

## **Southwind Volleyball Club Mission Statement**

**Southwind Volleyball Club is dedicated to youth and young adult athletes. Our primary focus is developing the fundamental skills for a successful life by teaching the fundamental skills of volleyball.**

Goals in attaining our Mission:

- 1) Developing elite athletes with sports training that emphasizes physical development and proper nutrition.
- 2) Educating youth and young adults in the areas of volleyball skills and strategy, as well as the mental aspects of competition including work ethics, commitment, and team.
- 3) Training players in the areas of leadership and communication in order to build a successful club, successful teams, and successful individuals.

### **Our Name “Southwind Tribe”**

Southwind is one of the few names given to the Kanza Indians who were located in this area as it was being settled. Some believe the word “kanza” means wind or people of the wind. The South wind is common in the state of Kansas the only time it does not blow is the day after a Northern Front.

The Kanza/Kaw tribe at one time stretched over 2 million acres across Northern Kansas into Nebraska and Missouri. The Kanza lived a semi-nomadic life, depending primarily on buffalo hunting and some farming for their food. They obtained social prestige and honor only in combat, and their chiefs were chosen for bravery and wisdom. The culture of the Kanza was that of the Plains people of the central United States.

### **Southwind Policies**

The purpose of this document is to establish policies and guidelines for players and their parents of the Southwind Volleyball Tribe.

### **Teamwork**

Volleyball is a unique and intense sport, which requires both physical and mental endurance. As a player, you should recognize the importance of working hard, encouraging teammates, and setting goals to build endurance. Volleyball is a game of momentum, which comes from the mental aspect of play. Therefore, it is important to work as a team, think as a team, and

perform as a team. Commitment and self-discipline of each individual are essential and necessary for the success of the team. All coaches, players, and parents must work together so that we may ensure success.

### **Open Door Policy**

At any time you need to speak to any of the coaches about a challenge or concern please feel free to call us and schedule a convenient meeting time. It is critical that any conflict or problem be resolved or worked out for the unity of the team. The same policy applies to parents and discussions should take place at appropriate times and in proper settings. Please do not approach a coach at a match or prior to or the end of a practice unless you have already scheduled a meeting with them.

### **Personal Health and Maintenance**

As an athlete, it is necessary to maintain adequate dietary and sleeping habits to perform to the best of your ability. You are young, responsible adults and should know the importance of eating and sleeping. This can have a large effect on your playing ability and the performance of the team. It is your responsibility to eat and sleep appropriately. As coaches, we recommend you become aware of the mental and physical aspects of training, and work to maintain your personal health.

An athlete’s diet should consist of 65-70% carbohydrates to maintain energy stores. These should be complex carbohydrates including fruits, vegetables, whole grain pasta, rice and breads. Carbohydrates replace glycogen stores in the liver and muscles. Failure to replace it will lead to early fatigue, lower exercise intensity and increased risk of injury or illness. Smaller amounts of low-fat protein are also important. What you eat 3 days before a competition is just as important if not more than the night before. The closer you get to competition, the smaller the meals should become. This is because your digestive system will be competing with your muscles for blood flow and energy. A heavy meal right before a match could lead to cramping and low energy.

### **Time(practices)**

For the teams in the South League practices will be held as consistently as possible.

In the Summer League practices will alternate days to allow participants to be involved in other activities.

If there is a change in the schedule it will be posted on the website as soon as possible and parent representatives will be responsible for notifying families.

### **Focus (practices)**

Concentration in practice is critical to the success of any team, therefore when you are in the gym you should focus on volleyball. There should be no talking unless it is in the form of encouraging other teammates, asking questions, or when called upon. You should not be concerned about what happened during day, but rather focus on improving your skills and being the best player you can.

### **Intensity (practices)**

When you walk in the gym, you should be prepared to give 100% effort in every practice every day! Run between drills, shag balls, never sit, and respond quickly when asked to do something by the coaches. The more you put into practice, the more you will improve, and the more successful the team will be.

### **Practice/Competition Attendance during Summer/Fall Season**

Summer: If you can't make your team practice then you are expected to make it up with a team of the same age level or skill set.

Fall: You are expected to make up your team practices during the week. Making up practices will be expected if players will be missing, coming late or leaving early. Southwind athletes will be expected to manage their time and school work so they will be able to attend practices, club events and matches.

If a player is unable to attend a volleyball event please let the coach know as soon as possible. When making up a practice session please notify the coach in charge of the practice before attending.

During match days players need to be at the playing site 30 minutes prior to playing. Coaches will let you know the exact time. Make the necessary arrangements to get there on time. Be sure to bring any snacks or necessary items with you, no "junk" food. Players will need to remain at the site between matches and after matches until all our responsibilities are completed. Layers need to dress appropriately during competition days; your uniforms will consist of your Southwind jersey and shorts. You will be representing Southwind Volleyball Club as well as yourself, no ripped t-shirts, sweatshirts,

or sweatpants. Please bring all of the equipment that you will need: Rubber bands, kneepads, water bottles, shoes, etc.

### **Playing Time**

In the Summer League playing time will be equal based on positions and practice attendance.

### **Expectations of Players**

You are a member of the Southwind Volleyball Club and therefore will be expected to conduct yourself accordingly. As representatives of Southwind, you will be cooperative, considerate, encouraging, and respectful of teammates and opponents. Specifically, whether you are talking to a teammate, speaking to a parent or coach, or playing in a game. You will be expected to observe and demonstrate the following behavior:

- 1) You are expected to show respect to the coach and any other team members of Southwind at all times. Outward displays of displeasure will not be tolerated. Make a point to learn more about your teammates than just their names.
- 2) We will practice being in control at all times. Absolutely NO a) swearing b) criticizing a teammate or opponent c) speaking rudely to officials d) pouting about coaching decisions. Players who cannot control their emotions, facial expressions, or their mouths, will be removed from the practice or game.
- 3) The sport you are engaged in will require both physical and mental endurance. As an athlete, you should recognize the importance of working hard, encouraging teammates, and setting goals to build endurance.
- 4) Southwind Volleyball encourages players to refrain from drinking, drugs, and any other illegal activity. If a player is involved in illegal activities including drinking and drugs the club will evaluate their activities and determine the consequence for their behavior. Disciplinary action may range from extra activity for the club, removal of player for a specific amount of time or an athlete being release from the club.
- 5) Commitment and self-discipline of each individual are essential and necessary for the success of the team. All coaches, players, and

parents must work together so we may ensure success.

- 6) Anytime you need to speak to any of the coaches about a challenge or concern, please call and schedule a convenient meeting time. It is critical that any conflict or problem be resolved or worked out for the unity of the team. Discussions should take place at appropriate times and in a proper setting.
- 7) If you are unable to attend a schedule practice, game, or event, let your coach know as quickly as possible. A contact list for coaches is included in this handbook.
- 8) As an athlete, it is necessary to maintain adequate dietary and sleeping habits to perform to the best of your ability. It is your responsibility to eat and sleep appropriately.
- 9) Our practices have a specific purpose as well as a limited amount of time. It is essential that each member of a team be on time. Walk on the court with a good attitude. Be positive, intense, determined, focused, and ready to go! Communicate with your coach should there be any personal matters which will negatively affect your performance that day.
- 10) Work as hard as you can and stay involved in every practice. Encourage teammates in a fatiguing drill, your turn is next.

### **Expectations of Parents**

There are three essential groups, which make up the Southwind Volleyball Club. Athletes, coaches and parents work together toward a common goal of building character, improving the athlete's skill, knowledge, and enthusiasm for all sports in which he or she is involved. In addition to providing the financial backing for the program through your fees, parents are also needed to be involved, active, and supportive of the volleyball club. Please work towards establishing a supportive relationship with the coaching staff as well as other families in the club.

- 1) Be supportive and positive with your child, the team, and other parents. It is the coaches responsibility to give the player critical feedback. Please keep your feedback to comments of encouragement. We encourage parents to remain at practices and attend matches

so that you are aware of our coaching goals and methods and are better equipped to give positive feedback to your child.

- 2) Communicate with coaches in a positive and appropriate manner. Confrontational or disrespectful behavior towards coaches will not be tolerated. Any violation of this rule may result in expulsion from the club with no refund of fees.
- 3) Set an example of teamwork your child can model.
- 4) Be prepared to accept the decisions of the coaches. They are not always easy decisions for the coaches to make or for the players to deal with. If you disagree with a decision or do not understand why a decision was made, talk to the coach first. Gossiping to other parents only causes disunity and hurts everyone involved. Please remember that your child is watching you and learning from your behavior. Disagreements will happen and the way you handle it is the key to the success of the team.
- 5) Turn in all paperwork and money on or before the scheduled deadline.
- 6) There will be one parent representative for each team; they will be responsible for communicating with the families. (More information to follow).
- 7) Parents are responsible for their players' transportation to and from practices and games. Please be on time especially when picking up your child. We ask that our coaching staff remain at the gym until all players have been picked up so please be considerate of their time.

### **Expectations of Coaches**

The coaching staff takes time to review our responsibilities to the region, club, and families we serve. In our effort to provide quality coaching and an environment that allows the child to excel the staff meets and discusses coaching issues. Every coach in the Southwind Volleyball Club is certified in the IMPACT clinic provided by the Heart of America Region and undergoes a background check prior to the season.

- 1) Be fair, firm and consistent with each athlete.
- 2) Communicate with players and parents in a positive and appropriate manner.

- 3) Be organized and prepared for practice and games.
- 4) Be a positive role model and follow standards expected for athlete
- 5) Remain at the gym to inspect the cleanup of your team and then release players.

### **Parent Representatives**

We will be selecting a parent representative for each team for the purpose of helping communication between families and the coaching staff. We ask that parent representatives have access to the club website and personal email throughout the day, the club uses the website for updates and information as well as emails.

- 1) Contacting players and their families for team functions (i.e. Team meals, team bonding events, etc.)
- 2) Communicate with families and players for any practice changes, schedule changes, or cancellations due to inclement weather or unforeseen circumstances.

### **Top Ten Things Parents Don't get About Kids' Sports** By Sports Illustrated by Kids

**You may not want to hear this but...most kids have a lot to say about their parents' involvement in their sports lives, especially what they do not like about it.**

**Here is our Top Ten list of kids' advice for parents, gleaned from comments by Sports Illustrated for Kids readers.**

- 10) During car rides to games or practice, kids don't want you to tell them how to do this or that. "I am not stupid" said one 12-year-old, "I know how to play the sport I play."
- 9) Kids can get psyched for a game without your help. "I hate when parents say, 'Are you ready? We're going to win,' like they're playing," said one kid.
- 8) It's your duty as a parent to sit quietly and watch your kids do wonderful things. Kids get bummed out when you miss games, or yak it up too much with friends in the stands. "We're

sweating and playing the game, and they're busy socializing," complained one girl.

7) If you don't know what you're talking about, kids don't want you to talk. Typical comments:"Parents think they know the rules, but they don't." "My mom asks annoying questions." And "I hate when my mom tells me to do things even when she doesn't know the first thing about sports."

6) Even if you do know what you're talking about, kids don't want you to talk (unless you're the coach). "I hate when parents tell us to do the exact opposite of what the coaches say," said one child. Added another: "If your parent isn't the coach, he or she shouldn't try to be one."

5) Kids wish you would practice what you preach about sportsmanship. "My mom always wants me to be a good sport, but a lot of times she blames the loss on the ref,"claimed one kid. "Arguing with the refs is not only embarrassing, but it takes up time," said another.

4) Kids often can't hear you yelling when they're concentrating on the game. Sometimes, they can. Either way, they don't like it "Parents yell advice you don't hear because you're so into playing the game. Afterwards they say, 'Why didn't you listen to me?' complained one child. Said others: "I feel embarrassed when my parents yell so loud that the whole town can hear," and "they yell and scream and look like dorks."

3) After they lose, kids don't want to be told it doesn't matter. Typical reactions: "I hate when we get knocked out of the playoffs and my parents say, "You'll get them next time!" and "when parents try to cheer you up after a loss, all they do is remind you of the score."

2) After they lose, kids don't want to be told that it does matter. "Parents take losses harder than we do," wrote one boy. Advised one girl: "You win some; you lose some, no big deal! Get over it!"

1) Kids just want to have fun. Parents just don't get this, kids say. Many kids say they would

rather play on a losing team than sit on the bench on a winning one. Some would like to skip practice once in a while. “The thing that bugs me the most is that my parents take it too seriously,” summed up one child. “They act like it’s school.”

## **Fan Behavior**

Southwind Volleyball Club will follow and enforce the Fan Behavior Policy Established by the Heart of America Region. Families who are disruptive during matches will be asked to leave the site. If the behavior is consistent and persistent at matches players will be released from the club without refunds. Please do not allow your behavior as a fan to be disruptive to your child’s experience on the court.

Fans are asked to use common sense and behave responsibly. Enjoying the competition, enthusiastically celebrating, yelling and cheering for a team is welcomed and encouraged. Actively cheering against any team is not welcomed. Inappropriate language or action that is disruptive to a sportsman-like atmosphere, or interferes with a player, coach or official’s participation is unacceptable.

Examples of unacceptable fan behavior are; but not limited to:

Obscene words or gestures, Racial, ethnic or sexually oriented comments, celebrating the errors or misfortune of participants., attempting to distract or interrupt a participant’s concentration, harassing participants i.e. booing, jeering or yelling at individuals.

HOA(Southwind will enforce this) asks all fans, parents and coaches to encourage good sportsmanship and to remind each other when needed; before an official response becomes necessary. It is strongly recommended that teams informally monitor and correct their own fan behavior. Teams, represented by their captain/coach, will be held responsible for any delays brought about in officially responding to disruptive fan behavior.

If an official becomes aware of disruptive fan behavior the following guidelines will be used to resolve the situation. The official will communicate to the captain or coach that there is disruptive fan behavior and direct the captain/coach to inform their fan(s) that the behavior needs to change immediately. This will be considered the team’s first official warning and will be recorded as a team delay warning on the score sheet.

A second incident of disruptive fan behavior in a match will result in and a team delay penalty (TYC) and the official will encourage the captain/coach to have their disruptive fan(s) leave the gym to avoid further incident.

A third incident of disruptive fan behavior in a match will result in the suspension of play and default of the match by the team responsible for the delays. Exception: If this occurs in game 2 of a two game match i.e. pool play, the offending team will default only game 2.

If a team’s captain/coach discovers that the disruptive fan(s) are not their fan(s), they should report this to the match officials. The Tournament Director will be informed and assist in finding the correct team’s captain/coach to deal with the disruptive fan(s). This will be considered their first official warning and be assessed and recorded on the score sheet for that team’s next scheduled match.

In circumstances where the offending team is not scheduled to play another match; the captain/coach is still responsible to direct their fan(s) to discontinue disruptive behavior immediately or leave the gym. If the captain/coach cannot be located or identified the Tournament Director will communicate this to the fan(s).

Southwind will not contact HOA during the summer and fall leagues, but consequences will follow and may include the removal of your child from Southwind leagues.

**Support and Encouragement Contract for Parents**

(Contract for parents to assist the Southwind Coaching staff as we work towards developing athletes).

Southwind would like to extend its appreciation in your willingness to join our “tribe” and to encourage your role in your child’s life as an athlete. Our efforts will be to train volleyball and develop teams with your encouragement and support. Our role as a Junior Olympic Club is the development of volleyball athletes and teams and the parents role is to provide support and encouragement.

Please do not offer instructional feedback to the players during practices or competition. Please encourage your athlete, other members of the team, other players within the club, the coaching staff, as well as athletes in other Junior Olympic Clubs.

I agree with the above contract and will follow its guidelines to the best of my ability.

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(Signature of Parents/Legal Guardians)

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Date