



Parent/Athlete  
**Handbook**  
2019/2020

*"The Rising Tide Lifts All The Boats"*



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# Mission Statement

The director and coaches of City Beach Volleyball Club believe success is achieved by the development of a productive attitude, effective habits, and an ever-increasing ability to give maximum effort. Our goal is to teach through sports, the life skills necessary to be successful in a structured and competitive environment. We aim to control the controllable, give the best effort, and develop the learning skills necessary for every child to reach their potential. Developing the whole person is our focus.

## Program Goals

- Provide high performance sports education
- Create a positive culture that empowers each player to learn and develop true confidence by overcoming adversity
- Assist each player in developing a greater understanding of volleyball techniques & strategies
- Set and achieve realistic individual and team goals
- Establish a strong work ethic & a desire for learning
- Teach self-control & discipline
- Help each player to achieve a sense of accomplishment through measurable personal successes
- Teach players that joy can be found in truly putting others before one's self

## Codes of Conduct

This club will be primarily governed by the AAU, USAV, and NCVA Rules of Conduct. It is the responsibility of all parents and players to familiarize themselves with these guidelines. Each player and parent will sign the Code of Conduct agreement acknowledging that they have read and will behave in a way that is compliant with the guidelines. In addition, parents and players are required to follow the culture and behavior guidelines set forth by City Beach Volleyball Club.

City Beach reserves the right to exercise disciplinary action towards any player or parent who exhibits actions that are deemed disruptive and detrimental to City Beach Volleyball Club and its programs. "Disciplinary action" can include suspension or expulsion from the club. Where immediate expulsion is not judged to be warranted, corrective counseling procedures will be utilized as a means to clearly communicate the issues to the player and achieve resolution. Depending on the seriousness of the offense, one of the following consequences will follow:

- Attend corrective counseling and provide written confirmation to the club administration verifying participation
- Disciplinary suspension

Players and parents agree to enroll in, pay for, and attend corrective professional counseling at the request of the club. If additional consequences are necessary due to incomplete corrective actions, expulsion from the club may result.

## General Rules of Participation

Whether on City Beach premises or at City Beach Volleyball Club events offsite, all persons associated with City Beach and its teams are expected to behave responsibly and in accordance with the policies listed below. All actions contrary to the guidelines below (and all other City Beach Volleyball Club rules and regulations) are subject to disciplinary action.

Players and their families will:

- Obey the instructions of City Beach Volleyball Club and tournament staff.
- Avoid the use of abusive, threatening, or harassing language at any time.
- Not commit, or be involved in, any unlawful act.
- Not carry firearms or any other dangerous weapons at any time during club programming.
- Refrain from provoking any type of physical violence or public disturbance at any time at City Beach or any club function.
- Obtain proper authorization prior to removing or borrowing any City Beach property, including, but not limited to, volleyballs and carts.
- Follow the communication, cultural and conflict resolution guidelines listed below
- Not disrupt the coach-player dynamic. (e.g. Parents are not allowed to coach their player, or any other City Beach Volleyball Club player, during matches or practices.)

Please Note: **City Beach is not responsible for lost items.** Please leave all unnecessary personal belongings, to include but not limited to, jewelry, watches, phones, and other unnecessary articles of clothing, at home.

## Drugs and Alcohol

City Beach Volleyball Club desires to promote a drug-free environment for all players. It is the policy of City Beach to prohibit the use, sale, distribution, dispensing, possession and the manufacture of all controlled substances by players in the facility. This includes and is not limited to chewing tobacco, cigarettes, e-cigarettes, nicotine products, marijuana, and/or alcohol. In addition, if any player is deemed to be under the influence or involved in the use of a prohibited substance, City Beach Volleyball Club reserves the right to impose one or more of the following actions: dismissal from team activity, suspension from team activities, attendance and completion of a substance abuse counseling program at the expense of the player, required parental supervision at all team activities, expulsion from the City Beach Volleyball program. Additional consequences may result on a situational basis. Buying, possessing, using or consumption of alcohol, nicotine, illegal drugs, other substances, or controlled substances at any time during club programming on-site or off-site is strictly prohibited.

## Safety

- The risk of serious injury does exist; players and parents knowingly and freely assume such risk by accepting a position with City Beach Volleyball Club.
- If players observe any unusual hazard during participation, they will remove themselves from participation and bring it to the attention of the nearest City Beach staff.

- Players must perform all skills and conditioning taught during practice, unless excused by a doctor's note. That being said, if a child feels unable to safely play they can use their best judgment and remove them self from the whole practice.
- A doctor's release is required to return to play from injuries that required medical attention.
- All players' injuries must be reported immediately to the coach and/or club director. Appropriate paperwork must be filled out at the time of injury.

**We agree to the guidelines set forth in the parent player handbook,(mission statement, program goals, codes of conduct,general rules of participation,and drugs and alcohol)**

\_\_\_\_\_ (player initial) \_\_\_\_\_ (parent initial)

# Team Philosophies

## National- Black and Green teams "Performance-Based" Playing Time

Black and Green teams are nationally competitive and operate according to the rules of performance-based playing time. **The “Performance-Based” coaching guideline requires that players be fully committed to attending all practices and tournaments while adhering to all team and club rules.** The coaching staff of each team determines playing time and position based on practice, match situations, and lastly tournament performance. Team strategy decisions and evaluations of player performance for the determination of playing time are made exclusively by the coaching staff. These guidelines are used to keep teams nationally competitive and to achieve team goals. Coaches will provide a fair and impartial environment for each player to earn playing time. Coaches will not discuss playing time as it relates to other players and will not discuss team strategies with parents. This functionally means that players who the coach believes will perform at the highest level in the current situation will play. All team members must be ready and willing to support the team’s performance goal before any personal agenda.

## Invitational teams (White) and Area Teams "Competitive Development" Playing Time

Competitive Development teams emphasize learning before winning. Playing time and position are balanced between each player’s need to learn a skill or position and that player’s ability to contribute to winning. This allows for every player to play part of every match, although play time is not equally distributed. Strong competition provides the context for players to learn and develop. Competitive Development teams will lose more matches than Performance Based teams primarily because they are designed to emphasize development of players rather than emphasizing only winning. However, coaches will balance players' strengths and weaknesses for the team to have a stable level of performance. Thus, playing time is not equally distributed. The competitive development coaching strategy enables us to give play time to players who, if managed under the performance-based guidelines used by Black or Green teams, would not play in many matches. Competitive development teams play a less demanding schedule to allow players to participate in school activities. Players who show a poor attendance record should only expect to play in positions with an amount of playing time that benefits the team, not the individual.

Youth League /Recreational (ages: 8- 14)

\* Recommended for new players or players with limited school experience

These teams compete in the Great America tournament and 3 youth league tournaments. They practice every Friday and every other Wednesday . The focus is development and fun. Everyone will get equal playing time. Players will receive excellent instruction in a low intensity environment

**We agree to the guidelines set forth in the parent player handbook regarding team philosophy and playtime and agree to support the coaching staff in game management**

\_\_\_\_\_ (player initial) \_\_\_\_\_ (parent initial)

# Club & Team Dues

City Beach Volleyball Club team fees for the 2019/2020 season are listed below. (Please note, commitment is for the complete fall 2019 and spring/summer 2020 seasons)

Total cost: \$3720.00

Payment Schedule (for automatic credit card payments)				
Aug (deposit)	Sept. 15th	Oct. 15th	Nov. 15th	Dec. 15th
\$1,240.00	\$620.00	\$620.00	\$620.00	\$620.00

**\*If you choose to pay in FULL by cash or check on signing night, you will pay the discounted rate of \$3600**

Terms: By accepting a position with City Beach Volleyball Club you agree to pay the full amount due for the entire season. This obligation must be met regardless of play time or attendance level. This obligation will not change if a player leaves the team voluntarily, is removed for disciplinary reasons, or if one (or more) parent is sanctioned for violation of the parent code of conduct.

- The first installment is due at the time of signing with City Beach Volleyball Club (**August 12, 2019**) in the amount of 1/3 of the total fees.
- The remaining will be divided into 4 equal payments due **Sept. 15, Oct.15, Nov. 15, & Dec.15.**
- Parents are required to note all payment due dates and to make payments on time.
- Each participant who chooses not to pay in full on signing night is required to provide a credit card in our automatic payment system for following payments.
- Dues are non-negotiable and non-refundable.
- Special consideration and extended payment plans may be available on an individual basis, but must be arranged with the club director after receiving an offer on a team but prior to committing to a team.
- Failure to make the required payments will result in the player being removed from practices and/or participating in tournaments until the matter is resolved.
- Dues are not affected by non-participation in City Beach Volleyball Club programming (tournaments, practices, etc), scheduling conflicts, limited playing time, position played, coaching staff changes, injury, and disciplinary actions to include, but not limited to, expulsion.

### Payment protocol

1. One week after payment is due:
  1. CB will follow up with an email
2. Two weeks after not receiving payment/arrangements:
  1. Player can practice, but cannot participant in tournaments until payment is made
  2. Dustin will make a phone call
3. One month of not receiving payments/arrangements:
  1. Player cannot participate in in practice/tournaments until payment is made

**By accepting a position with City Beach Volleyball Club, we agree to pay the full amount due for the entire season and understand the protocol if payment is not completed**

\_\_\_\_\_ (player initial) \_\_\_\_\_ (parent initial)

# COMMUNICATION

## Player/Parent Communication Guidelines

City Beach Volleyball Club staff is trained to communicate with players to let them know what they can expect regarding playing time and their role on the team. Coaches are responsible for communicating to each player the standards for earning playtime, position requirements, and the player's current performance relative to that standard. It is the player's duty to communicate with the parents and it is the coach's duty to follow up on the accuracy of the information shared. A coach should proactively share information of any learning and/or participation issues. Parents are not allowed to approach coaches at tournaments and must follow the communication procedures outlined below. This is designed to give enough time for emotions to pass and for all parties to address any concerns in a productive manner. Coaches are at work while coaching and City Beach takes the work environment and the safety of its employees very seriously. No player, parent, or coach is permitted to violate this protocol.

**Parents must work within the player-coach relationship and never circumvent the chain of communication.** The player will be present for any meeting where they are the topic of discussion. Failure to follow the communication procedure may result in disciplinary action. Coaches will articulate the standards of performance that are required, as well as how they will work to develop a player's ability to meet those standards. The decisions and standards of a coach will be reviewed by the club director only.

### *Communication Procedure*

- Players and parents must wait **48 hours after play ends** to initiate any of the following steps.
- **Player** requests (via email or telephone) a meeting with the coach
- **Player** meets with the coach and relays relevant information to the parents.
- If the parents would like further explanation or a clarification, the **player** must contact the coach to request an additional meeting. This meeting will include the parents, player and coach.
- If parents and/or player would like further explanation, the **player** may request a meeting with the club director. This meeting will include parents, player, coach, and club director.
- When deemed appropriate, the directors will conduct their own evaluation of the coach's plans and team circumstances. This analysis will be reviewed by the director and the coach.

Coaches will not discuss playing time as it relates to other players. Coaches are required to balance the strengths and weakness of all players on a team and it would be highly inappropriate to share that information with a parent or player. Coaches will only discuss issues regarding the player requesting the meeting.

# Proactive Communication

Players and parents can use the communication guideline and proactively seek out a status report. We strongly encourage this. No two players are equal, every game is different, and no player owns a position. Because these factors are not within a parent's control, we recommend that parents seek out the information that can help empower their player's efforts. City Beach Volleyball Club works hard to ensure that every coach will know what each player needs to be working on to help the team. If this information is not being passed along from the player, parents can and should request this information before a tournament begins.

Be aware that participants are signing up for a team sport. **The group comes before the individual** and City Beach Volleyball Club will always support the greater good. Competitive teams can be challenging for players and parents who are not prepared to put the team's goals before their own personal agendas. When players experience emotional challenges, our staff will work to develop attitudes and perspectives that will enable them to overcome them. Parents can further assist their player by encouraging him to learn by facing the challenges of sacrifice and competition. The City Beach staff will always manage playtime, positions, and practice reps to the benefit of the group. Every participant is required to willingly support the team's goals and sacrifice parts of their personal agenda to participate. If a parent finds that their player needs additional assistance to manage the difficulties, they should notify the coach of the situation and request that the coach provide further help. Do not expect the coach to remove the challenge. The coach will enable them to face the challenge.

# Conflict Resolution

Some important concepts every participant must keep in mind when seeking to resolve an issue.

- Every person has good intentions but is not always good at showing them.
- Aim for a win/win situation. Look to improve the player-coach relationship.
- Conflict itself is not the problem. We must seek to address the root of the issue, not its symptoms. Teams require sacrifice from their members and the sacrifice is not always equal. That can be tough, and our job is to help families manage this successfully. Try to keep a productive perspective, **"The team's success is everyone's success."**
- Look for similarities not differences (avoid reactive and defensive thoughts)
- Be committed to the success of each party involved, hear each party before thoughtfully responding
- Expect to increase communication. Greater communication between the parties involved will improve the situation.
- Refrain from talking about issues with others. Avoid getting to a position that leads you into a defensive mindset. This detracts from everyone's ability to focus on results, making real progress and/or the needs of the situation. People like to feel that they are consistent with themselves. Once an individual has spoken harshly about someone, he/she will reactively support his/her established position in order to feel justified. This occurs even if he/she was wrong and knows it.

**We have read, understand, and agree to adhere to the 48hr rule and communication procedure set forth in the parent/player handbook \_\_\_\_\_ (player initial) \_\_\_\_\_ (parent initial)**



# Attendance

We will work our hardest to accommodate our players' and families' busy lives, but it is solely the player's responsibility to make each practice and tournament. Everyone must commit to attend activities and to sacrifice time equally. Lack of attendance to practice will detrimentally affect the performance of the player. Regular and prompt attendance is essential for a player to perform properly. If a player is unable to make a practice or tournament, it is the player's responsibility to communicate this to the coach. Calling and reporting an absence or tardiness to another player, leaving a voice mail or other types of messages is not acceptable. Lack of attendance to practices or tournaments does not reduce club fees; however it can adversely affect the player's amount of playing time and position on the team. Practices are open to the coaches and players only. Family members, friends and relatives are more than welcome to come and watch but participation is prohibited. Time conflicts with tournaments, practices or any other club functions must be reported to the coach and/or club director immediately as they arise.

**We have read, and understand that lack of attendance will directly effect the player's court time \_\_\_\_\_ (player initial) \_\_\_\_\_ (parent initial)**

# Social Media and Electronic Communications

## Purpose:

City Beach recognizes the prevalence of electronic communication and social media in today's world. Many of our student-athletes use these means as their primary method of communication. While the club acknowledges the value of these methods of communication, the club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

## General content

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities and it is recommended to include the parents/guardians. The content and intern of all electronic communications must adhere to the USA volleyball code of conduct regarding athlete protections.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- Drugs or alcohol use
- Sexually-oriented conversation; sexually explicit language, sexual activity
- The adult's personal life, social activities, relationship or family issues, or personal problems; and
- Inappropriate or sexually explicit pictures
- Note: any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional

Whether one is an athlete, coach, or parent, the guiding principle to always use in communication is to ask: 'is this communication something that someone else would find appropriate or acceptable in face to face meeting? Or is it something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, or other athletes?'

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with athletes is Transparent, Accessible, and Professional.

**We have read, understand, and agree to follow the social media and electronic communication guidelines set forth in the parent/player handbook \_\_\_\_\_ (player initial) \_\_\_\_\_ (parent initial)**

# TRAVEL GUIDELINES

- **LOCAL TRAVEL** (mostly Power Leagues)
  - Players and/or parents/guardians are responsible for making ALL travel arrangements for local travel
  - It is the responsibility of parents/guardians to ensure the person transporting the minor player maintains proper safety and legal requirements, including but not limited to: a valid drivers license, auto liability insurance, a vehicle in safe working order, and in compliance with applicable state laws.
  - **Participants and their parents do release and hold harmless City Beach Volleyball Club and its staff, officers, chaperones and volunteers from incidents involving transportation of players.**
  - Employees and/or coaches who are not acting as a parent will not drive alone with an unrelated minor player
- **TEAM TRAVEL** (WCC & BJNC)
  - Team travel is overnight travel that occurs when City Beach coordinates or arranges for hotel stays so that the team can compete regionally or nationally. Players will be required to travel with and stay with their parents or, their parents will need to make arrangements with another family to provide supervision.
  - When possible, **City Beach will reserve a block of rooms for all ‘overnight trips’ of which PARENTS/PLAYERS will be REQUIRED to reserve by a given deadline. Players who do not have reservations at the designated team hotel within the reserved block by the deadline provided WILL NOT PARTICIPATE IN THE GIVEN TOURNAMENT**
  - Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player (unless the coach is the parent, guardian or sibling of the player)
  - The coach or his/her designee will establish a curfew by when all players must be in their hotel rooms or in a supervised location.
  - Individual meetings between a coach and a player may not occur in hotel sleeping rooms and must be held in public settings or with additional adults present with at least one of those adults being the same gender as the player.
  - Prior to any travel, coaches will endeavor to make players and parents aware of all expectations and rules.
- **Additional policies**
  - Behavior policies
  - Be quiet and respect the rights of teammates and others in the hotel
  - Be prompt and on time
  - Use appropriate behavior in public facilities, including language
  - Needs and well-being of the team comes first
  - General
    - Players are required to stay with their parents for all ‘overnight travel’ unless other arrangements are made between parents/guardians.

**We agree to the Travel guidelines set forth in the parent player handbook and understand that under tournaments’ STAY TO PLAY policies we must book all tournament hotels directly through the booking link provided by City Beach travel**

\_\_\_\_\_ (player initial) \_\_\_\_\_ (parent initial)

# Parent Culture and Interaction Guidelines

City Beach Volleyball Club's culture is guided by the Positive Coaching Alliance. Parents are expected to follow these guidelines.

We play with sportsmanship and honesty.

Honor the game- show respect for R.O.O.T.S.

- Rules: Refuse to bend rules to win. Honor the letter and the spirit.
- Opponents: A worthy opponent is a gift that brings out our best (fierce and friendly, no demonizing the opponent).
- Officials: Show respect even when you disagree, never add fuel to the fire.
- Teammates: Never do anything to embarrass our team and always build up teammates rather than tear them down.
- Self: Live up to our own standards even when others don't.

In professional sports, there is only one goal: to have the most points at the end of a contest. However, in youth sports, there is an additional goal: to produce young people who will be winners in life.

To help our Team get the most out of competitive sports, we need to redefine what it means to be a "winner." Winners are people who:

- \* Give maximum effort
- \* Continue to learn and improve
- \* Refuse to let mistakes (or fear of making mistakes) stop them.

This is called Mastery of Orientation. Positive coaching alliance says that the tree of mastery is an ELM tree where E.L.M. stands for Effort, Learning, and rebounding from Mistakes. If our athletes keep these things in mind, they will develop habits that will serve them well throughout their lives. There is an added benefit. Athletes who are coached with a Mastery Orientation tend to have reduced anxiety and increased self-confidence. And when athletes feel less anxiety, they are more likely to have fun playing their sport...and they perform better!!

## Guidelines

1. Tell your student athlete that it's "ok" to make a mistake.
2. Let your student athlete know you appreciate it when she tries hard even if unsuccessful.
3. Ask rather than tell. Try to get your child to talk about her play rather than telling her what you think about it. Ask open-ended questions to get her to talk ( e.g. "what was the best part of the game for you?")
4. Recognize that Mastery is hard work. Let the coaches criticize your child's play. Tell your child you are proud of her regardless of the outcome of the game.
5. Don't compare your player to opponents or teammates. Hold them to standards they have set for themselves or with their coach.
6. Do not coach from the sideline, allow the coaches to do their job.

Parents are required to support and uphold the positive environment we are trying to cultivate. Parents will not be permitted to be disruptive or distracting to the team. They must avoid arguing with the officials and must not denigrate the performance of any player or staff on the team. Any concerns or grievances must be resolved in private using the appropriate channels outlined in this handbook.