or practice until appropriate treatment has been administered. If medical care or treatment cannot be administered in a reasonable amount of time, the individual will have to leave the game or practice. Once the

bleeding has been stopped, the player or coach may re-enter the game or practice. If there is a substantial amount of blood on the uniform, it must be changed before that individual may return to play.

Excused / Unexcused Absences

Players who miss practice or tournament hurt their team's ability to play at the best of their ability. Coaches can plan around pre-excused absences but unexcused absences are very difficult to deal with at times. For this reason the club has the following penalties for unexcused absences:

- 1st offense: Player will miss one game in which she was planned to play in (this means the player might sit two or three games straight);
- 2nd offense: Player will miss two games in which she was planned to play in;
- 3rd offense: Player will miss three games in which she was planned to play in;
- 4th offense: Player will miss the next tournament the team plays in.

NOTE: The player is still expected to be in attendance for the games or tournament she is sitting.

Other Disciplinary Issues

The CORE Volleyball Club disciplinary policies will mirror those of MSHSL (Minnesota State High School League). However, CORE reserves the right to build upon those policies.

A coach, referee, or director may suspend any player, parent, or coach who acts in a non-sportsman like manner, as described in the "Behavior" section of this guide. Subsequent violations may result in the player, parent, or coach being removed from the program. All violations must be reported to the Director.

Behavior

One of the objectives of the program is to teach respect for the game and officials. CORE employees, players and parents will be held to the highest standards of sportsmanship.

Conduct that will not be tolerated includes verbal abuse, tantrum-like acts, profanity, physical aggression on or off the court, acts intended to cheat the spirit of the rules, or acts meant to intimidate the referees. Referees may use their discretion whether to issue a warning or to immediately eject the violator (coach, player, or spectator) from the game. If a parent or player has a problem with the performance of a referee, he/she should direct his/her concerns to the team's coach. The coach represents CORE and should be the only person communicating with the referees.

Players will treat their coaches, parents, teammates, the referees, and the opposition with respect. After each game, the participants will line up and shake hands. Spectators are restricted to the areas that are "out of play" and away from the benches.

Player Removal (see refund section) from CORE Program

Once a team is selected, a coach cannot replace a team member solely because of a lack of skill. A player may be released for the following specific reasons:

- Frequent flagrant disregard of the player's responsibilities.
- Continued play in such a manner as to endanger others and/or self.
- Displaying an uncaring/disrespectful attitude, which results in not applying oneself, thus hurting the team's competitive and team building potential.
- Failure to work within a team environment (placing self-interest before the teams).
- Repeated non-sportsman like behavior.
- Any use of drug, tobacco, or alcohol at any point during the season.

Before requesting the removal of a player, the coach must discuss the situation with the director and the player's parent(s) to attempt to correct the situation. The discussion should include an objective description of the behavior and of the intended discipline. If this fails to correct the situation, the coach must then notify the director a second time who must approve any further action. The removal of a player has never happened in the history of CORE (formally BVC) and hopefully it never will happen.

Drug, tobacco, or alcohol use will lead to immediate removal from the program, NO EXCEPTIONS.

JERSEY CARE

The jerseys are reused year-after-year; please keep great care of the jersey while you are using it. When you wash the jersey, please use cold water and mild soap then hang dry the jersey. Please note that hot water and heat from the drier ruins the print.

END OF SEASON PROCEDURES

Jersey

The coach will collect the jersey at the last tournament and the club will wash it and reuse the jersey again the following year.

Evaluations

Parents and players are asked to complete an evaluation at the end of each season on their experience with the CORE Volleyball program and their coaches. This is a great opportunity to express your opinions and to help us make improvements. Contents of evaluations are confidential and are viewed by the Director unless you specifically check the area saying your comments may be shared with the coach and/or put onto the "Testimonials" part of the website.

PROBLEM RESOLUTION

When a player or parent has a major concern about the handling of the team or an individual player, they should:

- **Adhere to the "24 Hour Rule"** which requires a player/parent to wait at least 24 hours after the practice or tournament before approaching a coach on the matter.
- Choose a time and place that is convenient for all parties involved (player, parent, coach, and possibly the director) and approach the situation in an appropriate manner (keep the emotions under control, keep the discussions polite and to the point, and keep the discussions private and out of the earshot of other players or parents).

If the problem persists or cannot be resolved between the player, parent and the coach within 72 hours, it should be brought to the attention of the Director. At this time, the Director will act as a mediator between the player, parent and the coach. All parties involved will meet to discuss the situation and strive for a solution.

PARENT/GUARDIAN CODE OF CONDUCT

As a parent/guardian of a child involved in a the CORE program, I/we agree to abide by and follow the rules and guidelines listed below:

- I/we will encourage good sportsmanship through my/our actions, by demonstrating positive support for all players, coaches, and officials at every game or practice.
- I/we will promote the emotional and physical well being of the athletes ahead of any personal desire to win.
- I/we will provide support for coaches and officials working with the athletes to provide a positive experience for all.
- I/we will demand a drug, alcohol, and tobacco free environment for my child, and agree to assist by refraining from their use at LBA Travel Program events, home or away.
- **I/we will remember the game is for the athletes and not for the parents.**
- I/we will demand that my/our child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
- I/we will treat all players, coaches, and officials with dignity and respect in language, attitude, behavior, and mannerisms.
- I/we will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I/we will make sure our daughter informs the coach, within a reasonable period of time, of any anticipated absence from a game or practice my child might incur due to sickness, injury, vacation, or any other reason.
- We will read the "how to talk to your athlete" article on the CORE Volleyball website.