

DIG Volleyball Club – *DIG Club & National* Player/Parent Club Handbook 2020-2021 Club Season

Welcome

Welcome to the Fourth season of DIG Volleyball Club ("DIG"), a member of the North Texas Region ("NTR") of USA Volleyball, in the North Texas Region. This handbook is for our players and parents to have access to information about the Club and to help answer questions that may arise throughout the season.

If at any time you need more information or have questions, please contact Jason Crispin, Club Director, by email at JC@DallasSportsplex.com, or DIG Coordinators Jessica Thomas at jthomas@DallasSportsplex.com and Lindsey Owen at lowen@DallasSportsplex.com. For administrative issues you may contact Nicole Binder, Club Admin, at nbinder@DallasSportsplex.com. If you prefer to speak over the phone or in person, send an email to the appropriate party to schedule a call or visit.

We are very excited that your family has decided to spend the next several months with DIG. We believe this will be a fun and rewarding season and look forward to sharing the club season with you.

You can also find valuable information at: <http://ntrvolleyball.net/junior-girls/>

Why DIG?

Developing and Inspiring Greatness -- This is something that we believe is important when developing the youth athlete. While they may never actually become great volleyball players, they can become great teammates, great citizens, great friends and great examples on how to carry oneself on and off the court.

DIG will emphasize its Core Values with the goal of getting its players, coaches, parents, and leaders **F.I.R.E.D U.P.** We believe if we embrace the concepts of Fun, Integrity, Respect, Effort & Desire, we can achieve Unparalleled Performance and Unlimited Possibilities.

What is DIG

DIG is the culmination of countless years of experience in club sports. The Sportsplex and its affiliates have been a long time leader in North Texas Volleyball and was one of the first organizations to introduce "Club Prep" to the Dallas Market. With new leadership taking over operations in early 2017, The Sportsplex created DIG VBC and had its first season that year. After a year of experience and

reflection, it revamped, retooled and renamed its Club Prep program **DIG Academy (Academy)** the following year.

DIG VBC is a fully sanctioned volleyball club in the NTR of USA Volleyball. We believe DIG Academy should be the foundation for a strong volleyball program. Since the 2018 season, we offer a full club experience to players at all levels of development and interest and hope that you can continue to be a part of DIG VBC for years to come.

DIG Club was then created to provide players an outlet for club volleyball that is more like a “true” club experience. As a part of our efforts to make the program more feasible for athletes and their families, we limit travel and provide the Club experience at a reasonable price (compared to similar programs). We believe that volleyball doesn’t have to be the center of the player’s universe, however it is still our expectation to be competitive and to hopefully improve our players abilities significantly over the season. This goal can be achieved when the player and parents are **fully committed** to the program.

DIG National (formally Diamond) originated with the intent to develop the more committed athlete in their pursuit of volleyball development. With the elevation in competition, time investment, and skill level, DIG National continues to enable the player’s desire to advance in competitive volleyball.

We want kids playing multiple sports for as long as it is feasible and enjoyable for the athlete and her family, &

We want kids to aspire to play competitive sports throughout high school.

We believe that both ideals are very important for the successful development of our youth with long-term benefits, and DIG VBC has been structured to achieve both goals. We proudly report that DIG players routinely make their high school volleyball teams in what is an extremely competitive high school volleyball market.

Coaching Staff

DIG will provide experienced, well-trained, empathetic, and encouraging coaches for our teams. All coaches will be IMPACT certified, Safe Sport certified and registered with USAV as a coach and will have a complete background check. We will strive to match coaches with teams based on experience, knowledge, abilities, and personality.

Communication

As the season commences, DIG VBC will primarily utilize the app SportsEngine (sportsengine.com) for updates and announcements. We will send players an

invitation to join their individual team. Please register as soon as possible after receiving the invitation to ensure you receive all communication.

PLEASE MAKE SURE TO USE SPORTSENGINE TO UPDATE YOUR AVAILABILITY FOR ALL EVENTS.

Financial Commitment

Fees go toward paying pre-season training, club insurance, gym and facility costs, coaching fees, uniform and equipment costs, tournament registration fees, ref fees and administration costs. Separately, players will have to register with USAV on an annual basis. This is required so that they may play in an USAV sanctioned event.

Uniform and Equipment

Uniforms are provided by DIG as part of your deposit. Uniforms consist of 2 game jerseys, 1 practice shirt, 1 pair of spandex, a team hoodie and pants, shoes, a ball, and a team backpack. National teams will additionally receive a long sleeve warm-up shirt. Each player is responsible for their own knee pads & socks, however DIG will sell both at our cost. ***Knee pads and socks must be black and Adidas brand for tournaments.***

Proper care of the uniforms is each player's responsibility. Parents are asked to review and follow the care instructions on labels to ensure that all the gear is in the best condition possible for the season. **Any apparel item with a heat pressed logo and/or number should be hung to dry, not machine dried.**

The player's name should be written on the inside of their jersey as well as on their personal volleyball with a Sharpie or other permanent marker. Personal volleyballs should not be brought to practices at Sportsplex as they can easily get mixed up with the team balls.

Time Commitment & Schedules

The 2020-2021 season runs from November 2020 to May 2021. Official team practices will begin in November, and tournaments will begin in December or January. Players are expected to attend **ALL** scheduled practices and tournaments. We believe we have provided a structure that allows for training, growth and development while still providing flexibility. Team practices will occur on either Monday/Wednesday or Tuesday/Thursday starting November 9th. We will not have practices on November 25th & 26th, however if you have holiday plans out of town on the 23rd or 24th we completely understand your absence. **Holiday practice schedules will be communicated through SportsEngine.**

Players must manage their studying time appropriately so that they can attend all practices. Excessive absences for “studying” is expected or acceptable.

Teams

Our DIG Club teams are made up of kids with similar skill level and experience. All our Club players have previous Club/Academy volleyball experience. There are no A or B teams in Club. We try to balance the teams so that they all have the ability to be competitive during the tournament season. The common goal of all of our athletes should be ***the Pursuit to Get Better at Volleyball***.

Our National Teams are made up of players ready to fully commit to volleyball and are of elevated skill level. **Practices and tournaments should be the player’s primary extracurricular activity** and certain personal sacrifices should be made to the benefit of the team.

One of our goals at DIG is to partner like minded players on the same team.

As with all DIG VBC programs, practices will be conducted efficiently with limited breaks, hard work and no “goofing around”. Tournaments will be serious, yet fun, and *all players should show up with the goal to win*. **There are no participation medals, but there are also no losers when we show up determined to compete and when we give it our all.**

Team Practices

Our players will have two ***Team*** practices each week and will either practice Monday/Wednesday or Tuesday/Thursday. Club teams will have one 1.5 hour practice and the other will be 2 hours. The coach may use the extra 30 minutes for off court conditioning in the work out gym or class room training. Later in the season, the coach will likely use the extra 30 minutes of practice time for tournament prep. National teams will have two ***Team*** practices a week, each for 2 hours.

Our players are required to be on time to practices. Being on time means being at the facility 10 minutes early wearing practice attire. If you need to change before practice, please allow adequate time to do so. This will give the player the time needed to lace up shoes, get a drink and start warming up.

Please notify your coach through SportsEngine if you will be late or will miss practice. ***Playing time may be impacted based on excessive absences.***

In the case of inclement weather, DIG will contact players through SportsEngine and on the Sportsplex website to notify them of practice changes and/or cancellations.

For pre-season positional training and team practices, players are to wear their black short sleeve practice shirt.

Tournaments

Each team will play 8-9 North Texas tournaments; most are within the DFW area. One of the included tournaments for Club teams will be located within 4-5 hrs of the DFW area, the specific location is TBD. The National teams will travel to two different locations within 4-5 hrs of the DFW area for two of their included tournaments.

*Playing time at tournaments is **earned** and not always given out equally.* Practice is where the athletes learn and grow in skill development. Participation and Effort at practice helps determine tournament play time.

One Day Tournaments (Club only) will either be played on a Saturday or Sunday and will last the entire day. Two Day Tournaments will be on both Saturday and Sunday. All players are expected to be in the gym, ready to warm up, at the arrival time determined by the coach. DIG standard is forty-five minutes prior to the first game regardless if you play or referee. Please plan travel time accordingly. Specific information on each tournament is not typically available until the week of the tournament.

For liability and insurance reasons, DIG coaches, directors and administrators cannot be responsible for any transportation to or from any tournaments or practices.

Officiating and scorekeeping are integral parts of participating in volleyball tournaments. All players and coaches must attend one (in person) officiating clinic per season. Officiating at tournaments is a shared responsibility for the entire team. **If your team is officiating, other players may not leave the tournament site unless excused by the coach.**

Player Expectations

Players are expected to adhere to all City, County, State and Federal Laws as well as all USAV rules and regulations. Violations of these laws or rules/regulations may result in expulsion from the club.

Additionally players are expected to:

- **Be a team player; the team comes first.**
- **Have a positive attitude at all times; encourage and support their teammates to the best of their ability, whether they are on the court or on the sidelines.**
- **Demonstrate strong club/team spirit and pride.**
- **Be a leader on and off the court.**
- **Stay focused, mindful, and display a strong work ethic at every practice and tournament.**
- **Always show respect to all teammates, parents, coaches and officials.**
- **Do not provide, use, or condone the use of tobacco products, alcoholic beverages, or recreational drugs. Do not remain in a location where this kind of activity is taking place. The use of any illegal substance will not be tolerated.**
- **Clean up after themselves (gyms and at tournaments, etc.).**
- **Remember the Golden Rule: Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team successes.**

The DIG Volleyball Club Director reserves the right to place any player on probation or suspension for violation of any rules or regulations. Probation means the player may practice with the team, but not participate in tournaments. Suspension means the player may not participate in practice or tournaments for an agreed upon amount of time.

Parent Code of Conduct for Tournaments and Practices

Parent participation is essential for the success of the teams and individual athletes. Active and responsible parents also contribute to the positive image of DIG Volleyball Club within the community.

DIG Volleyball Club is responsible for the actions of its players, coaches, parents, and spectators. Please adhere to the following guidelines for tournament etiquette:

- **Respect:** Please be respectful to all players, coaches, officials, line judges, scorekeepers, other teams, parents, etc. In the case of repeated negative behavior, DIG reserves the right to restrict the attendance of spectators at tournaments.
- **Cheer:** Cheer for your team and its players! Do not be negative about the players (especially the competition), the coach, or the other team at any time.

- ***Don't Coach from the Sidelines:*** There is a big difference between cheering for the team and attempting to coach from the bleachers. Leave the coaching to the coach.
- ***Don't approach the officials: Do not ever approach, or yell at any of the officials, lines judges, or scorekeepers at a tournament.*** If a discrepancy occurs, let the coach deal with the problem. A Club can be fined for the behavior of its parents. The offending parent will pay any fine incurred because of inappropriate behavior.
- ***Communicate with the coach at appropriate times:*** You should always feel free to talk to the coach. But, please remember that there is an appropriate time and place to discuss an issue with the coach. Tournaments are not the appropriate time. ***Please wait 24 hours after any incident so that all parties can "cool down"*** and not escalate an issue at an inappropriate time.
- ***Use SportsEngine appropriately:*** Group chats are for communicating information or congratulating the team's performance. Do not use chats for complaining about a situation or asking the coach a question. This type of communication should be a one on one conversation through SportsEngine email or in person.

Grievance Procedures

Competitive team athletics, by nature, create an environment where athletes, parents, and/or coaches may not be in agreement with all decisions made. Knowing when and how to communicate with the coach or Club Director is a concern for almost every parent at some time during the season. Often the concern is how to inquire about issues surrounding playing time. The goal at tournaments is to be as competitive as possible and will reflect in the decisions of the coach.

Athletes, at all ages, are expected to communicate directly with their coach. Athletes are expected to discuss any issues concerning playing time or any other volleyball related subject with their coaches first and before parental involvement.

Parents are encouraged to communicate with the Club Director ***only after exhausting all other options*** with the coach or if you feel your child or another player is in immediate harm.

Coaches should not engage in controversial discussions during tournaments. If a coach is approached during a tournament, he/she has been instructed to: politely decline to discuss any controversial matter or to refer the parent to a Club Director or Club Coordinators.

Parents and athletes are to adhere to the following grievance process:

Step 1. The athlete meets with the coach to discuss the matter. If the matter is not resolved or the athlete has a reasonable concern about speaking to the coach, please proceed to step two.

Step 2. The parent meets with the coach to discuss the matter. If the matter is not resolved or the parent has reasonable concern about speaking to the coach, please proceed to step three.

Step 3. The parent meets with either Club Coordinator. In certain situations, the Club Coordinator may ask either the coach or athlete (or both) to attend the meeting. If the matter is not resolved or the parent has reasonable concern about speaking to a Club Coordinator, please proceed to step four.

Step 4. The parent meets with the Club Director. In certain situations, the Club Director may ask all involved parties to attend the meeting.

Step 5. All decisions and recommendations by DIG and the Club Director are final and not subject to appeal.

The recommended time for a parent and/or athlete to meet with a coach is immediately after a scheduled practice. Ideally, you will have notified the coach by email prior to practice so that the coach may prepare accordingly.

It is inappropriate for an athlete or a parent to approach other DIG players or parents about a problem the athlete or parent is having with a coach, about objections to coaching, or any DIG administrative decisions. For the health of the teams and the Club as a whole, grievances must be handled via the grievance process outlined above.

DIG strongly promotes fairness and believes in open communication. All issues and concerns are immediately addressed with the athlete's well-being in mind.

DIG is dedicated to keeping an open line of communication between all involved. We want the players/parents to feel comfortable with our staff. We are here to make this season enjoyable as well as a great learning and growing experience for each athlete.

Insurance Coverage

It is the responsibility of parents to ensure that their athlete is covered by medical insurance. Volleyball is like any other sport - the risk of accidental injuries is inherent in the nature of these activities. These risks include, but are not limited to, the potential for injury, accidents or illness while traveling to and from

competition sites, while participating in the various program activities, and while playing volleyball.

We attempt to minimize the existing risks through use of proper sports equipment, proper facilities, and sound safety practices.

DIG Fees are not waived because of injury. The Club Director may reduce or waive fees at his discretion.

PLEASE NOTE: Your registration with USAV includes supplemental insurance coverage. For more information follow this link:
<http://psrvb.org/information-insurance>

DIG Volleyball Club reserves the right to amend this player/parent handbook. In the event that the handbook is altered, athletes and parents will be notified.

Conclusion

We truly appreciate your investment in your player's athletic endeavors and thank you for entrusting that investment with DIG VBC. We believe that any player who has signed up for DIG is committed to the challenge of increasing their volleyball skill development. Knowing the goals and expectations of our determined athletes, we hold ourselves and our coaches accountable to growing, developing and inspiring our athletes. Likewise, we also expect our athletes to work hard (Effort), be a good teammate (Respect), do the right thing (Integrity), want to get better (Desire), and have FUN!

Let's have a great 2020 -2021 DIG Season!

**D.I.G. Volleyball Club – DIG Club & National
Player/Parent Club Handbook 2020-2021 Club Season
Signature Page**

We, as a family, have read, reviewed and discussed the contents of the DIG Handbook.

We agree to be F.I.R.E.D U.P. during the 2020-2021 season!

DIG Player Printed

DIG Player Signature

DIG Parent Signature