



Handbook 2010 Season

Flatirons Volleyball Club is entering the 11th season as a member of the Rocky Mountain Region USA Volleyball (USAV). USAV governs the Olympic teams, Paralympic teams, Beach Volleyball, adult leagues, and junior clubs for boys and girls. The Rocky Mountain Region (RMR) is one of 40 regions in the United States. Over 100 junior clubs are members of the RMR.

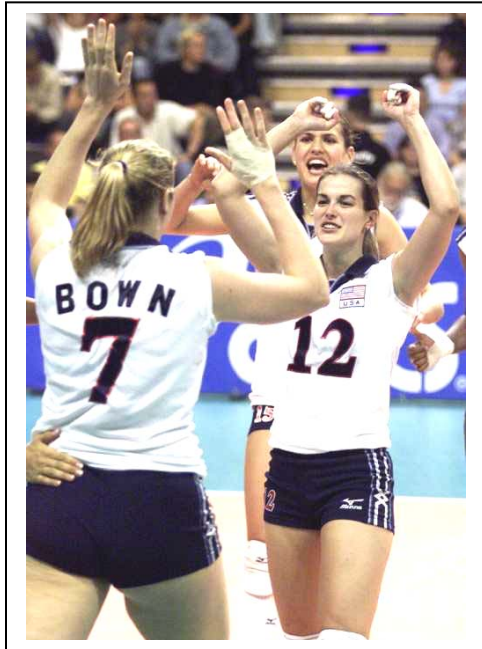
The five Power Tournaments are run by the RMR and are held throughout Colorado from Fort Collins to Pueblo; Fort Morgan to Evergreen. At the end of Power play, the top 8 teams from the region earn the right to compete in the RMR Junior Olympic Qualifying Tournament. The winning team earns a bid, in the National Division, to the culminating tournament of the season: Junior Olympic Championships. Second place finishers earn a bid in the American Division. The other means of gaining bids to Junior Olympics is by winning National Qualifying Tournaments hosted in various states by USA Volleyball. The site for the 2010 Championships will be announced shortly.

Mission Statement

Our goal at Flatirons Volleyball Club is to develop young women into accomplished volleyball players. We plan to achieve this goal by recruiting top quality coaches who will run physically and mentally challenging practices. Flatirons athletes will be taught the competitive spirit along with sportsmanship. In addition, there will be a strong emphasis on self discipline, time management, the development of healthy relationships and the importance of keeping the “fun” in volleyball.

Time Commitment

Club ball requires a large time commitment. The season begins in October/November and can end as late as July 5th. Teams practice



six hours a week. In addition, girls train for physical strength and conditioning at least two hours a week at the beginning of the season and one hour week while in the competitive season. Power Tournaments typically involve eight hours on Sundays. Tournaments can be scheduled on important days such as Super Bowl, Prom, Easter, Spring Break and Mothers Day. Flatirons VBC will make every effort to schedule travel to avoid missing school but missing some school is unavoidable. When athletes commit to club volleyball, they commit to attending all events and all practices.

Season Plans

Plans for the upcoming season include two teams at the 13's, 14's, 16's, and 17's age levels. We also plan for one team at the 12's and one team at the 18's age divisions. Three teams are the goal for the 15's age division; traditionally the largest. The number of girls who attend tryouts and commit to teams plus the availability of a coach will determine how many teams will be fielded.

The National teams will compete nationally while the Regional teams will compete in Colorado. All teams compete in Power Tournaments that begin in January and end in April. Power Tournaments are held on Sundays from 8:00 AM till approximately 4:00 PM. Regional Tournaments are scheduled for April 25th and May 2nd.

The top 8 teams from each age division compete in the RMR Junior National Qualifier Tournament. The first place finisher earns a bid to the Junior Olympic Championships in the National Division. The second place finisher earns a bid in the American Division. The site for the 2010 JO Championships has not been announced but it usually held at the end of June through the first week of July. AAU and JVDA Championships are held in June and July. These are tournaments that Flatirons National teams may attend.

All Flatirons players will be required to complete a physical training program during time outside of practice. A customized program will be designed by Impact Sports Performance in Broomfield for 14's through 18's.

Tom Hogan, CU Assistant Coach and former USA Volleyball Assistant Coach, will conduct a special clinic for Flatirons players on Saturday, January 16th. Details will be announced.

Financial Commitment

Commitment to a team and Flatirons Volleyball Club is a commitment to the financial obligations for the entire season. The budget is based on a team of 10 players. Therefore, all ten players are committing to their part of the season's costs at the moment of verbal commitment and again when the contract is signed and notarized.

New for the 2010 season, a \$500 deposit will be required at Tryouts. This deposit will be applied toward the total costs for the season. It is not refundable after a verbal commitment has been made. If an offer is not made, the deposit check or credit card transaction will be destroyed.

Flatirons Volleyball Club makes every effort to contain the costs of club volleyball. The fees cover the expense of gym space, uniforms, equipment, insurance, team registration fees, physical training/conditioning, coach's stipends, administration, tournament entry fees and, for National teams, travel expenses. Payment plans are available upon request.

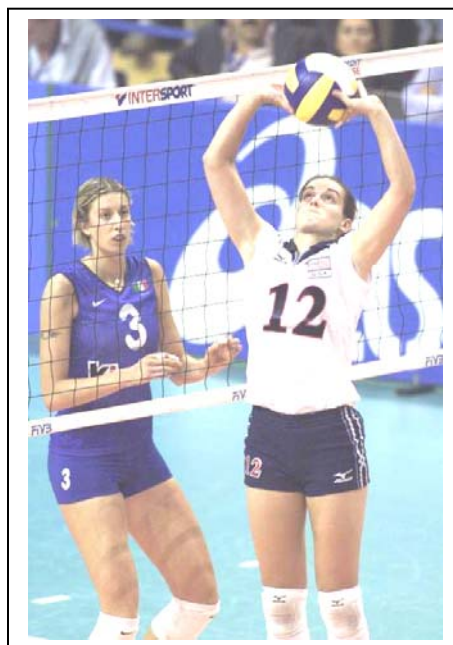
The fees for 2010 will be announced at the Organizational Meetings. Thereafter, they are available by request via email at flatironsvbc@aol.com.

This estimate is based on a team of ten players and includes airfare, hotel, tournament entry fee, coach and chaperone expense, rental vans and food. New this year, National team players will be given the option to book their own travel and meet the team at the hotel in the tournament city. Flatirons Volleyball Club must be notified in writing (email is acceptable) if your choice is to exercise this option by Saturday, December 1 at 6:00 PM MST.

Most Flatirons teams will compete in the Colorado Crossroads Tournament in Downtown Denver. Crossroads is held at the Colorado Convention Center.

Regional teams and some National teams will compete in the RMR Showdown Tournament in Greeley over President's Weekend in February. Flatirons' strongly recommends teams stay overnight on Saturday and Sunday night of the tournament. Hotel and food arrangements need to be made by parents.

Payment in full is encouraged at the beginning of the season. To request a payment plan for the season's fees, contact Bookkeeper Renee Loewen, at lionconsult@qwest.net. We accept Visa and Master Card. Monthly statements will be emailed. Players will not be allowed to participate in practices and/or tournaments if their fees are not current. **



Outstanding Debt

To be a “member in good standing” in the Rocky Mountain Region, players must have no outstanding debt for previous seasons. Registration in the Rocky Mountain Region will be denied to a player who owes money to any club. In order to accept a position with Flatirons Volleyball Club, you must be in good standing in the Region. If you are on the RMR “hold” list, contact the club and rectify the dispute.

Web sites

Our center of communication is our web site. Practices, tournaments, travel details and other important information will be posted there. Check the site for changes in the schedule and the latest news flashes.

Address: www.flatironsvbc.org

Information about the Rocky Mountain Region can be found at the following web site: www.rmrvolleyball.org

Click on “Juniors” to find current tournament information including information about the RMR Showdown Tournament and team standings. This is the location for players to become registered members of the Rocky Mountain Region. To register, click on “Membership” and follow the prompts. Membership is required before participation in Open Gyms, Tryouts, practices or competitions.

The Junior Handbook is available in the “Club Director Forms section”. This handbook explains the tournament format, rules and regulations, and the workings of the Rocky Mountain Region USA Volleyball.

Do not call the Rocky Mountain Region office.

Questions and/or concerns must be directed to a Flatirons Volleyball Club representative (see Resource Directory at end of handbook).

For information on the Junior National Championships check out the USA Volleyball site at: www.usavolleyball.org

Tryouts



Flatirons Volleyball Club tryout format consists of open gyms and formal tryouts. The details are outlined on our website. Please read them carefully.

All Open Gyms and Tryouts sessions are the very important. Contact Director Susan Cancilla if you'd like to play for Flatirons but cannot attend a scheduled tryout.

If you are new to club volleyball, registration for membership in the Rocky Mountain Region USA Volleyball is required prior to

the first Open Gym. Online registration opens on September 1, 2009. Click on "Membership" at the RMR website. Scroll down to the new membership section. Complete the registration. The cost is \$45 and must be paid by credit card at the time of registration.

For tryouts, additional paperwork is required. Some forms must be signed by parent and player. The tryout fee of \$45 is non refundable and due before the tryout begins. Step by step instructions are on our web site: www.flatironsvbc.org

The tryout period is a stressful one for players, coaches and parents. It's important for athletes to be rested and able to focus during the tryouts. Athletes may be offered a spot on a team at Open Gyms or at Tryouts. An immediate response is encouraged. Without a verbal commitment, the offer may be rescinded and extended to the next player.

Many girls tryout for more than one club. Communication is key. If another club makes an offer, contact the Flatirons coach to find out where you stand. Cuts are an unavoidable part of club tryouts. Coaches will inform each player by a phone call, email, letter or personal conference.

Team Commitment

When a commitment is made to join a team, the team takes priority over other extracurricular activities. In the event of the school prom the night before a tournament, players will be required to adhere to limitations. If prom is scheduled during a travel tournament, players will have to forego the prom. They must remain at the tournament for the entire weekend with their team.

Multi Sport Athletes

The option of choosing a multi sport athlete for a Flatirons team is the choice of the head coach. Parameters and expectations must be discussed in advance.

2009-2010 USA Volleyball Age Definition

Age Definitions, the rules for determining which team a player is eligible for, are stated on the USA Volleyball web site: www.usavolleyball.org Age division definitions are also posted on the Flatirons website. Players may be moved up during or after tryouts. You can determine your proper age division by the age you are on September 1, 2010. For example, if you are 14 years of age on the first day of September 2010, your proper age division is 14 and under.

Facility Rules

Gym space is at a premium and we must respect the facilities or risk losing them. The fewer the gyms, the fewer the teams we can offer. Each gym has its' own set of rules which must be followed. Food and drink are not allowed in any gym. We are contracted to use the gyms for volleyball activities only. Horseplay and abuse of school equipment will not be tolerated. Parents and spectators may not sit on bleachers that are folded against the wall.

Insurance

There are inherent risks when participating in sports. Your membership in the Rocky Mountain Region provides supplemental coverage to your major medical insurance.

Flatirons Volleyball Club strongly recommends every family carries medical insurance that covers athletic injuries.

Practice

Teams practice six hours a week. Arrive five minutes early so you can be ready at the start time. Please wait outside the gym until it's your time to practice. Issued or approved practice shirts and court shoes are required. Street shoes will not be allowed on the gym floor. Do not wear competition jerseys to practice. Practices are open to parents. We respectfully request parents watch and refrain from interacting with players and coaches while practice is in session. Coaches have the option of closing practice.

Parents and spectators may sit on bleachers when they are fully extended. They may not sit on folded bleachers or bleachers with only the bottom row extended. Wrestling mats may not be used for sitting purposes; if you could see the bacteria on these mats, you wouldn't consider sitting on them.

Bring water in an unbreakable bottle with a secure lid. Do not bring glass containers into the gym.

Players need to remove jewelry before practicing.

Missing practice is detrimental to the team. If a player misses practice, playing time may be affected. In the case of illness or injury, players must attend practice unless they are contagious.

Team rules will address how and when an athlete must inform their coach of lateness or absence from a practice.

Incllement Weather Cancellations

Under extreme weather conditions, Flatirons will cancel practices. The criteria for canceling practices includes, but is not limited to icy roads, blowing snow, traveler's advisory, poor visability, low temperatures, school closing and wind chill/extreme temperatures. The decision to cancel will begin at 4:00 PM unless it is obvious before that time. Once the decision is made, a notice will be posted on the calendar page of the website and Parent Reps will be notified. The phone tree will be started to inform families.

Coaching Qualifications

Flatirons Volleyball Club prides itself on the quality of the coaching staff. Coaches are carefully selected based on experience and the ability to teach female athletes. All coaches must be IMPACT (Increased Mastery and Professional Application of Coaching Theory) certified as mandated by USA Volleyball. A national background check is required by USA Volleyball.

Playing time

Studies show that playing time is the number one issue in junior sports today. Flatirons VBC is a competitive volleyball club and one of our goals is to win matches. Each team will consist of players who can contribute to the success of the team. Our commitment to the players is to train them to become proficient volleyball players. Training takes place during practice. Playing time is never guaranteed – on any team for any event. Playing time will be determined by the coach and is not open for discussion. Court time is determined by attendance, work ethic, attitude, performance and the needs of the team. On game day, it is the obligation of the coach to field the team that will produce winning results. It is inappropriate to question the coach's decision.

Power Tournaments

All Flatirons teams will participate in the Rocky Mountain Region Power Tournaments. Tournament dates are posted on our web site in the "Calendar" section and in the "Games" section. Directions to sites can be found on the RMR site in the "Directions" section. We encourage players and families to carpool to tournaments. In some cases, teams may elect to stay overnight in the city where tournament is held.

The sites for the Power Tournaments will be posted on the RMR site; usually on Wednesday before the tournament. ***Do not call the RMR office!***



Travel

The purpose for traveling to National Qualifying Tournaments is to obtain experience at a high level of competition. College coaches do 95% of their recruiting at these tournaments. Commitment to a National team is a commitment to travel to all scheduled tournaments.

Travel to National Qualifying Tournaments can involve out of state trips.

To learn which tournaments are scheduled, visit the website, click on teams then click on National Teams.

The complete tournament schedule for the 2010 season is posted on our site.

In the event a traveling team has fewer than 8 players available to travel, Flatirons reserves the right to cancel the trip without refunding the costs.

Adult female chaperones (preferably a Mom) will accompany teams on out of state trips. Chaperone training is mandatory. If you want to be considered for the job of chaperone, contact the Parent Rep for your team.



Travel Rules

Coaches will discuss travel rules with their team. A copy of the rules will be distributed to each player. In addition, the rules will be distributed at the Chaperone Training Session. Chaperone training is required for all chaperones before they will be permitted to travel. Chaperones must be female. A minimum of one and a maximum of two chaperones are required for out of state trips. Players share the expenses of one chaperone. When there are two chaperones, half of the expenses will be paid by the team.

Parental Involvement

Athletes need the support of their parents in order to grow and excel. Flatirons encourages parents to show their support by participating in the following activities:

Team Rep: oversees all other parent jobs, secures chaperones for trips, travel rep, distributes uniforms, paperwork, help coaches with special requests such as keeping the med kit stocked, maintains the medical release folder.

Social Chairperson: Organize social functions, parties, and holiday celebrations.

Media Chairperson: Video footage of every game is important for college bound players. This task is best shared but you may have one parent who volunteers to do all the videotaping. At the end of the season, players may need

footage of a certain game in which they performed especially well. Hence, excellent record keeping is imperative.

Fundraising Chairperson: If your team chooses to fundraise, coordinate and lead fundraising activities.

Communication Chair: Communicate important and last minute information via phone and/or email.

Team Mom/Dad: Main responsibility is helping out at the Power Tournaments. Organize food, ensure player's water bottles are full, organize car pools etc. If needed, make hotel reservations when the site is a long distance away.

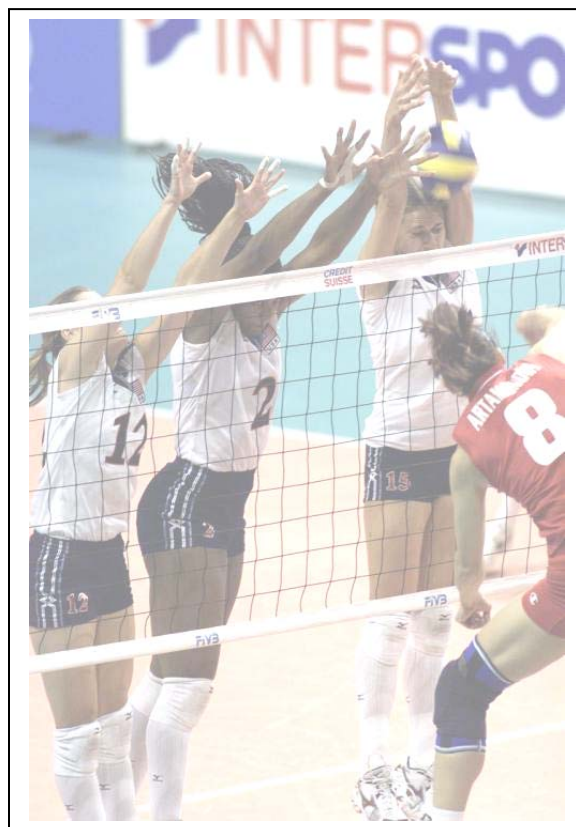
Spectator/Parental Behavior

It is inappropriate for spectators to yell at or coach players during practice or tournament play. It is unacceptable to boo or harass match officials including coaches, refs, scorekeepers and line judges. The tournament director is authorized to remove parents or spectators who do not exhibit respectful behavior.

Tournament day is one that requires focus and direction. Coaches and players have much to think about. Emotions can run high ~ everyone wants to play and perform their best. Tournament day is the wrong time for parents to voice complaints of any nature. Flatirons Volleyball Club prohibits parents from approaching coaches to discuss playing time, coaching decisions, or any other complaint on tournament day. If this rule is violated, coaches are required to report the infraction immediately. A board committee will review the circumstances and determine consequences, which could include player removal from the team.

Appropriate contact times are before or after practice, non-practice nights, or email at any time.

Parents and/or guardians are prohibited from coaching their daughters during a tournament or practice.



Officiating

It is the shared responsibility of the entire team to call lines, keep score, libero track and referee. Every athlete is expected to stay until released by the coach. Do not ask to leave early . . . you are required to stay until the entire team leaves.

Grievance process

In the event of dispute and/or complaint, there are proper steps to follow:

1. Encourage (even insist) your athlete to talk to coach about her concerns.

If there is no resolution:

2. Request a meeting with the coach. Coaches will not speak with you during practice or on tournament days. It is inappropriate to approach a coach with concerns or complaints during a practice or on a tournament day. Player and parent must be present when voicing concern. Attempt to resolve conflict.

If there is no resolution:

3. Request a meeting with the Assistant Director Chris Warner (contact information is located in the Resource Directory located at the end of this handbook).

Disciplinary Procedure

The Head Coach will handle minor infractions such as unexcused missed practices. For serious infractions the followed process will take place:

1. Verbal warning
2. Written warning
3. Suspension
4. Expulsion

Suspension and/or expulsion can be instituted without warning in the event of a serious infraction. Examples of serious infractions include assaults and/or illegal activity.

Team Rules

Each team will compose a set of team rules based on guidelines provided by Flatirons Volleyball Club. Negative postings about Flatirons Volleyball Club, coaches or teammates on public sites such as Facebook and My Space are inappropriate and will result in severe consequences such as expulsion from Flatirons Volleyball Club.

Ask your daughter what the rules are for her team. You may be asked to sign a copy of the rules.

Social Networking

Flatirons coaches are prohibited from engaging in online “relationships” with players or parents via Facebook, My Space or another social network site. Do not search for or attempt to befriend a Flatirons coach on any of the social network sites. The first violation will result in a meeting with the Director, player and parents. The second infraction could result in dismissal of the coach and/or the player.

Fan Apparel

Order forms for Flatirons shirts and sweatshirts are distributed early in the season and are due two weeks later. The order form is also posted on our website. Items such as T-shirts, sweatshirts, sweatpants, Hawaiian mini backpacks, hats, and visors are available.

Kay Pahl will manage the Fan Apparel orders (contact information is located in the Resource Directory at the end of this handbook).

Fundraising

Fundraising is optional for each player. Teams may participate in raising monies to help with club expenses. All monies earned are credited directly to the player’s account. While Flatirons Volleyball Club supports the goal of fundraising, the club does not lead fundraising activities. Suggestions for a variety of fundraising options are listed on our web site.

Scholarship

There are two sources of scholarship money available:

1. RMR Hardship Assistance Fund: www.rmrvolleyball.org Click on Juniors then scroll down to Hardship Application. Deadline: January 31, 2010.

2. Flatirons Volleyball Club Scholarships: maximum award of \$500. Deadline: December 31, 2009.

Applications are available by request via email to:

flatironsvbc@aol.com

Payment of Fees

Full payment at the beginning of the season is strongly encouraged. If a payment plan is needed, contact Renee Loewen at lionconsult@qwest.net. Email invoices will be sent monthly with a “click and pay” option available. Be sure to check your spam folder in the event your server doesn’t recognize Renee’s address.

Additional expenses such as chaperone expenses, Fan Apparel or hotel expenses that have not been paid by the parent will be added to the players account. If the balance is not paid in full by August 1, a report will be filed with the Rocky Mountain Region.

Balances that remain on the books after June 1st, are subject to penalty fees and interest charges. A \$25 charge will be assessed when accounts are reported to the Rocky Mountain Region.

Flatirons Volleyball Club Board of Directors:

President	Greg Hand	gregoryhand@gmail.com
Vice President	Gaynelle Tuck	tuckgaynelle@hotmail.com
Director	Susan Cancilla	flatironsvbc@aol.com
Treasurer	Renee Loewen	lionconsult@qwest.net
At large	Linda Kelly	kellylinda@hughes.net
At large	Corinne Read	ckmmm@hotmail.com
At large	Robyn Read	doggedoc2006@live.com
At large	Effie Stone	effiestone@hotmail.com

2010 Resource Directory

Director:	Susan Cancilla	(303)543-7605 flatironsvbc@aol.com
Coaching Coordinator:	Susan Cancilla	(303) 543-7605 (303) 579-6634 © flatironsvbc@aol.com
Assistant Director:	Chris Warner Parent Administrator	(303) 554-9113 (h) (303) 819-2571 © Christopher.warner@adams12.org
Assistant Director:	Eric Norberg 12's, 13's, 14's	(303) 875-8112 norberge@comcast.net
Administrative Assistant:	Kay Pahl	(303) 438-1773 kmpahl@msn.com
Billing: Invoicing	Renee Loewen	(303) 466-6373 lionconsult@qwest.net