



## Handbook 2012 Season

Flatirons Volleyball Club is entering the 13<sup>th</sup> 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.

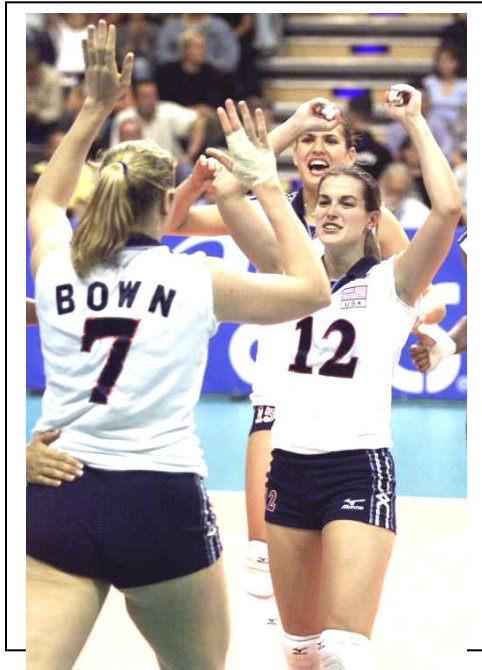
The five Power Tournaments are run by the RMR and are held throughout Colorado from Fort Collins to Pueblo; Fort Morgan to Evergreen. At the end of Power play, the top 8 teams from the region earn the right to compete in the RMR Junior Olympic Qualifying Tournament. The winning team earns a bid, in the 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 2012 Championships will be held in Cincinnati, Ohio from June 27 – July 7.

### ***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 ends as early as April 29th or as late as July 7th. Teams practice between four and six hours per week. Typically, practices are not held over the Thanksgiving or Christmas break.



Power Tournaments are held on Sundays and last for up to eight hours. Power Tournaments are hosted by the Rocky Mountain Region. They are scheduled on Important days such as Super Bowl, Mothers Day and over Spring Break.

National teams will need to miss some school for travel to out of state tournaments.

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, 15's and 16's age levels. We also plan for one team at the 12's and one team at the 17's/18's age divisions. The number of girls who attend tryouts and commit to teams plus the availability of a coach and gym space will determine the final number of teams that 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. The Regional Tournaments are scheduled for April 28<sup>th</sup> and 29th. An All Region team will be selected.

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 2012 JO Championships is Cincinnati, Ohio. The tournament will run from June 27th through July 7th.

AAU and JVDA Championships are held in June and July. These are tournaments that Flatirons National teams may attend.

All Flatirons players have the option of conditioning and training in addition to regular practices. A discounted, customized program is offered by Impact Sports Performance in Broomfield for any Flatirons player who desires such training.

## ***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 11 players. Therefore, all eleven 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.

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.

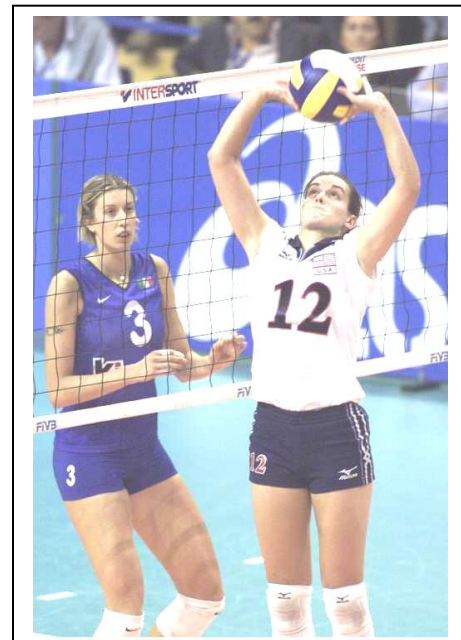
The final fee schedule for 2012 will be posted on this website under the "Fees" section. Payment plans and extended payment plans are available.

New this year, National team players will arrange their own out of state travel and hotel accommodations. Travel fees cover the cost of the tournament entry fee and the coaches expenses. All other expenses will be the responsibility of each player.

All National teams and select Regional 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' 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 Renee Loewen of Bottom Line Bookkeeping at [lionconsult@qwest.net](mailto: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 more than 30 days past due. Players will be expected to continue attending practices and tournaments.



## ***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 calendar section of the site for changes in the schedule.

Address: [www.flatironsvbc.org](http://www.flatironsvbc.org)

Information about the Rocky Mountain Region can be found at the following web site: [www.rmrvolleyball.org](http://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](http://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 on a Flatirons team 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 1st. Click on "Membership" at the RMR website. Scroll down to the new membership section. Complete the registration. The cost is \$55 and must be paid online 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](http://www.flatironsvbc.org) Tryouts are open to players and coaches only.

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.

When trying out for than one club, keep the lines of communication open. 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.

Flatirons Volleyball Club reserves the right to add players to a team over the course of the season. We also reserve the right to move players from one team to another. The most common reason for this is injury. These decisions are not taken lightly; much thought and discussion surrounds decisions of this nature.

### ***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.

### **2011-2012 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](http://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, 2012. For example, if you are 14 years of age on the first day of September 2012, 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. At the request of the schools, parents and spectators may not sit on bleachers that are folded up 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 four to six hours a week. Arrive ten 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 from a distance 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.

### ***Inclement Weather Cancellations***

Under extreme weather conditions, Flatirons will cancel practices. The criteria for cancelling practices includes, but is not limited to icy roads, blowing snow, traveler's advisory, poor visibility, 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.

### ***Coaches and 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.

Coaches undergo comprehensive training by Flatirons administration. Prior to the start of each season, topics such as team selection, running an efficient practice, communicating with and understanding female athletes, incorporating physical conditioning into practice, safety requirements, psychology of sport, technical considerations such as offense, defense and systems, goal setting, team management, coaching styles, motivation, season planning, match management and much more.

Flatirons coaches are experts at coaching volleyball. It is not appropriate for parents to suggest or advise coaches how to do their job. On the other hand, if your daughter is struggling and, after encouragement from you, cannot bring herself to discuss her needs with the coach, please email or call the coach to let her/him know what's going on.

In the circumstance of dispute or need for clarification, coaches will not debate club policy. Contact club administration to discuss policy.

### ***Playing time***

Studies show that playing time is the number one issue in junior sports today. Flatirons Volleyball Club 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 most of/all 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 Rules***

Coaches will discuss travel rules with their team. A copy of the rules will be distributed to each player. New this year: chaperones will not be provided for out of state trips. Each parent is responsible for arranging travel itinerary and supervision while at the tournament. Players share the expenses of two coaches and the tournament entry fee.

### ***Parental Involvement***

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

- Team Rep is the communication link between parents and Flatirons Volleyball Club. The Team Rep oversees all other parent jobs, coordinates travel details for out of state tournaments, distributes uniforms, paperwork, and helps coaches with special requests such as keeping the med kit stocked.
- Social Chairperson organizes social functions, parties, and holiday celebrations.
- 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). Individual or family meetings will be scheduled. Group meetings are against club policy.

### ***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.

Cell phone rules are simple: whenever the team is together at practice, at dinner, in a meeting or at tournaments, cell phones are not to be looked at. Additional clarification and/or rules may be added by your daughters coach.

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 are available.

Kay Pahl will manage the Fan Apparel orders (contact Information is located in the Resource Directory at the end of this handbook). Show support for your daughter and Flatirons Volleyball Club by wearing Fan apparel to tournaments!

### ***Fundraising***

Fundraising is optional for each player. Teams and players 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 is not equipped to lead or organize fundraising activities. Suggestions for a variety of fundraising options are listed on our web site. In addition, Flatirons Volleyball Club is a state registered 501c3 organization. Donations are tax deductible.

### ***Scholarship***

Scholarship monies are available through:

1. RMR Hardship Assistance Fund: [www.rmrvolleyball.org](http://www.rmrvolleyball.org) Click on Juniors then scroll down to Hardship Application. Deadline: January 31, 2012.
2. As a result of cutting back on expenses, Flatirons Volleyball Club Scholarships have been suspended for the 2012 season.

### ***Payment of Fees***

Full payment at the beginning of the season is strongly encouraged. If a payment plan is needed, contact Renee Loewen of Bottom Line Bookkeeping at [lionconsult@qwest.net](mailto: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 1<sup>st</sup>, are subject to penalty fees and interest charges. A \$25 charge will be assessed when accounts are reported to the Rocky Mountain Region.

### ***Programs offered by Flatirons Volleyball Club***

Summer Camps are offered for 12's – 15's. Camps run in the early part of June at Eldorado K-8 School. This is a great opportunity to learn about the sport of volleyball and to increase your skills.

Marla Tenney will speak to parents and players about getting paid to play sports in college. She is an expert at helping you and your daughter find the right college fit. Marla has helped hundreds of athletes over the past 10 years. Marla will come to Flatirons to present her program in February. Her presentation is open to parents (members and non members of Flatirons) of any athlete. Web site: [www.futurecollegiateathletes.com](http://www.futurecollegiateathletes.com)

Little Spikers League is an introductory program for girls in 4th – 5<sup>th</sup> grade. This year, Jil Thomason will run two sessions: one in January and one in February. Each session will go for 4 weeks. Registration and program details will be announced mid December.

Flatirons Volleyball Club Board of Directors:

President	Robyn Read	<a href="mailto:doggiedoc2006@live.com">doggiedoc2006@live.com</a>
Vice President	Gaynelle Tuck	<a href="mailto:tuckgaynelle@hotmail.com">tuckgaynelle@hotmail.com</a>
Director	Susan Cancilla	<a href="mailto:flatironsvbc@aol.com">flatironsvbc@aol.com</a>
Treasurer	Renee Loewen	<a href="mailto:lionconsult@qwest.net">lionconsult@qwest.net</a>
At large	Linda Kelly	<a href="mailto:kellylinda@hughes.net">kellylinda@hughes.net</a>
At large	Corinne Read	<a href="mailto:ckmmm@hotmail.com">ckmmm@hotmail.com</a>
At large	Greg Hand	<a href="mailto:gregoryhand@gmail.com">gregoryhand@gmail.com</a>
At large	Effie Stone	<a href="mailto:effiestone@hotmail.com">effiestone@hotmail.com</a>

## 2012 Resource Directory

Director:	Susan Cancilla	(303)543-7605 <a href="mailto:flatironsvbc@aol.com">flatironsvbc@aol.com</a>
Coaching Coordinator:	Susan Cancilla	(303) 543-7605 (303) 579-6634 © <a href="mailto:flatironsvbc@aol.com">flatironsvbc@aol.com</a>
Assistant Director: Parent Liaison	Chris Warner	(303) 554-9113 (h) (303) 819-2571 © <a href="mailto:Christopher.warner@adams12.org">Christopher.warner@adams12.org</a>
Equipment Manager:	Eric Norberg	(303) 875-8112 <a href="mailto:norberge@comcast.net">norberge@comcast.net</a>
Administrative Assistant:	Kay Pahl	(303) 438-1773 <a href="mailto:kmpahl@msn.com">kmpahl@msn.com</a>
Billing: Invoicing	Renee Loewen	(303) 466-6373 <a href="mailto:lionconsult@qwest.net">lionconsult@qwest.net</a>