



## October 23, 2011 Parent Information Meeting

### ◆ Capital Area Volleyball Club

- ❖ Founded in 2002
- ❖ Provides a choice of Club programs in area
- ❖ Develop individual and team skills
- ❖ Partnership (Players, Parents, Coaches)
- ❖ All training with goal of developing competitive players

### ◆ Participants

- ❖ Girls ages 11 – 18 from any school
- ❖ Committed to improving skills

### ◆ Management

#### ❖ Executive Board

- Ric Washburn            Director/Executive
- Sean Northweather    Director/Head Coach
- Larry Brendel           Director/Programs
- Greg Slinkard           Treasurer (non-voting)

#### ➤ Responsibilities

- ✓ Representation of Club to USAV
- ✓ Direction of Club
- ✓ Pre-Season Preparation
- ✓ Tournament Preparation
- ✓ Training Methodology (Playing and Officiating)
- ✓ Coaching Education

#### ❖ Parent Advisory Board

- Team Representative from each team
- Responsibilities
  - ✓ Day to Day Operation of the Club
  - ✓ Run Tournament
  - ✓ Manage Tournament Concessions (If Desired)
  - ✓ Apparel Sales
  - ✓ Marketing (Sponsorships, Contributions)
  - ✓ Provide recommendations to the Executive Board
  - ✓ Meet monthly with Executive Board

### ◆ Individual Dues and Fees

- ❖ \$ 51.50 USAV registration
- ❖ \$175.00 Once Weekly Training Sessions
- ❖ \$220.00 Twice Weekly Training Sessions
- ❖ \$ 60.00 Avg. Per Away Tournament
- ❖ \$ 25.00 Avg. Per Local Tournament

#### ➤

- ✓ Uniforms
- ✓ Training Time (Facilities)
- ✓ Coaches travel expenses
- ✓ Equipment, Administration, Supplies

#### ➤ Payment Dates

- |                     |                                               |
|---------------------|-----------------------------------------------|
| ✓ USAV registration | <b>Prior to participation at any activity</b> |
| ✓ Club Dues         | <b>11/20/2011 Mandatory Parent Mtg</b>        |
| ✓ Tournament Fees   | <b>01/15/2012</b>                             |



## October 23, 2011 Parent Information Meeting

### ◆ Registration

- ❖ **MUST BE REGISTERED WITH USAV PRIOR!!!**
- ❖ **MEMBERSHIP CARD MUST BE PRESENTED AT ALL EVENTS**
  - A copy must be given to the club at each event
  - Registration may be available at events
  - Additional \$5.00 registration processing fee will apply
  - Registration Instructions
  - Go to [hoavb.org](http://hoavb.org) – Under Hot Topics – Indv Registration
  - Select appropriate action or select Help for a PDF

### ◆ Dates

- ❖ **Open Gyms (Arrive 15 minutes early)**
  - **Must be registered in advance**
    - ✓ **Have a copy of registration card to leave with club**
  - \$5.00 Open Gym Fee to cover Court Cost
  - ⊗ **Sun Oct 30 at Knowles YMCA (424 Stadium Blvd)**
    - ✓ for 13s 6:00-7:30pm
    - ✓ for 14s 7:30-9:00pm
  - ⊗ **Wed Nov 2 at Jeff City HS (609 Union St)**
    - ✓ for 11s-12s 8:00-9:30pm
  - ⊗ **Mon Nov 7 at Jeff City HS (609 Union St)**
    - ✓ for 15s 8:00-9:30pm
  - ⊗ **Wed Nov 9 at Jeff City HS (609 Union St)**
    - ✓ for 16s-17s 8:00-9:30pm
- ❖ **Try Outs (Arrive 30 minutes early)**
  - **Must be registered in advance**
  - **Have a copy of registration card to leave with club**
  - \$5.00 Try Out Fee to cover Court Cost
  - ⊗ **Sat Nov 5 at Knowles YMCA (424 Stadium Blvd)**
    - ✓ for 13s 4:00-6:00pm
    - ✓ for 14s 6:30-8:30pm
  - ⊗ **Sun Nov 6 at Firley YMCA (525 Ellis Blvd)**
    - ✓ for 11s 5:15-6:45pm
    - ✓ for 12s 7:00-9:00pm
  - ⊗ **Sun Nov 13 at Thomas Jefferson MS (1201 Fairgrounds Rd)**
    - ✓ for 15s 3:00-05:00pm
    - ✓ for 16s 5:30-07:30pm
    - ✓ for 17s 8:00-10:00pm
- ◆ **Try Outs (Arrive 30 minutes early)**
  - ❖ **Must be registered in advance**
  - ❖ **Have a copy of registration card to leave with club**
  - ❖ \$5.00 Try Out Fee to cover Court Cost
  - ❖ 2 hours long (1.5hrs 11s)
  - ❖ Tryout with your natural age determined by your age on 09/01/2012
  - ❖ Players evaluated on individual skill and in competition type situations
  - ❖ Coaches determine teams following tryouts

◆ **Teams**

- ❖ 1 - 17s; 1 - 16s; 1 - 15s; 2 - 14s; 2 - 13s; 2 - 12s; 1 - 11s;
- ❖ Option of adding additional teams if resources (coaches and courts) are available
- ❖ No waived players on 17-1, 16-1, 15-1;
- ❖ All stronger teams will be expected to compete across the Heart of America Region and Other Regions
- ❖ All younger teams may travel if they wish but we expect them to compete locally
- ❖ As age progresses player roles will become more specialized

◆ **Expectations of Players Accepting Positions**

- ❖ **Player accepting a position will displace someone**
- ❖ **Players will make all scheduled events**
  - If a player is aware of activities that will conflict with participation they need to make the club aware prior to accepting a spot on a team
  - Very difficult to maintain team chemistry & level of play if even one player is missing practices and/or matches due to other commitments
  - Club has worked with players participating in other sports in the past – up to coaches
- ❖ **Players must accept that training time will be equal but playing time will not!!!**
- ❖ **Players understand that the team goals are the focus of all training activities**
- ❖ **Player will attend training with a positive attitude and be physically ready to train.**
  - Disruptive players may be excluded from further training that session or sent home.
  - The coach may request, to the executive board, that said player be suspended from further activity.
  - A mandatory conference will be required to reinstate any suspended player.

◆ **Rules and Regulations (Brief Overview)**

❖ **Training Sessions**

- **We are a club and should train as a club and look like a club!!!**
- Sign In/Sign Out mandatory – Standardized forms for use by all teams
- Female parent present at all events  
(may not be spouse or immediate relative of the coach)
- No Jewelry (As defined by USAV)
- No cell phones out during any club activities
- No School Specific attire at training  
**(May wear school jacket to gym, but should be removed as soon as possible)**
- Players should wear CAVBC apparel to and from training sessions
- If teams want individualized shirts,  
**Shirts will be purchased from CAVBC store and customized afterwards**
- Players will train in CAVBC uniforms or CAVBC apparel.
- Failure to comply will result in an unexcused absence & players may be required to sit.
- Unexcused absences will be documented and handled by each coach

◆ **Training Sessions/Tournaments**

- ❖ Each team will have one Sunday afternoon/evening session time and one weekday time either on Tuesday, Wednesday or Thursday
- ❖ Training Sessions are hour and thirty minutes in length
- ❖ Gym time starts in December; some teams may start in December, other not until January – up to individual coaches
- ❖ Tournaments on Saturday or Sundays
- ❖ Most are one day, some are two and three day (Sat/Sun, Fri/Sat/Sun, Sat/Sun/Mon)
- ❖ **Home tournament**
  - Late February/early March
  - Teams play one day and have work assignments
    - ✓ Work responsibilities include: court set up, tear down, gym set up, court managers, tournament manager, site clean-up and various other activities
    - ✓ Concessions may be used as a fund raiser by any team requesting it.



## October 23, 2011 Parent Information Meeting

### ◆ Clinics

- ❖ Coaches must attend an HOA Coach's Officiating Clinic
- ❖ Players have to be certified to officiate matches at tournaments
- ❖ Referee and scorekeeper clinics will be held in December
- ❖ All players need to attend one or the other to become certified
  - Run shorter, refresher clinics for players with at least two years of experience
  - Longer, more detailed clinics for younger, inexperienced players
- ❖ Coaches will attend and parents are invited to attend

### ◆ Website (cavbc.org)

- ❖ Content
  - Training schedules and locations posted
  - Teams and rosters posted
  - General, club, team & specific information announcements
  - Coaches' contact information
  - Printed materials available in pdf format
  - Club policies will be posted by the start of the season and must be signed by player and parent and returned prior to participation
  - Parent/Player agreement must be signed by player and parent and returned prior to participation