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# Player - Parent Handbook

**Please read this document together (player and parent), sign the last page and return this to your coach to be filed by the Club Executive.**

## **CLUB PHILOSOPHY**

Campbell River CRUSH volleyball is a non-profit volunteer athletic association created to promote volleyball as a community sport. It is the intent of the club to provide athletes opportunities to develop sportsmanship, skill and a sense of 'team' and competitive spirit.

## **PLAYTIME**

All players are guaranteed equal coaching time during practice but not necessarily equal playing time during games.

## **COMMUNICATION**

Sometimes misunderstandings, conflicts or problems occur within teams. First it is important to communicate with your child to address the problem. Secondly, speak to the coach in private outside of practice time. If more assistance is required to resolve the issue, please speak to the Club Parent Representative or the Club Director. If the issue is still not rectified to your satisfaction, please contact Chris Dahl at BC volleyball, [island@volleyballbc.ca](mailto:island@volleyballbc.ca)

## **Discipline**

- Coaches have the authority to enforce disciplinary actions as they see fit.
- Use of drugs or alcohol, un-sportsmanlike behaviour, theft, vandalism or inappropriate conduct may result in a permanent suspension from the team and possibly CRUSH Volleyball. For these major issues, the Club Executive will be involved in determining appropriate discipline.
- Questions or concerns on disciplinary action should be brought to the attention of the Club Executive immediately.

## **CHAPERONE GUIDELINES**

- Abstain from the use of tobacco products while in the presence of athletes
- Refrain from using profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties
- Chaperone should remember they are representing CRUSH volleyball at all times when travelling

# Players Section

## **ATHLETE POLICIES**

- Smoking, drinking alcohol and illegal drugs are prohibited for CRUSH Volleyball athletes
- Only the designated captain will speak to the officials
- When travelling, athletes should inform coaches or parent chaperones of their whereabouts at all times
- When travelling, athletes should represent the Campbell River CRUSH Volleyball Club in a positive manner at all times
- Report all injuries to your coach immediately
- Athletes are expected to be at all practice and MUST notify the coach BEFORE missing a practice

## **VOLLEYBALL TEAM PHILOSOPHY**

Volleyball played well is a thing of beauty. Few athletic endeavors require as much teamwork; rarely does a sport reward hard work so completely. Athletes who study the game and apply the lessons learned relish every opportunity to practice and play. Spectators who watch competitive volleyball for the first time are easily hooked.

Your CRUSH coaches love volleyball. They are committed to you as athletes and as **a person**. It is their goal to provide every opportunity for you to become as good as you want to be. More important, they strive to help you and your teammates become the best team you can be.

## **THE TEAM COMES FIRST**

As a CRUSH volleyball player, you agree that the team is paramount. Your individual goals and your team's goals do not necessarily conflict, but when they do, you accept that decisions are made for the good of the team. Successes are sweeter—setbacks sting less—when they are shared.

## **RULES HELP OUR TEAM RUN SMOOTHLY**

Each player must decide if she buys into our system and is willing to commit to this team. Every rule is for the benefit of the team, and you have to decide, in advance, whether you want to follow them. If not, you should not be a part of the team.

## **OUR TEAM THRIVES ON TRUST AND RESPECT**

You must trust your coach and your teammates, and behave in a way that earns their respect. You must do everything reasonably necessary to make yourself and your team better.

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## **OUR ATHLETES LEARN TO BE COACHABLE**

There is often more than one way to do things correctly. In some cases, however, your coaches will select a specific strategy for the benefit of the entire team, even if it may not seem to benefit a particular individual. You must be willing to make changes according to your coaches' suggestions. If coaches seem to be "riding" you, it is usually because they think you are capable of a higher level of performance.

## **OUR TEAM WORKS HARD**

Everyone wants to win, but few make the sacrifices to do it. No one will give you anything in life, you must earn it. You cannot cut corners. If, for example, you don't have a consistent, killer serve, you should work long and hard to get one.

## **OUR TEAM HAS BALANCE**

To balance academics, athletics, work and family, you must plan ahead and make difficult choices. The choices you make will affect your future opportunities. Choose wisely.

## **ON OUR TEAM, BENCH TIME IS PLAYING TIME**

As a CRUSH volleyball player, you maintain the same focus and enthusiasm whether you are between the lines or on the bench. You accept that playing time is decided by the coach for the good of the team in the circumstances of the moment. You know that CRUSH's bench is its secret weapon: every player has her head in the game at every moment, and is ready to come in at any opportunity.

## **OUR TEAM CAN BE SUCCESSFUL**

Your coaches want you to know that almost any obstacle can be overcome with hard work. Commitment, perseverance and responsibility will be rewarded.

## **OUR TEAM HAS FUN**

Volleyball is one of the most fun sports in the world. You know you've chosen the right sport if you simply can't wait to get back in the gym, and absolutely love stepping on the court with your friends and teammates every chance you get.

## **OUR TEAM PASSES IT ON**

As you move through high school, share your new skills and insight with new or younger players. Be generous with your time. Consider helping at the middle school or club level as an assistant coach or referee. Be an active and involved.

## **TIME COMMITMENT FOR CRUSH VOLLEYBALL**

Like all worthwhile extra-curricular activities, Club sports require a substantial commitment. Volleyball—the ultimate TEAM sport—demands that diverse individuals work as one, in a fast-paced test of coordination, concentration and—above all—cooperation. Building a team requires a commitment of everyone's TIME.

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Our season is short ... tryouts begin in December, and--just sixteen weeks later—the Provincial Championships. Focus during this brief period is incredibly important.

As a member of the CRUSH Club, you are expected to:

### **ATTEND EVERY PRACTICE**

Skills training, lesson plans and game preparations are all built one step on top of another. Coaches will not have the opportunity to help players “catch up.” If you know you must miss a practice, you must call the coaches in advance. It will be your responsibility to ask a teammate to take notes in your absence and to brief you before you return.

### **ATTEND EVERY MATCH**

On match days (primarily Sundays), the CRUSH players must attend other matches as well as their own. Cheer on your fellow competitors. All players, when not playing will help record statistics. Everyone will take a turn. If you are not able to attend a Playday, let your coaches know in advance so that they can plan practices accordingly.

# Parent's Section

Parents have long been central to the success of the CRUSH Volleyball program. The CRUSH players enjoy an unusually high level of encouragement and sportsmanship from members of their extended family, including parents, teachers, and fans. We welcome the chance to continue that tradition of support.

### **COMMUNICATING WITH COACHES**

Some of CRUSH's coaches have been in your shoes: they are parents of former CRUSH athletes, and know first-hand the joys and frustrations that can accompany that relationship. We are all glad to speak with you about your daughter/son, but ask that you:

- Insist that your daughter/son try to work out volleyball-related issues directly with their coach before enlisting your direct assistance. Learning to deal with authority figures is one of the supreme benefits of participation in organized sports.
- Discuss all concerns with the volleyball coaching staff first before contacting CRUSH's administrators.

Avoid jumping to conclusions. Remember that some teenagers may misunderstand or exaggerate both when praised and criticized, and that decisions about complicated issues like playing time are usually the product of many factors.

### **24-HOUR RULE**

If you are concerned about a volleyball-related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are inevitably more productive. We always enjoy chatting with parents at the conclusion of matches, but cannot address non-emergency issues at that time. We also cannot interrupt practice sessions.

### **SPORTSMANSHIP**

All parents (and players) are expected to demonstrate the highest level of sportsmanship while representing CRUSH Volleyball. Please cheer for our team's efforts and successes. Parents and other fans should never celebrate our opponents' mistakes.

- While in the gymnasium, keep all comments positive—remember, you are sitting among parents from the other club. Please do not compare the skill or attitude of your child out loud with other members of the team.
- Volleyball officials are off-limits for parents. Refrain from yelling at the referees—before, during and after the match—no matter what the perceived error or injustice. CRUSH's coaches believe players must learn to perform under adversity, and to not waste emotion or effort on things not within their control.

Take the time to learn more about volleyball rules and strategy. What sometimes seems like a blown call or a poor coaching decision often looks much different if you have a more detailed appreciation for the nuances of this sometimes-complicated sport.

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## PLAYING TIME

For coaches, delegating playing time is a zero-sum exercise: the decision to give one player more time on the court means another player will get less. As such, all good coaches know that with each decision, however well-considered, comes the likelihood that someone will be disappointed.

- Strong teams have strong benches. Players who keep focused on the match while not on the court greatly increase their chances of success once they enter the game. Spirited bench players almost always infect their teammates with optimism and extra energy.
- Line-up decisions are primarily the result of careful consideration about our own team's chemistry, and our opponent's strengths and weaknesses. Playing time is earned by hard work, proven performance and an occasional hunch. Coaches take a season-long view about each player's time on the court.

Parents should resist measuring their child's volleyball experience solely by the amount of her playing time. We strive to inject each player with a love for the sport, teaching her to value the opportunity to be strong and confident, whether in practice or a game.

## **"10 Commandments of Parents"**

by Carl McGowan

1. **Let your children know that win or lose you love them, unconditionally.**

You are proud of their efforts and are not disappointed with them. You are the people in their lives who always give positive reinforcement.

2. **Show them you are pleased that they choose to play sports and accept all the challenges that come with trying to better themselves in practices and games.**

Let them know you understand how hard it is to constantly put themselves on the line in front of peers and spectators.

3. **Be completely honest about your child's athletic ability, attitude and sportsmanship.**

Remember that you don't know what happens in practice; you can't second-guess the coach's decisions because you may not have all of the information.

4. **Let your children live their own lives.**

Try not to relive your athletic life through your children. You had your time, now it is their turn. Don't pressure them to shine for your own ego. Remember that you made mistakes too.

5. **Coach attitude, but don't coach skill.**

Leave that to the team coach. Refrain from the inclination to try to make your child just a little better by giving them tips on the way home from matches or practice, or at dinner, or when they are trying to go to sleep, or any other time for that matter.

6. **Don't compete with the coach.**

You each have different roles to fill; leave them theirs and work on your own. "It takes a village to raise a child." Be glad you have an excellent adult role model contributing to the upbringing of your child. But remember, they are human; they will make mistakes.

7. **Never compare the skill, athletic ability, or attitudes of your child with other members of the team, at least not within their hearing.**

A team needs all kinds of different athletes to fulfill essential roles. Celebrate your child's special attributes.

8. **Know your child's coach.**

Because of the special circumstances of a coach - player relationship, the coach has a tremendous potential to influence your child. Be aware of the coach's philosophy, attitudes, ethics and knowledge.

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**9. Always remember that children tend to exaggerate both when praised and when criticized.**

Allow them time to cool off. Chances are, tomorrow they will have more appropriately evaluated a situation, while you may be just beginning to investigate. If the situation warrants following through, investigate quietly before overreacting.

**10. Make a point of understanding courage and the fact that it is relative.**

Some are terrified of talking in public while others are not. Some are afraid of a mouse, but not of a bull. Everyone is frightened in certain circumstances. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. Be proud that your child has chosen to participate rather than spectate, to do and not only dream, to risk stumbling and rise to try again. Be supportive and encouraging; congratulate them when they succeed on their own.

Parents who follow this mantra will consider it high praise indeed when, later in life, their children say: "My parents were always there for me, and were my best support. I couldn't have done it without them. I want to be just like them."

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CAMPBELL RIVER



VOLLEYBALL CLUB

## **Player - Parent Agreement Form**

I (name) \_\_\_\_\_ the parent of \_\_\_\_\_, have read the above rules in the Player - Parent Handbook, and agree to abide by these rules and regulations.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I (name) \_\_\_\_\_ the player, have read the above rules in the Player - Parent Handbook, and agree to abide by these rules and regulations.

I understand that violation of these rules and conditions will result in disciplinary action.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Comments:

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**Please return this signed page to your coach to be filed by the Club Executive.**