



2018-19 CLUB Handbook

We are looking forward to having your family be a part of Iowa Select Volleyball Club!

We wish all of our athletes and coaches the best of luck in 2018-2019!

2018-19 Iowa Select Volleyball Club Season Handbook

Table of Contents

Staff Directory	3
Financial Agreement	3
Season Dues/Travel Fees	3
Uniform Fees	3
Payment Options	3
Refund Policy	3
Eligibility Policy	3
Pre-season Eligibility	3
In-season Eligibility	4
Team Placement Policy	4
Playing Time Policy	5
Multi-Sport/Multi-Activity Policy	5
Injury Policy	5
Practice Policy	6
Practice Attendance	
Tournament Policy	6
Tournament Attendance	7
Iowa Select Club Support Policy	7
Overnight Tournament/Travel Policy	8
Travel Policy for Overnight Tournaments	8
Booking Hotels	8
Player Code of Conduct	9
Prom & Prom Activities	9
Parent Code of Conduct	10
Procedure to Resolve Issues	10

2018-19 Iowa Select Volleyball Club Season Handbook

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1. Financial Agreement

- 1.1. Season Dues/Travel Fees
 - 1.1.1. Iowa Select families realize that Iowa Select is an elite program and I/we pledge our financial support for the entire season, even if our child chooses to leave the program.
 - 1.1.2. If your child decides not to participate in the club season after the start of the program, a written notice needs to be sent a Co-Director through e-mail with the last date of participation. You will still be financially responsible for **all** outstanding fees.
- 1.2. Uniform Fees
 - 1.2.1. Uniform Fees are built into club season fees, but the club will also offer additional accessory packages if family is interested in additional gear, which are optional.
 - 1.2.2. Iowa Select has partnered with volleyball apparel company, Mizuno. Iowa Select Volleyball Club participants are required to wear Mizuno gear (not including shoes) at all tournaments and team events.
- 1.3. Payment of Club Dues
 - 1.3.1. Club payments are broken up into (4) monthly payments.
 - 1.3.1.1. There is an acceptance/commitment deposit on Nov. 18th, a payment on Dec 15, a payment on Jan 15, and a payment on Feb 15th. Each team's monthly payment is pending their season team fee. The club will notify you of your payment breakdown during the commitment process (see section 2.3 in regards to missed payments and season ineligibility).
 - 1.3.1.1.1. Families still have the option of paying the season fee in full.
 - 1.3.1.1.2. If a family needs a more extended amount of time to pay their season dues, they should contact the Director about another payment structure option.
- 1.4. Refund Policy
 - 1.4.1. There are NO REFUNDS. No Refunds shall be given for Acceptance/Commitment Fee, Season Dues, Uniform Packages, special event/travel tournament expenses, equipment, etc. Once you have signed the contract you are financially committed & responsible for the full amount of the Season Dues and any balance on your account. This includes:
 - 1.4.1.1. Players choosing not to attend an Overnight Tournament. The costs for the event are calculated based on all players attending and thus cannot be refunded or waived under any circumstances unless approved through a Director.
 - 1.4.1.2. Players choosing to leave the program or being removed from the program for disciplinary reasons. Program expenses and subsequent fees have been calculated based on the participants selected at tryouts and will not be refunded for the above reasons in any case.

2018-19 Iowa Select Volleyball Club Season Handbook

- 1.4.2. Refund Exception: Iowa Select will consider special circumstances only in the case of a season-ending injury. For more information, please contact the Director for review. No other exceptions will be considered.

2. **Eligibility Policy**

2.1. Pre-season Eligibility

- 2.1.1. Players must meet the following requirements in order to be eligible to start the season:

- 2.1.1.1. Attend at least 1 tryout (2 is preferred)
- 2.1.1.2. Pay Acceptance Fee
- 2.1.1.3. Pay 1st Dues payment and submit Uniform Order on or before specified dates
- 2.1.1.4. Complete and submit all required forms online/in-person including:
 - 2.1.1.4.1. USAV Commitment Letter
 - 2.1.1.4.2. Iowa Select Parent/Player Contract
 - 2.1.1.4.3. USAV Medical Release Form
 - 2.1.1.4.4. Iowa Select Athlete Waiver Form
 - 2.1.1.4.5. Submit copy of player's Birth Certificate or Driver's License (for qualifiers)

2.2. In-season Eligibility

- 2.2.1. In order for a player to remain eligible to participate throughout the season, the following conditions must be met. If, for any reason, players are not in compliance with these conditions they will be deemed ineligible and held out of further participation in any Iowa Select event until compliance is met or eligibility is reinstated by the Director.

- 2.2.2. Must not carry an outstanding balance on their account. All dues and fees (including Travel fees) must be current with respect to the terms of our Financial Agreement (see Section 1).

- 2.2.2.1. Players must comply with Player Code of Conduct at all times. (See Section 9)
- 2.2.2.2. Parents must comply with the Parent Code of Conduct at all times. (See Section 10)

- 2.3. No notice is required in instances that a player is deemed ineligible. However, in most cases we will make every reasonable attempt to notify the player and their family if they are ineligible at any point during the season.

3. **Team Placement Policy**

- 3.1.1. Players that are selected/offered at tryouts are selected to a team,
- 3.1.2. The objective of team placement is to put each player in the best position possible to compete for playing time and to advance/develop as a player.
- 3.1.3. Iowa Select will not discuss how teams were selected. We work very hard to make the right choices regarding team selection for every player & team.
- 3.1.4. We reserve the right to make changes to rosters throughout the season if we see that a team or individual player can benefit from a roster change or if an athlete has been unable to attend it's team's practices/tournaments.
 - 3.1.4.1. Before any movement of rosters & athletes, we will consult the family to ensure that her/his attendance at those future events.

3.2. Playing Time Policy

- 3.2.1. Playing time in tournaments (competition) is earned with the understanding that Iowa Select will do everything it can to make sure all players are given the opportunity to showcase their skills during competition. The following outlines our general philosophy on playing time in competition:

- 3.2.1.1. Playing time is not guaranteed, is not equal and must be earned.
- 3.2.1.2. Playing time is based on the player's performance at practice and in matches.

2018-19 Iowa Select Volleyball Club Season Handbook

- 3.2.1.3. Your Head Coach will determine who plays and how much. They will take into account many factors in coming to that decision but the decision is theirs.
- 3.2.2. Training opportunities in practice are intended to be equal for all players relative to their program.
- 3.2.3. Players are entitled to know what is affecting their playing time as well as be given instruction on how to potentially increase their playing time. We ask that players approach their head coach with these questions whenever there might be a question regarding their role and/or playing time.

4. Multi-Sport/Multi-Activity Policy

- 4.1. Iowa Select allows for multi-sport/activity athletes in every program.
 - 4.1.1. Practices missed due to an Multi-Sport/Multi-Activity **In-Season School** function are excused. The athlete will have the opportunity (and is encouraged) to make-up a missed practice by attending another team's practice, in the same week of the missed practice. Please see **Section 6.1** to determine how to make-up a practice.
 - 4.1.2. Tournaments should not be missed for an Multi-Sport/Multi-Activity school function. The absence would be considered excused, but is discouraged. We do realize that events such as State Playoff Series and other major school events may take precedence over league play or single day events on a case-by-case basis. Repeated absences from a tournament would be subject to review by the Directors.
- 4.2. Players must provide the Director a practice and competition schedule prior to the start of the season or, in the case of spring sports, in a timely manner that will allow the Director to determine if any changes to the practice schedule are available.
 - 4.2.1. Players will also be expected to provide their practice and competition schedule to their head coach once teams are determined.
- 4.3. Players who are involved in other sports or activities will not be disciplined for excused absences. However, it is likely that many absences will result in other members of the team advancing at a faster pace within the team and could affect a player's playing time through competition at their position. In the case of extreme absence, a player may be moved to another roster.

5. Sub-Club Member Policies

- 5.1. A Sub-Club is an aligned partnership with another club that represents a school program/district. It is Iowa Select's goal to use the Sub-Club partnership to help grow the overall game of the Quad City volleyball scene via education and programming.
 - 5.1.1. Any Iowa Select athlete who attends a school that we have partnered with has the flexibility to also play with their school team when there is no Iowa Select activity or playing commitment for that athlete's team.
 - 5.1.1.1. Per USA Regional rules, an athlete can not play on two different teams on the same day.
 - 5.1.2. If an Iowa Select team (any team), is missing athletes where the team's eligibility is a concern, the club has the right to ask a sub-club member/athlete to join an Iowa Select team for an event, multiple events, or the entire season.
- 5.2. 2018-19 Sub-Club programs are as follows:
 - 5.2.1. QC - Rock Island Performance Volleyball Club (Rock Island High School)
 - 5.2.2. QC - Davenport Juniors (Davenport North High School)
 - 5.2.3. QC - West (Davenport West High School)

6. Injury Policy

2018-19 Iowa Select Volleyball Club Season Handbook

- 6.1. If a player is injured they are still expected to attend every practice and/or tournament to (1) rehab (2) be with team (3) continue to learn what is being taught and (4) assist as much as they can with the team's performance..
- 6.2. With our agreement with Human Development Project, each athlete will have access to an app "Healthy Rosters", It is required that the athlete uses the app to report any current injuries or issues.
 - 6.2.1. "Healthy Rosters" communicates with the club staff and coaches and also with our athletic trainers who can aid in getting an athlete looked at by a doctor ASAP via the phone app.
- 6.3. Athlete Development Project will also be offering concussion baseline testing, it is not required that the athlete conduct a baseline test, but it is highly encouraged in our sport today. Concussions are more of an issue as they have ever been.
- 6.4. If a player is injured it is important that they seek the proper medical attention that will allow them the opportunity to return to the court/team as soon as possible.

7. Practice Policy

- 7.1. Practices are mandatory. If you cannot attend practice email the Director and Coach for your team to arrange a make-up practice with another age group or program. Please make sure to have your name, team you are on, who your coach is and the reason for your absence. The Director will respond with a practice that you can attend to make-up your practice.
- 7.2. Practice Attendance
 - 7.2.1. Practice attendance will factor in determining a player's role on the team. Attendance will be kept by the coaches' throughout the season. All absences will be considered unexcused with the following exceptions:
 - 7.2.1.1. Family Emergency
 - 7.2.1.2. Illness/Injury (A doctor's note may be requested)
 - 7.2.1.3. Multi-Sport/Multi-Activity Conflict (**See Section 4 regarding In-Season School Athletes**)
 - 7.2.1.4. College Visit
 - 7.2.1.5. College Entrance Exam
 - 7.2.1.6. Significant Weather-Related Event
 - 7.2.2. **Should a player have 3+ or more unexcused absences the following consequences are in place:**
 - 7.2.2.1. 3 unexcused absences will result in a player being held out of one match in a tournament
 - 7.2.2.2. 4 unexcused absences will result in a player being held out of an entire tournament (with their attendance still required)
 - 7.2.2.3. If the player has 5 or more unexcused absences, a meeting will be held with the player and her family to determine how to proceed
 - 7.2.3. While excused absences do not have any direct consequences, we want players and parents to understand that the player's role may be affected if they miss significant time training with their team. Missing opportunities to work within the team's system and develop the timing and chemistry necessary to compete may or may not affect how the player is used in tournaments.
 - 7.2.4. Missing practice for homework and studying (including finals) is NOT considered an excused absence.
- 7.3. Players will be provided information throughout the season regarding proper recovery and nutrition.
- 7.4. All club participants will be involved in our injury prevention strength training with our partnered trainers with Athlete Development Project

8. Tournament Policy

2018-19 Iowa Select Volleyball Club Season Handbook

- 8.1. Tournaments hosted by clubs other than Iowa Select are out of Iowa Select's control. This includes tournament schedules, gym locations, and cancellation of the tournament. Tournament schedules, gym locations and cancellations will be communicated to all parents as soon as possible. In the event that the tournament provides a refund back to the team, this refund will be used to enter another event and will not be refunded to a player's account.
- 8.2. For local events, parents/guardians are responsible for getting their child to and from the playing venue at the time designated by the Head Coach. Iowa Select staff are not allowed to provide transportation to any player (unless directly related to that player) for a local event. Generally, we ask that players arrive one hour prior to their first match if they are playing and 30 minutes prior to their first match if they are the refing team.
- 8.3. Once at the playing venue, players are released to their Head Coach. Players are expected to stay together throughout the day and cannot leave the facility. Players are not released back to their parents/guardians until the completion of play, work duties and support of other Iowa Select teams.
- 8.4. We ask that players prepare properly for their tournaments. This includes getting the proper nutrition and rest prior to a tournament day. Please allow for a full 8 hours of sleep prior to a tournament and be sure to eat healthy meals/snacks both the day before and the day of the tournament.
- 8.5. Players will wear the official Iowa Select gear to all events. We also ask that players bring all jerseys and additional uniform items in case of emergency.
- 8.6. Tournaments are mandatory. If you cannot attend a tournament, please email the Director and your Head Coach. Please make sure to have your name, team you are on, who your coach is and the reason for your absence.
- 8.7. Tournament Attendance
 - 8.7.1. All Tournament absences, late arrivals or early departures will be considered unexcused with the following exceptions:
 - 8.7.1.1. Family Emergency
 - 8.7.1.2. Illness/Injury (A doctor's note may be requested)
 - 8.7.1.3. Multi-Sport/Multi-Activity Conflict (**See Section 4, regarding In-Season School Athletes**)
 - 8.7.1.4. College Entrance Exam
 - 8.7.1.5. Significant Weather-Related Event
 - 8.7.2. We realize that mistakes happen and there are unavoidable circumstances from time to time regarding your arrival to a tournament. While it is frowned upon, we allow each player 2 late arrivals under those circumstances. The following consequences are in place regarding unexcused late arrivals or early departures:
 - 8.7.2.1. 3 unexcused late arrivals or 1 unexcused early departure will result in a player performing 3 service hours at an Iowa Select event.
 - 8.7.2.2. 4 unexcused late arrivals or 2 unexcused early departures will result in a player performing 6 service hours at an Iowa Select event.
 - 8.7.2.3. If the player has 5 or more unexcused tardies or 3 or more unexcused early departures, a meeting will be held with the player and her family to determine how to proceed
 - 8.7.2.4. Depending on the timing of the arrival or departure, a Head Coach has the right to put the line-up in as they see fit and that decision is independent of the above listed consequences.
 - 8.7.3. Should a player have 1 or more unexcused absences the following consequences are in place:
 - 8.7.3.1. Each unexcused absences will result in a player performing 6 service hours at an Iowa Select event.

2018-19 Iowa Select Volleyball Club Season Handbook

- 8.7.3.2. If the player has 3 or more unexcused absences, a meeting will be held with the player and her family to determine how to proceed
- 8.8. Use of cellphones/tablets for any other purpose besides making important or emergency calls is not allowed while at a playing site. Each coach may use discretion in allowing players to use phones to listen to music or take photos of their team during an event. However, if players are using their phones excessively and excluding themselves from team activities, the coach has the right to terminate all use of cell phones or tablets during an event.
- 8.9. Iowa Select Support Policy
 - 8.9.1. To promote club unity and inclusion we require that all Iowa Select athletes support other Iowa Select teams competing in the same tournament. How to Apply Rule:
 - 8.9.1.1. During pool play or league play if a team is "off" between matches we require that they support other Iowa Select teams that are playing unless instructed otherwise by their head coach. The head coach may ask that their team gets food or scouts an opponent or to get some rest between matches depending on their schedule.
 - 8.9.1.2. During pool play or league play if a team has finished play and all officiating duties and other Iowa Select teams are competing in the same wave, that team is STRONGLY ENCOURAGED to support those teams that are playing until all teams in that wave have completed play.
 - 8.9.1.3. If team has finished play and all officiating duties on the final day of a multi-day tournament and other Iowa Select teams are still competing, that team is STRONGLY ENCOURAGED to support those teams that are playing until all teams have completed their tournament.
 - 8.9.2. Exceptions to this rule:
 - 8.9.2.1. Teams are only strongly encouraged to support those teams that are playing in the same wave at events that have multiple wave times. For example a team playing in the AM wave will not be expected to stay through the PM wave to watch teams or vice versa. Waves do NOT apply to the final day of play at a multi-day tournament.
 - 8.9.2.2. Teams are only strongly encouraged to support teams at the same playing facility. Teams are NOT expected to travel to another facility to support other Iowa Select teams.
 - 8.9.2.3. All teams playing on Sunday/Monday night in a league or single day event when there is school the next day will be released prior to the last Iowa Select team having completed play.
 - 8.9.2.4. Iowa Select will consider weather and drive times on a case-by-case basis.
 - 8.9.2.5. At any time the Head Coach feels it is more effective to have their team rest, eat, or scout an opponent.
 - 8.9.3. While teams are NOT expected to support teams playing in opposite waves, we do encourage teams to support one another as often as possible.

9. Overnight Tournament/Travel Policy

- 9.1. Iowa Select families realize that if tournaments are played outside of the greater Quad City area there will be travel costs for those tournaments that are not included in the club dues.
- 9.2. Iowa Select families realize that by committing to play for Iowa Select their child is committing to attend those events that require out of town travel and we will be responsible for costs associated with attending those events.

2018-19 Iowa Select Volleyball Club Season Handbook

- 9.3. Travel Policy for Overnight Tournaments
 - 9.3.1. Transportation To/From Host City
 - Parents/guardians are responsible for getting their child to the host city at the time designated for the event (whether by ground or air). Iowa Select Staff is not allowed to provide transportation in a personal vehicle to the host city for any player (unless directly related to that player).
 - 9.3.1.1. Iowa Select reserves the right to provide transportation to Overnight Tournaments if it is determined to be both financially and logistically responsible. This will only occur on rare occasions and teams will be notified well in advance if this is the case. (Example: Club decides to rent a van or bus to take the team to an event, etc.)
 - 9.3.1.2. If we are at an Overnight Tournament that we traveled to as a program players may return home from those tournaments with their family if advance notice is given. Please email the Director/Head Coach to inform them.
 - 9.3.2. Hotel Policy
 - 9.3.2.1. All athletes are expected to stay at the team hotel the club sets up for each multi-day event.
 - 9.3.2.1.1. Those who have family near the playing venue/city may contact the Travel Coordinator to see if they would be able to stay at a relatives house.
 - 9.3.2.1.2. All USAV multi-day events have a "stay to play" policy, meaning each team has to have a minimum number rooms booked per event. If that's not reached, the team will be disqualified from the tournament.
 - 9.3.2.1.3. Families need to check their email regularly. Our Travel Coordinator will use email to send out booking instructions and info. There are usually small windows to get your rooms booked.

10. Player Code of Conduct

- 10.1. I will adhere to the rules and policies outlined in this Club Handbook and Code of Conduct.
- 10.2. I acknowledge that any violation of this Code of Conduct could result in my immediate removal from Iowa Select events or tournaments, suspension, or termination from the Iowa Select program.
- 10.3. I will not exhibit conduct which is inappropriate as determined by comparison to normally accepted behavior.
- 10.4. I will be respectful in public and display good character as a representative of Iowa Select.
- 10.5. I will not transport, possess, or drink any alcohol nor take illegal drugs of any kind; (if I am found to be using illegal drugs and/or drinking alcohol, I will be terminated immediately from the program).
- 10.6. I will be responsible when using the internet and will not submit any negative information (comments, pictures, or other content) regarding my coach, teammates, team or Iowa Select while using social networks or communicating via email.
- 10.7. I will accept the responsibility to manage my time in order to participate at Iowa Select while maintaining balance and high standards with academics and family.
- 10.8. I will follow all rules and policies of the host facility when at tournaments, hotels or other functions related to participating in Iowa Select related events.
- 10.9. I will value the instruction of my coaches. Whether I think my coach is the best, the worst or somewhere in between, my job is to listen to my coaches, follow instruction, make changes and trust that they are looking out for my best interests. This includes not only my own coach and lead trainer, but any member of the coaching staff that takes the time to offer instruction throughout the season.

2018-19 Iowa Select Volleyball Club Season Handbook

- 10.10. If I have a problem with a teammate, I will accept the responsibility to work it out with them. If I am unable or uncomfortable, I will talk to the coaching staff to attempt to solve the problem.
- 10.11. I will never question an official or express my feelings at a call. Officials are part of the game. I will never talk back or show up an official. This includes players that are performing officiating duties such as line judge or scorekeeping at an event.
- 10.12. Prom & Prom Activities
 - 10.12.1. I understand that **only** seniors are allowed to miss an Iowa Select event for Prom and that seniors are allowed to miss one (1) day only. All other prom activities must be attended on your own time.
 - 10.12.2. I understand that any other player missing an Iowa Select event for Prom will be considered unexcused and will be subject to our policies outlined in this Club Handbook.

11. Parent Code of Conduct

- 11.1. We will adhere to the rules and policies outlined in this Club Handbook and Code of Conduct.
- 11.2. We acknowledge that any violation of this Code of Conduct could result in our removal from Iowa Select events or tournaments as well as our child's suspension or termination from the Iowa Select program.
- 11.3. We will **never** approach a Head Coach or member of Iowa Select's staff in regards to playing time or the team's performance at a tournament.
- 11.4. We will **never** approach a line judge, official or scorekeeper before, during or after a match.
- 11.5. We will remember that the game is for the players, not adults.
- 11.6. We will learn the rules of the game and the policies of Iowa Select.
- 11.7. We (and our guests) will be positive role models for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- 11.8. We will not encourage or participate in any behaviors or practices that would endanger the health and well-being of the athletes.
- 11.9. We will demand a sports environment for our child that is free from drugs, tobacco, and alcohol and we will refrain from their use at all sports events.
- 11.10. We will demand that our child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- 11.11. We will refrain from coaching our child or other players during games and practices, unless designated as an official coach of the team.
- 11.12. We agree to handle any and all complaints in a professional manner and will observe the 48 hour policy before responding. All problems should be addressed to the **Director (see page 3 for contact info)**. Please do NOT contact your child's head coach. They will not respond per our Coach Code of Conduct.
 - 11.12.1. **Procedure to Resolve Issues**
 - 11.12.1.1. Step 1: Athlete meets with Director to discuss concern; If unable to resolve, then ...
 - 11.12.1.2. Step 2: Director communicates with parents of player and player's Head Coach; If unable to resolve, then ...
 - 11.12.1.3. Step 3: Director, player, Head Coach and parents meet