

YMCA BLAZE
Club Volleyball



**PARENT/PLAYER
HANDBOOK**

Revised October 2010



TABLE OF CONTENTS

The purpose of this guide is to clearly explain all expectations of parents and players who choose to be a part of our volleyball club. *Please read this carefully*, as parents and players will be held to these policies. **If you do not feel these policies are acceptable, we recommend that you strongly reconsider whether or not this team is right for you.**

Our Mission	pg. 3
Testimonials	pg. 4
Administration (Fees, Structure, etc.)	pg. 5
Coach Experience	pg. 6
Club Rules (Attendance, Sportsmanship, Playing Time)	pg. 7
U13	pg. 8
U14	pg. 9
U15	pg. 10
U16	pg. 11
Practices & Tournaments	pg. 13
Parental Involvement / Parent Representatives	pg. 14
Travel Arrangement / Chaperones	pg. 15
Code of Conduct (Parents & Players)	pg. 16-17
Articles on Sportsmanship	pg. 18-19
Club Contacts	pg. 20

OUR MISSION

With the invention of volleyball taking place at a YMCA in 1895, it is only fitting that we continue introducing this game to new generations.

YMCA Blaze has been involved in the Puget Sound USAV region for almost 15 years. We have grown from a small start up club, to a thriving organization with an excellent reputation. We strive to balance the competitiveness of 'select' sports with family and school responsibilities.

We have built a club that believes that less is more. We strive to maintain our small club, focusing on quality. Our goals are to:

- Help area volleyball players improve their individual skill set, and learn from competition.
- Provide a great physical, social and mental experience during the club season.
- Teach young women to build teamwork with players from many different schools.
- Provide opportunity for players to become involved in their communities.
- Coach, such that volleyball becomes a lifelong passion and a sustained hobby.
- Encourage parents and players to grow in their knowledge and appreciation of volleyball.
- Play competitively in local & regional volleyball competitions - while still providing opportunity for all players on the team to participate.
- Provide participants an avenue to play competitive volleyball, without traveling to out-of-state tournaments, playing every weekend and/or having to make volleyball a 24/7 commitment.

The YMCA values respect, honesty, caring, fun, and responsibility.

We build strong kids, strong families, strong communities.

TESTIMONIALS for the YMCA Blaze Volleyball Club

“It was a wonderful season for my daughter, from a team bonding/chemistry aspect-as well as in terms of how much she learned. It was exactly the type of experience we were wishing for her. She truly benefited from the patience, knowledge, and passion for the game, and I know she will use what she learned this year as a foundation for future years. The kind, but firm encouragement is exactly the coaching style that my daughter responds best to.” – *Parent, 2009*

“Just a note to thank both of you for a wonderful season and experience for our daughter. Kids look up to their coaches and therefore there is a responsibility on the coaches to be good role models. You both passed with flying colors on my score card. I knew from the tryouts that all I heard about YMCA Blaze was true. Your tryouts were highly organized and that each girl got looked at for each skill was very important to me. Your policy of near equal play time for all of the girls is greatly appreciated and the result, in my opinion, was a very cohesive team. It is obvious that you care about the girls as young women as well as young athletes. Keep up the good work and we will see you next year.” – *Parent, 2007*

“Coaches: I just want to take a quick second and tell you both that you are doing a great job. I really appreciate you both and how you treat my daughter and every girl on that team. I don’t care about winning or losing as much as I care about the experience. And you two are going to leave a forever positive impression on my daughter’s life.” – *Parent, 2009*

“The 2004 YMCA Blaze volleyball season will be known as the year our little not-for-profit club got noticed by the bigs. Usually as a result of losing to one of the Blaze teams. As a parent paying less for two kids to play club volleyball at the Y than what most clubs charge for one child, I sat quite smugly as I watched Blaze teams win match after match against the more expensive clubs. But cost is only part of the secret of YMCA volleyball. Blaze volleyball has gifted and giving coaches with a passion for volleyball. You and your kids will be very fortunate if they play volleyball with YMCA Blaze.” – *Parent, 2005*

“We feel so fortunate to be a part of a team that is competitive without being negative. The girls are growing by the positive reinforcement of the coaching staff. We’ve seen so many teams with coaches that yell at players and speak rudely to officials or competing teams. Our coaching staff supports our players, continuously works to develop them, and never lets frustration show.” – *Parent, 2009*

“We are absolutely thrilled to be part of Blaze for the 3rd year. It is high level ball with a perspective- she is getting a great experience and growing as a player and we have a family/girl friendly program that supports and models strong values and ethics.” – *Parent, 2008*

“The coaches are always upbeat and positive, never yelling and always making it fun. I feel like I am closer to my teammates then on past teams on other clubs. Practices are also varied and we get to practice all the aspects of volleyball.” – *Player, 2009*

“I appreciate the coach’s communication with the parents. I like the information that comes home or on email in regards to tournaments and practices. I like coaches who are organized and know how to communicate with parents!” – *Parent, 2008*

“The practices are great, well run, consistent and at a great facility. The technical knowledge from the coaches is good and very specific to each girl. The attitude from the coaches is very good and consistent. The coaches not only run a good practice but communicate really well to the girls both at practice and at tournaments. They treat every girl equal and create a great team environment! Knowledge is very powerful and the coaches really let the girls know what is going on and what to expect, I think that is awesome!” – *Parent, 2008*

PLUS MANY MORE—TOO MANY TO FIT ON ONE PAGE. PLEASE ASK AROUND ☺

ADMINISTRATION

PRACTICES are held at the Bellevue Family YMCA (14230 Bel-Red Rd. Bellevue, WA).

U13: Tues/Thurs 6:00-7:30pm @ Bellevue YMCA

U14: Tues/Thurs 6:00-7:30pm @ Bellevue YMCA

U15: Tues/Thurs 7:30-9:30pm @ Bellevue YMCA

U16: Tues/Thurs 7:30-9:30pm @ Bellevue YMCA

Players will be asked to show up 15-30 minutes early for warmup and/or team activities at coaches discretion.

CLUB FEES

\$160/month for 6 months (Dec '10 thru May '11). If you are not already a YMCA member, an additional \$29-32/month will be paid (+\$25-50 initiation fee, fees based on age) as YMCA membership for players and includes access to all YMCA programs and activities. These fees can be paid up-front, or monthly by bank-draft.

These fees are ALL-INCLUSIVE. The only thing you will have to take care of is food at tournaments, and having your own clothing equipment (shoes & kneepads). This means you will not be asked for additional money during the season for: lodging, uniforms, travel costs, club fundraising, or any other fees.

Fees pay for:

- * Tournament fees
- * Lodging for overnight tournaments (in Washington/Oregon)
- * USAV membership
- * YMCA membership (for players --- family members extra, but discounted)
- * Uniforms (2 sets of jerseys, 1 pair of shorts, 1 warmup jacket, 1 pair of warmup pants)
- * Volleyball equipment, gym, administration
- * Team building & social events (pre and post-season)
- * Quality, mature Coaching Staff
- * 2 Practices per week (3-4hrs/week)
- * 7-10 Tournament fees: Approximately 2 per month (including 2-3 multi-day tourneys: ECC, Yakima, Willamette, and/or Spokane).

REFUND POLICY

By playing on this club team, you are financially committing yourself for the entire season. No refunds will be given should a player not finish the season. Given the duration and start of the Club Volleyball Season, it is next to impossible to fill a spot after the tryout signing date. All applicable expenses apply to the whole team and are paid for in December. There are no expenses which become cheaper with fewer players after the season has begun.

FUNDRAISING / SCHOLARSHIPS

Need-based scholarships are available to those who ask and qualify. Contact the club director for more information. In addition, YMCA Blaze participates in the YMCA of Greater Seattle's annual Partners with Youth Campaign, which raises funds to allow families to participate in YMCA programs that they could otherwise not afford. Giving to the campaign is voluntary, but all families will be asked during the season if they wish to contribute.

COACH EXPERIENCE

U13 Melissa Kessell

Experience: This is Melissa's 6th year as coach. She has coached U13, U14 & U16 teams.

Trainings/Certifications: IMPACT, First Aid/CPR, Gold Medal²

Bio: Melissa has played volleyball for 11 years through high school, club, and now at the adult A level both indoor and outdoor. As a coach she works to build well-rounded players who demonstrate not only strong technical skills and game strategy, but impeccable sportsmanship and values. She also firmly believes that volleyball should be fun! While she expects her athletes to be focused on meeting individual and team goals for improvement, she does not feel that this should be at the expense of losing the enjoyment of the game itself. During the season she will focus on team building, individual skill-building, and team strategy resulting in a cohesive team ready to play competitively while enjoying every second of it.

U14 Wen Tseng

Experience: This is Wen's 8th year as coach. He has coached U15, U16 and U17 teams.

Trainings/Certifications: IMPACT, First Aid/CPR, Gold Medal², CAP I, Member AVCA.

Bio: Wen played volleyball for most of the last two decades, including a stint on the Men's USAV team at Western Washington University. After college, Wen has continued his love for the game by playing competitively in various indoor/outdoor leagues. He enjoys watching indoor volleyball and AVP beach tournaments whenever possible - watching, meeting and learning from the pros.

U15 Danielle & Brian Pulliam

Experience: This is Danielle & Brian's 9th year as a coaching team. They have coached U14, U15 & U16.

Trainings/Certifications: IMPACT, First Aid/CPR, Gold Medal², CAP I, Member AVCA.

Bio: Danielle and Brian have played volleyball for the last 20 years (and continue playing in adult leagues). Their main strengths are love of teaching, use of humor, knowledge of biomechanics, and smart shot placement. People describe their coaching team as: focused on improvement, competitive, caring, generous and knowledgeable. They both concentrate on improving skills, teaching the mental game, and team bonding.

U16 Michael Lange

Experience: This is Michael's 7th year as coach. He has coached U14, U15, U16 and U17 teams.

Trainings/Certifications: IMPACT, First Aid/CPR, Gold Medal².

Bio: Michael has over 30 years experience playing volleyball. After his collegiate experience in California, Michael continued to play at the Open and AA level on both men and coed teams. Michael continues to play competitively in various local leagues as well as on a USAV Masters men's team. Parents and players describe him as kind, competitive and smart about the game.

GENERAL CLUB RULES

Each team also has specific expectations, which follow this list of general club rules.

ATTENDANCE & PUNCTUALITY

You are expected to attend each practice / tourney unless you give prior notice via phone or email. Players (not their parents) are responsible to call, email or otherwise notify their coaches of absences or lateness ahead of time. Do not assume your coaches will get your email and/or phone call if you notify them within 4 hrs of practice or a tournament.

- Being early is being on time; being on time is being late.
- You are expected to attend each practice and tourney. Academics come first, but you need to develop time management skills to get school work done on time without missing practices. Lack of practice time can affect playing time. Always plan to arrive 15 minutes early! You are expected to be in the gym ready to play (shoes, socks on, hair up) when practice starts. Use that extra time to set up the nets, get ready, catch up with friends, etc.
- Players who miss 9 or more practices will have severely limited playing time at tournaments, at the coach's discretion. When you miss a practice, you are preventing your team from learning to play with you. You also throw away your time to improve your skills. Once you start missing practices, it is difficult to catch up with skills and with teammates.

TOURNAMENT SPORTSMANSHIP

Tournament games are primarily refereed by other coaches and girls. Please join us in demonstrating good sportsmanship at all times on and off the court. Our club prides itself on role modeling appropriate behavior, and we expect nothing less from our players and their families.

Note: Refereeing games, keeping score, doing lines, etc. is an integral part of the club experience.

PLAYING TIME

Practices are for improvement, tournaments are the exam. All players will participate in some games during pool play on tournament days if she follows coach's philosophy and adheres to team rules and policies. In the deciding games or bracket play, playing time will be at the coach's discretion. We watch things at practice and at tournaments to determine who plays. We notice things like:

- Performance in practice.
- Performance at tournaments.
- Attendance and punctuality at practice/tournaments.
- Attitude and demeanor.
- Support of teammates.
- Display of respect toward coaching staff, officials, and opponents.

If a player has questions or concerns, they are free to discuss them with the coach by making an appointment for before/after a practice. **Coaches WILL NOT discuss playing time or other issues at tournaments.** We do not feel this is the appropriate setting for such discussions. Most issues are resolved by simple discussion of players and coaches. If issues arise, we will follow this format to ensure clear communication. Our stepped process for resolving issues is:

STEP 1: Player talks to coach about concerns

STEP 2: Player with parent talks to coach about concerns

STEP 3: Player/parent/coach/club director talks, etc.

YMCA Blaze Team Expectations: U-13

Coach Philosophy

I am truly passionate about volleyball and love to light that fire in the players that I coach. I focus on skill improvement, team chemistry, and fun! I expect focus and hard work, but also know that players are kids first, athletes second.

Expectation of Players

Attitude

This is the NUMBER ONE thing that I demand as a coach. Players are expected to maintain a good attitude on and off the court. Having a good attitude means accepting that everyone makes mistakes, supporting your teammates both when they are playing well or having an off game, and always demonstrating good sportsmanship. Good sportsmanship is showing respect at all times to your team, your coach, referees, other teams, and yourself. Bad attitudes bring down the team, stunt improvement and generally take the fun out of the game. Obviously it is impossible to play a sport and never have frustrating moments, but I expect my players to find ways to work through their frustrations in a positive way. Volleyball is meant to be fun! Players are expected to remember this and work hard to not only enjoy themselves, but also to make it fun for their teammates to play with them!

Effort

Give your full effort regardless if its warm-up, drills, or matches. I don't expect perfection, but I do want to see players pushing themselves constantly to not only apply newly learned skills but also to overcome bad habits learned in the past. You can also demonstrate effort by paying attention during practices and asking questions when you are unsure. Improvement doesn't just happen by showing up to practice. Players have to be intentional and constantly focus on what their next step/change will be to get to their goal.

Responsibility

Know the role you play on the team and continually fulfill your duties to the team. On the court this means knowing the responsibilities of your position. Off the court it means holding yourself to the above two values, and showing up to all practices and tournaments on time and ready to play. Choosing to play club volleyball is a commitment to yourself, your team, your parents, your coaches, and to the sport. Do not take this commitment lightly. Be absolutely certain that you have the extra time needed before you commit to joining this team. After family and school this team should be your first priority during the season. Consider all the other demands on your time: school, other sports, socializing with friends, a job, any volunteer work, church activities, etc. You will be expected to make the practices twice a week and the tournaments on the weekends.

- Coach Melissa Kessell

YMCA Blaze Team Expectations: U-14

Coach Philosophy

I strive to provide a fun and positive learning experience by sharing the love for the sport of volleyball. I want my athletes to mature into real team players, and learn how to play competitively as a team. I will demand full attention and concentration in practice, and continually challenge my players to do better and push their limits, to learn and apply their skills at game time. Mistakes will happen and the athletes must learn from them and develop into a more flexible and adaptable player. *“Success is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that you are capable of becoming.” - Legendary UCLA Coach John Wooden*

Expectation of Players

Fitness and Work Ethic

Player's wellbeing is my highest priority. Besides learning the proper skills to avoid volleyball injuries, each player needs to develop the good habits of health, safety, and physical fitness. I will incorporate physical conditioning and plyometrics training (for increased muscle power during movements such as jumping) to improve player's performance. Each person must give 100% effort and work hard during all activities.

Discipline, Respect, and Sportsmanship

I expect every player to always come to practice and tournament prepared, focused, and on time. Every player must know how to be dedicated to the sport, both on and off the court, at practice, or at tournament. Each person must trust and respect one's self, teammates, referees, coaches, and parents. Be responsible for your actions and never blame others for your poor actions.

Have Fun and Play Hard

Volleyball should be fun and educational. Fun is a by-product of hard work and winning is a result of hard work. Give your full effort regardless if its warm-up, drills, or matches. Take every opportunity to have fun, learn new skills, and make friends. And you will end up with great memories of the time spent playing the sport.

Attendance & Punctuality

If you have unexcused absences or lateness, you will be asked to perform extra conditioning before being allowed to join the team for practice.

Positive Attitude & Teamwork

Learn to sacrifice for the team. A team is more than just a collection of individuals. It is critical that everyone knows how her role fits into the context of team goals. You need to support your teammates at all times and help them to improve. Mistakes are a part of this game and we all learn from them. Success in volleyball is more dependent on how well the team plays together, rather than how individuals perform.

- Maintain a positive attitude. A player with poor or negative attitude will be asked to sit out certain activities or leave. Disrespectful behavior or attitude will result in consequences, possibly including removal from the team.
- Everyone helps. Everyone sets up nets, shags balls, officiates games, etc. No one leaves until everything is picked up at practice or until our team's referee duties are finished.

- Coach Wen Tseng

YMCA Blaze Team Expectations: U-15

Coach Philosophy

We are passionate about coaching, and love to watch our players grow beyond high school and into college as mature athletes who know how to be team players. We focus on skill improvement, team chemistry, leadership and fun! We will demand full attention and concentration in practice, and continually challenge players to do better and push their limits, to learn and apply their skills at game time. But, *we are not building a nuclear reactor here!* We will also have a TON of fun this season! *“DO YOU HAVE THE WILL TO PREPARE TO WIN?”*

Expectation of Players

Active Learners

We strive to create active learners. An active learner is someone who shows up prepared and on time, willing to work hard, and asks lots of questions.

Team Player

We teach each player how best they can contribute to their team's success. Sometimes that means playing a position they are not used to, or supporting their team when they are not on the court.

Focus

We expect every player to stay focused during drills, conditioning, pre-game warmup, games, and ref duties. A desire to improve must come from within. *We can provide a trail for you to walk on, but you are the one that needs to walk up the hill.*

Respect

This is a core value of our team, and the YMCA. Respect for your parents means being ready (with all the necessary equipment) when they need to drive you to practice or a tournament, helping them understand the game, carpooling with other parents when convenient, and THANKING THEM for devoting their time, effort, and a lot of money towards your interests. Respect for your teammates means scheduling your time effectively, showing up on time, staying focused, and being supportive.

Relationships Among Players

It is our goal that all players on our teams remain united as a team, refraining from talking behind each other's backs, creating a negative environment for certain players. We employ various team building strategies to help foster this behavior. Conflicts of an interpersonal nature are bound to occur. Remember that you do not need to actually like each other, but you must care for each other as people and teammates.

Positive Attitude & Teamwork

Team sports require an uncommon amount of self-sacrifice. It is critical that everyone knows how her role fits into the context of team goals. A player with poor or negative attitude will be asked to sit out certain activities or leave. ***Success in volleyball is more dependent on how well the team plays together, rather than how individuals perform. Everyone helps.*** Everyone sets up nets, shags balls, officiates games, etc. No one leaves until our team's referee duties are finished.

Attendance & Punctuality

If you have unexcused absences or lateness, you will be asked to perform extra conditioning before being allowed to join the team for practice - ***regardless of the reason.***

- Coaches Danielle & Brian Pulliam

YMCA Blaze Team Expectations: U-16

Coach Philosophy

I value athletics as one integral part of a player's educational experience, but not the end all. It provides an additional arena where the individual can take risks, make mistakes, and be accepted, whether they succeed or fail. The value comes in the challenge for the individual to pursue performances that would otherwise be difficult to achieve, while aspiring to the ideas of fair play, commonality of purpose and the concept of team over self. I strive to develop athletes who accept victory with humility and defeat with grace. I expect my team to always play to win while demonstrating individual intensity and respectful competitiveness. I believe that winning must be redefined from what our popular culture calls "winning". The scoreboard should never be the only indicator of success. The effort to prepare, and the desire to compete must take precedence over a comparative score. Success should be based on what each individual does in relation to her own ability and how the team has progressed as a cohesive group.

Expectation of Players

Volleyball Skills and Execution

"It all starts with a pass". At every level of volleyball that I have played and watched, a team that can not pass or play defense will not win, and players that are not properly trained get hurt. At the beginning of the season I will teach proper body position and footwork for passing, serving, hitting, setting, and defense. I expect that as we master and execute the basics, we will progress into more sophisticated forms of the game. I also expect that any bad habits that were learned in the past will be replaced to insure safety and future success for the girls.

Fitness & Work Ethic

Player's wellbeing is my highest priority. Besides learning the proper skills to avoid volleyball injuries, each player needs to develop the good habits of health, safety, and physical fitness. I expect the girls to work on developing their core strength on non-practice days to decrease the chance of injury by doing simple exercises such as push-ups, sit-ups, and jump roping. Each person must give 100% effort during all activities. I expect every player to always come to practice or tournament prepared, focused, and on time. Remember, how we practice is how we play.

Commitment

Choosing to play club volleyball is a commitment to yourself, your team, your parents, your coaches, and to the sport. Do not take this commitment lightly. Be absolutely certain that you have the extra time needed before you commit to joining this team.

Positive Attitude & Teamwork

Team sports require an uncommon amount of self-sacrifice. It is critical that everyone knows how her role fits into the context of team goals. A player with poor or negative attitude will be asked to sit out certain activities or leave. Success in volleyball is more dependent on how well the team plays together, rather than how individuals perform. **Everyone helps.** Everyone sets up nets, shags balls, officiates games, etc. No one leaves until everything is picked up at practice or until our team's referee duties are finished.

Attendance & Punctuality

If you have absences or lateness, you will be asked to perform extra conditioning before being allowed to join the team for practice.

- Coach Michael Lange

PRACTICES & TOURNAMENTS

PRACTICE RULES

- Players are required to be ready to begin practice at the start time. Give yourself enough time to put on kneepads, change shoes, put up your hair, talk to friends, etc.
- Players are expected to set up and/or take down nets, and help put away equipment.
- Please bring your own water bottle to practice.
- HUSTLE - especially when shagging, call the ball, etc.
- Respect your teammates and Coaches, listen and learn from everyone involved.

TOURNAMENT GUIDELINES

Club tournaments are the volleyball equivalent of a marathon. You will most likely end up being at a gym (or two) for about 10 hours, approximately 8am to 6pm (or longer if you keep winning!). Most tournaments are hectic, so be prepared! Make sure to bring:

- BOTH Jerseys
- Sweats or Warmups
- Spandex
- Shoes
- 2 pairs of socks / day
- Kneepads
- Ankle braces (if needed)
- Healthy snacks to eat between games
- ONLY WATER IS ALLOWED INTO THE GYMS!!
- Something comfortable to sit on.
- Something to do if we get a long break—Extra homework, etc.

GET THERE ON TIME, READY TO WARM-UP

For tournaments, you will need to be there 30-45 minutes early. We recommend eating a light breakfast before you leave your house. Look for your teammates - if you're the first one at the tournament, find our team a 'home' and spread out your stuff so we can have a place to congregate during breaks. Then get ready to warm-up!

TRANSPORTATION TO TOURNAMENTS

For all tournaments, the YMCA does not provide transportation. We recommend you carpool with your teammates. YMCA policy dictates that coaches cannot provide transportation to or from any activity.

TOURNAMENT FORMAT

A typical tournament will last 7 to 10 hours, usually starting PLAY at 8am. All the teams will be divided into 3 or 4 team pools. You will play each team in your pool, and are responsible for referee duties. "Pool Play" usually takes about 3 to 4 hours. If there is time, a lunch break will follow. The rest of the day will be a single elimination bracket. Your placement in this bracket is based on how well your team did in Pool Play.

TEAM FOCUS

Tournaments are not only to build your experience as a player, but also AS A TEAM. Focus on doing your best, and let the wins fall where they may.

PARENTAL INVOLVEMENT

We encourage parents to support us at practices and tournaments. Feel free to come and watch our practices! For safety reasons, and coaching effectiveness, we will ask any interested parents watching practice to not be on the gym floor (but watch from above or out in the lobby area). We think you will enjoy seeing the progress that your daughter is making. If you are interested in helping out at tournaments, please contact the coach. We welcome parental involvement.

Ways You Can Get Involved

- *Take Stats*
- *Chaperone a Travel Event*
- *Assist with Food arrangements for tournaments*
- *Offer to Carpool with others*
- *Become a Parent Representative*
- *Proudly wear Blaze Gear and Cheer Loud & Proud at Tournaments!*

Parent / Coach / Player Relationship

Please yell, cheer and support the team! Please also let the players follow their coach's instructions, and leave the coaching to the coach! We value consistency, and want to make sure they understand the best way towards improvement.

Parent Attitude Affects Player Attitude

While it is natural to side with your daughter on every perceived injustice, please express understanding without putting down the coach and/or team members.

Parent Representatives & Parent Committee

Each team will have a volunteer representative who serves as the liaison between the coach and the parents. Listed below are the responsibilities for the Parent Rep:

1. Acts as a liaison between the coach and the other players' parents. Communicates regularly with the coach and assists with informing the team of practice, tournament schedule changes and any other information disseminated to the team.
2. Prepares a team roster for all parents with names of players and parents, addresses, phone numbers, school affiliations and any other pertinent information.
3. Assists in making travel arrangements for overnight tournament. Coordinates hotel accommodations with other parent reps traveling to the same tournaments.
4. If volunteers are needed for a task, the parent rep will help recruit parents to assist.
5. The parent rep shall help in disseminating information about the PWY campaign.
6. **The parent rep is not an assistant coach and is not involved in any coaching decisions regarding line-ups, playing time, etc.**

Additionally, there will be a Parent Committee consisting of the Parent Rep from each team. The Committee serves as an interface with the Blaze Volleyball Club administration and the YMCA, to provide input to the direction of volleyball program, to discuss issues and resolutions that may occur during the season. The Committee will meet with the Club administration approximately 2-3 times per season, and on as-needed basis.

TRAVEL ARRANGEMENTS

We need chaperones to help with many activities on overnight tournaments. Please contact a coach if you are interested.

Chaperone Guidelines:

- Must include female parent and/or family of a team member.
- Must be able to travel with the team to and from the event.
- Make sure players follow curfew, buddy system, etc.
- Make sure players and other parents know the logistics of the day/weekend.
- Assist with snacks/food, room assignments, etc.
- Must pay for their transportation, lodging and/or food.
- Responsible for bed checks at night.
- Wake up the team and getting them to breakfast at a time determined by the coach.
- Collect money from the players for food and purchase and/or deliver it to the players.
- Coaches are responsible for the team when they are competing in the gym. Chaperones are responsible for the team when they leave the gym.
- Chaperones make reservations at restaurants for the team and parents.

LODGING

Players will be housed as a team under the supervision of a female coach or parent chaperone. It is the responsibility of the coach/chaperone/captain to assign roommates. Boisterous behavior will not be tolerated when staying in a hotel/motel. Parents are responsible to secure their own lodging.

CURFEW

All players are expected to be in their rooms and in bed at curfew. The coach will establish the curfew. Non-team members are not allowed in the player's rooms without prior approval from a coach or chaperone.

RULES

At no time are players to go anywhere alone. Within the hotel, players need to go places in 2s. They are not allowed to leave the hotel without chaperone or coach supervision.

PARENT CODE OF CONDUCT

The YMCA values respect, honesty, caring, fun, and responsibility. We value our reputation as a sportsmanlike club and want our players/parents to reflect this attitude.

- will encourage good sportsmanship at all times by setting a positive example.
- will demonstrate a positive attitude towards youth sports, not embarrassing myself, my child or any other participant by yelling or creating a scene.
- will strive to learn the rules of the sport and support the officials in their enforcement.
- will remember that it's just a game, which means everyone should be having fun.
- will support and communicate with the coaches.
- will refrain from criticizing my child's play, a team mate of my child, other parents, opposing players, or coaches in front of my child.
- will demand a healthy environment, refraining from alcohol, drug or tobacco use at all sports events. I will insist that all other participants display the same restraint.
- pledge to support teammates, opponents, coaches, referees, and spectators.
- will teach my child to respect other players, coaches, referees and spectators.
- If I identify problems or have concerns, I will calmly seek solutions at a proper time and location (by making an appointment with the coach before or after practice), refraining from confrontations in front of the children.
- Failure to follow this conduct code and/or adhere to the rules and policies set forth in this handbook can result in reduced playing time for my daughter, up to and including dismissal from the team and/or loss of club fee payments.

Parent Name (please print) _____

Parent Signature _____

Date _____

Team _____

PLAYER CODE OF CONDUCT

The YMCA values respect, honesty, caring, fun, and responsibility. We value our reputation as a sportsmanlike club and want our players/parents to reflect this attitude.

I will encourage good sportsmanship at all times by setting a positive example. I pledge to support all participants, including teammates and opponents, coaches, referees and spectators.

I will demonstrate a positive attitude towards youth sports, not embarrassing myself, or any other participant by yelling or creating a scene.

I will strive to learn the rules of the sport and support the officials in their enforcement.

I will respect and communicate with the coaches.

I will refrain from alcohol, drug or tobacco use.

I will be on time and ready for practices and tourneys. If unable to attend, I will notify my coaches in advance.

I understand there are consequences for not following these policies.

I have read and understand all of the team policies included with this paperwork.

I know that I alone am responsible for my actions at practices, tournaments and any other events where I represent the YMCA BLAZE volleyball club.

Failure to follow this conduct code can result in reduced playing time for me, up to and including dismissal from the team.

Player Name (please print) _____

Player Signature _____

Date _____

Team _____

COMMANDMENTS FOR PARENTS (renowned coach Carl McGown):

1. Let your children know that win or lose you are proud of their efforts and are not disappointed in them. You should be the people in their lives who give them positive reinforcement.
2. Show them you are pleased that they chose to play sports and accept the challenges that come with trying to better themselves in practices and games. Let them know that you know 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 at practice; you can't second-guess the coach's decisions, because you don't have all 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 you made mistakes too.
5. Coach attitude not skill. Leave skills and play development to the team coach.
6. Do not compete with the coach. You and the coach have different roles. The coach coaches, the parent parents. You and the coach are human and both of you will make your share of mistakes. Let it be.
7. Never compare the skill, athletic ability, or attitudes of your child with other members of the team, at least not within hearing. A team needs all different athletic abilities.
8. Know your child's coach. Be aware of the coach's philosophy, attitudes, ethics, and knowledge.
9. Always remember that children tend to exaggerate both when praised and when criticized. Allow 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.

Life presents us with a lot more small losses than big wins.

Stand back kids, it's a kick-or-be-kicked world out there. Athletes are ready to dish out punishment to reach the goal line, score the basket, spike the ball, or win the big whatever. Let someone come between today's competitors and their dreams, and that someone is going to get killed. Because we're lean, we're mean, and we're out to win.

OK, a passion for winning is probably a good thing, but once in a while something happens on the way to the thrill of victory: we lose. We don't reach the goal line, score the basket, spike the ball, or win the big whatever. What happens then? We whine, we sulk, we make excuses, we blame others, we plot revenge, we call a lawyer. Why is that? Because the home of the brave has become the land of the bad loser.

How did we come to this discouraging state? Losing has changed from a fact of life to a shameful catastrophe, and turned anyone who loses into . . . well, a loser. Losing is no longer something to be accepted and endured, but to be avoided, derided, denied, resented, and resisted. Why take it with dignity when it is so much easier to be a jerk? As if this weren't enough of a problem, the inevitable byproduct of bad losing is bad winning: high-five frenzies after the most routine plays, sweat-soaked shirts thrown to the crowd, and all the other showboating meant to celebrate oneself and degrade the opposition.

Losing with style used to be essential to true sportsmanship. Not so long ago, parents taught their children how to lose as part of the rules of the game, because nobody doubted that the way you behaved on the field was the way you would live life. In playgrounds, sandlots, and backyards, children learned it wasn't OK to be a creep when they ended up on the short end, not OK to shout at the winner: "It's not fair, you cheated!" The message was clear: bad losing demeans the game and the players, and taints the winner's pleasure. Parents, coaches, and spectators believed that athletes who knew how to lose were likely to become better people than those who were unbearable in defeat. They were right!

The good losing rules are simple:

- All you can really control is your effort. Do your best and maybe you will win (but maybe you will lose).
- No whining. Keep your head up, and your lip buttoned.
- No denial. You lost, end of story.
- No blame. You lost, end of story.
- No excuses. If your knee was bothering you, maybe you shouldn't have played.
- No despair. It's just a game. Life goes on. Try harder tomorrow.

If you can learn the remarkable, superhuman concept of good losing, if you can feel good about how well you take defeat, if you know how to suffer setbacks in silence and get on with it, you will discover that the fierce struggle of life becomes a win-win proposition. You will win even when you lose...and that is a great blessing.

Contact YMCA Blaze

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