

Force Volleyball Club (FVC)

Member Handbook

**34650 Melinz Pkwy
Eastlake OH 44095**



Web: www.ForceVolleyballClub.com

Mission Statement & Vision

Provide volleyball players with a club structure focused on empowering **hardworking, responsible, and humble** athletes who approach their goals with a positive outlook both on and off the court. We strive to provide players and families with a platform to develop, grow, and learn all aspects of volleyball, while also offering a program and pathway for every level of player. Our focus is on strong organization off the court and a commitment to personal development on the court.

Approach & Club Core Values

Commitment - Humility - Integrity - Respect - Passion

FVC works to instill intangibles, such as mental toughness, integrity, selflessness, teamwork, and leadership, to ensure future success for its players both on and off the volleyball court. FVC continues to encourage a balance between athletics and other areas in one's life through principles such as nonviolence, truthfulness, self-study, commitment, dedication, and transformation.

FVC players are placed at the appropriate level as soon as possible. However, this is not done to label the player, as we are conscious not to impose a skill distinction between children at the earliest ages. To achieve these goals, players are trained in a specific style of play, are introduced to a variety of skills, and engage in team training. Although grouping is necessary for competition and teaching purposes, the focus always remains “***the player comes first***”.

We believe that, due to our quality youth development environment, FVC will help players achieve their full potential during their developmental cycle. Each year preparing players for their next stage; with emphasis on preparation rather than solely winning matches.

FVC Players and Parents should view EACH FVC “activity” in this light:

- Attending Practices = Classroom Participation
 - Extra training = Extra Credit
 - Tournaments = Quizzes and Tests
- End of Each Year = Progression from Beginning to End
(Did you reach your goals?)

Player Expectations

- Please respect your coaches and the experience they share with you. The first step is referring to them as “**Coach.**”
- Have fun and thank your parents for giving you the opportunity to play.
- Allow coaches to make decisions and respect the process.
 - Don’t ask to play a specific position or say, ‘I can only play ____’.
 - Don’t ask, ‘can I go in?’
- Communicate regarding absences from training, games, or tournaments.
- Train regularly, be on time, and be hard working.
- Take care of your uniform and equipment.
- Exhibit good sportsmanship and respect the game at all times.
- Remember that your behavior reflects on you, your family, your coach, your team, and Force Volleyball Club.
- Take care of yourself and your body with a proper diet, hydration, and rest.
- Be sensitive to other players feelings and be respectful.
- Be Sure to attempt to discuss any issues with your coach before parent involvement.
- Questions should be directed to your Program Director if you don’t understand something or have questions about your development or the development process. Choose a time and place so the coach/director can provide you with their undivided attention.
- **Do your best in school: An educated student-athlete will offer positive opportunities in life whether on the field or off.**

Parent Expectations

- Use positive encouragement.
- Prioritize FVC events when scheduling other sports activities.
- Do not discuss the negative play of other players on the team.
- **Wait at least 24 hours before contacting a coach or director** after a match or tournament about issues related to your child only. The first step is an email to the coach, not a text.
- Provide managers with any practice or tournament conflicts prior to the next practice or event.
- Use self-control on the sidelines and promote good sportsmanship with parents and players from our teams, competing teams, referees, tournament directors, etc.
- **No coaching or instructions from the sideline.**
- Help them develop a routine they ultimately become responsible for executing.
- Encourage your children to have fun, enjoy the game, and “leave it all out on the court.”

**FVC Staff reserves the right to remove and/or suspend parents from the sideline who show poor sportsmanship or cause inappropriate disturbances at their sole discretion. This includes at facilities outside of Force. Failure to comply will result in removal.*

FVC Directors' Expectations:

- Identify coaches in each age and level and appropriately assign them prior to the season starting.
- Notify players of their place within the club.
- Choose appropriate tournaments for each team.
- Prepare the training schedules and coordinate these with the coaches.
- Oversee all staff coaches and provide them with constant feedback.
- Attend weekly meetings with coaching and administrative staff.
- Inform and update parents with all administrative information.
- Update, market, and ensure a high-quality presence online.

FVC Coach's Expectations

- Ensure proper progression for each level of player based on the values, mission, and vision of FVC.
- Constantly evaluate players.
- Prepare training topics for each training session and set the training environment.
- Be professional at all trainings and tournaments.
- Complete a background check and all required credentials.
- Dress in FVC apparel for all tournaments and practices, as deemed necessary.
- Establish trust and rapport with each player.
- Be clear, communicative, and honest with players at appropriate times.
- Use appropriate language.
- Work with the director to maintain communication with families.

Policies

Attendance

Attendance for all team practices is mandatory and expected for all players unless previously discussed with the coach and club director. Performance training and additional position training is not required but highly recommended to get the full exposure to our year-long training plan. National and Elite players are not required but encouraged to attend extra sessions.

Playing time:

All playing time is determined by the staff. **No one is guaranteed any specific playing time or a set position.** Playing time is rewarded based on attendance, performance, character, and talent of each player. Player development is achieved through training sessions, not tournaments.

Tournament Behavior

Players and parents are expected to follow all expectations before, during, and after tournaments. Coaches may set rules or regulations as they see fit. All players on teams must room with at least one adult.

Non-Discrimination & Harassment

FVC prohibits unlawful discrimination, harassment, and sexual harassment. Harassment shall include, but not be limited to joking remarks or other abusive conduct (including verbal, non-verbal, or physical conduct) that demeans or shows hostility toward an individual that creates an intimidating, hostile, or offensive environment.

Bullying

FVC defines bullying as repeated inappropriate behavior, either direct or indirect, whether verbal, physical, or otherwise, conducted by one or more persons against another or others clearly states that each player, parent, and coach will be treated with dignity and respect.

Drug and Alcohol Policy

A player's use or possession of alcohol, tobacco, or any illegal substance while representing our club at a practice, a tournament, or any regulated club function could result in immediate removal from the club and all fees will be forfeited.

Social Media Policy

Players will be required to sign a social media contract.

Fees

Returned Check - payments that do not settle your account and are returned unpaid to FVC are subject to a \$25 service charge. FVC will bill you the service charge and you will have 10 days to pay your account. This applies to payments by check, electronic debit, credit card, and debit card.

Overdue Accounts- All accounts are required to be up to date. Failure to do so will result in removal from training sessions and tournaments.

Special Cases - The club does make exceptions in the event of injury or other extraordinary circumstances. You may request an exception by sending an email to our staff.

Refund Policy: FVC is committed to each player for a full season, and we expect each player to be committed to FVC for the season.

Force Volleyball Club Operations

Club Directors

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Juniors Programs & Assistant Club Director

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