



POINT BREAK

PARENT AND PLAYER HANDBOOK 2023-2024



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POINT BREAK VOLLEYBALL CLUB MISSION STATEMENT

Point Break Volleyball Club (PBVBC) is committed to ensuring that our players grow mentally and physically to be the best that they can possibly be both on and off the court. Our mission is to provide our athletes with the highest level of coaching allowing them to establish the volleyball skills they need to become well-seasoned volleyball players, as well as prepare them for the next level whether it be Middle School, High School, Club or College Volleyball.

PLAYERS RESPONSIBILITIES

 Initials

It is the philosophy at PBVBC to develop respect, discipline, commitment, and a positive self-image in each of the athletes. It is important that each player understands the concept of being a “team.” Players will always show respect to all teammates, coaches, parents, officials, and other teams. Poor sportsmanship will not be tolerated. Be competitive, but not disrespectful toward other teams or clubs. Disrespect toward anyone will not be tolerated! Consequences for unacceptable behavior will be determined by the coach and club administration.

Volleyball provides an excellent opportunity to teach about the realities of highly competitive situations. Players must learn how to be a cooperative team member, how to make use of both positive feedback and constructive criticism, how to cope with adversity, how to achieve 'mental toughness', and how to be gracious and respectful in both defeat and victory.

PBVBC will not tolerate any bullying, hostility, aggressive confrontations, inappropriate communications (rude, disrespectful, vulgar, obscene, etc.), or verbal threats by player towards an official, a director, a coach, a parent, or another athlete, by email, text message and/or in person. Violation of this policy will result in the athlete being immediately dismissed from the club.

PRACTICES

 Initials

Practice is the time to improve skills and work on new concepts.

Practices will be held at PBVBC headquarters and/or other gym locations.

Teams will generally have practice two times a week. Teams may have additional and/or extended duration practices. The team coach will communicate the practice schedule which is also available on the club website.



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Players are required to be ready to begin practice at the designated start time wearing proper attire and gear.

Each practice session is very important to the development of our athletes. Players are expected to attend all practices so they do not miss instruction that could affect their performance at tournaments. Coaches prepare practice plans according to who and how many are attending. It is important to note, if players do not attend practices on a regular basis, playing time could be impacted. If a player must miss a practice, a telephone call or text to their coach is required with as much advanced notice as possible.

TOURNAMENTS

 Initials

PBVBC will participate in tournaments through Volleyfest for local teams and Southern California Volleyball Association (SCVA) / Amateur Athletic Union (AAU) for travel teams. Teams may also participate in scrimmages with other local clubs. Tournament schedules will be provided at the start of the season. It is expected that all players will attend all scheduled tournaments.

Transportation to and from tournaments and practices, regardless of distance, is the responsibility of the athlete and their parents.

If a player cannot attend a tournament due to a planned vacation, family, or school commitment, at least three weeks advance notice to the coach is required.

Athletes are to always be supportive of the entire team and program during tournaments. Players are not to engage in any behavior that would reflect negatively on PBVBC.

For the purposes of representing PBVBC and showing support, some combination of PBVBC attire, including a jersey, warm-up shirt, jacket, and sweatpants is required to be worn at tournaments and games. Uniform and practice gear will be provided as part of the uniform package, additional spirit gear is available for purchase at the store located at PBVBC office headquarters.

Bring ALL required uniform items to ALL tournaments. There are situations when players will be required by a referee to change jerseys and every player should be prepared for such an occurrence.

When the team has referee duties, the ENTIRE team must stay and work until the match is completed, this includes the last officiating duty of the day when a team may be done competing.



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TRAVEL

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Travel teams will attend regional one- and two-day tournaments and multi-day out of state tournaments.

Athletes under the age of 18 must have an adult (21+) accompany them to out-of-state tournaments.

An adult parent/guardian, family member or other designated chaperone will be responsible for travel accommodations, hotel check in, supervision, communication with coaches and necessary medical consent and care of the minor.

If a traveling athlete is between the ages of 18-20, contact the hotel to confirm minimum ages to book, and identification needed for check in. In some locations, hotels require their guests to be at least 21.

Contact Information and authorization for adults other than a parent/guardian accompanying a minor must be communicated to the club director at least 30 days in advance of travel, unless in an emergency.

PLAYING TIME

 Initials

Practice is where the athletes learn and grow in skill development. Tournament play is only a supplement to participating in club volleyball.

Playing time for competition is earned. Athletes must earn playing time through hard work, a positive attitude, and performance at practice. Players pay to train, not to play. Performance at practice helps determine tournament playing time.

Athletes should communicate with their coach if they are unclear as to what is expected to earn more playing time.

Each team will offer fair (not equal) playing time to each player. Fair could be defined as playing an average of 2 or 3 rotations (front or back row) per game. Fair is not based on time, playing a specific requested position, or being able to serve. This could mean a player may sit out for several games during the day.

Each coach will determine the line-up best suited to meet the goal of that particular level of competition. If a



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player does not fulfill their obligations on the court, it is the coach's discretion to substitute, so that the team may achieve its goals. Players are expected to perform certain roles on the bench as well, which greatly contribute to the success of the team.

In younger divisions we strive for equal playing time, since the focus is on learning and skill building. In older divisions, all players will have an opportunity to play at every tournament, however, playing time will not be equal. On advanced and travel teams, playing time is at the discretion of the coach and position specific.

PARENT RESPONSIBILITIES



Let the athletes follow their coach's instruction and leave the coaching to the coach.

Parents are not to "coach" their athletes during any PBVBC practices or tournaments. Athletes need to focus on the coach's instruction and concentrate during practices and games.

Parents are not allowed near the team bench at any time during tournaments or games. If a player is removed by a parent for any reason from the tournament site without previous permission from the head coach, they will be considered to have resigned from the club program.

If there are any questions or concerns a parent may have regarding their child's playing time, performance, etc. Do not approach or confront a coach about issues during practices or tournaments, wait at least 24 hours after the incident to request a meeting.

Parents are to always be supportive of the entire team and program during tournaments. Parents are not to engage in any behavior that would reflect negatively on PBVBC. Guidelines for parents are no different from athletes in this regard.

PBVBC will not tolerate any hostile, aggressive confrontations, inappropriate communications (rude, disrespectful, vulgar, obscene, etc.), or verbal threats by a parent towards an official, a director, a coach, an athlete, or another parent by email, text message and/or in person. Violation of this policy will result in the athlete being immediately dismissed from the club.



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STAFF AND COACH RESPONSIBILITIES

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Coaches are responsible for multiple aspects of athlete development and team management. All PBVBC coaches are expected to:

- Teach appropriate fundamental skills of volleyball, positions, and game play.
- Provide a positive and motivating atmosphere.
- Develop each athlete's confidence and competitive spirit.
- Promote individual/team growth in sportsmanship, teamwork, and camaraderie.
- Supervise players before, during, and immediately after practices and tournaments.
- Communicate with parents, players, other coaches, and club directors in a professional/respectful manner.
- Will not in any form, "Influence" a player to attend their school that they coach or associate with.

PBVBC assigns a minimum of one coach per team to hold practices and attend tournaments. Please understand that staff may be coaching multiple teams. Therefore, on occasion, due to circumstances and schedules, a substitute coach may fill in for practices and tournaments when a head coach is unable to attend. There also may be times that a practice will need to be cancelled at the last minute due to an emergency. Every effort will be made to schedule make-up practice when this situation arises.

GRIEVANCE PROCEDURES

 Initials

Competitive team athletics, by its very nature, creates an environment where players, parents, and/or coaches may not agree with all decisions made. In these situations, it is not acceptable to approach coaches on tournament days to discuss playing time or coaching decisions. If a parent wants to discuss their grievance, they should follow the steps listed below after a 24-hour "cooling" period:

1. The player should speak with the coach about the problem first. If this does not resolve the situation, go to the next step.
2. The parent should make an appointment with the coach for a meeting (not on tournament day) with the player being present. If the issue is not resolved or the parent has reasonable concerns after speaking to the coach, proceed to the next step.
3. The parent should make an appointment to meet with the Club Directors. In certain situations, the



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4. Club Directors may ask the coach or player (or both) to attend the meeting. The Club Directors decisions on all grievances are final.

ANTI-BULLYING POLICY

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It is PBVBC policy to teach athletes to deal with conflict in a positive way, and thereby build confident youth and a conscientious community. Athletes have the right to expect that they will spend their time with PBVBC free from the fear of bullying, harassment, and intimidation. Bullying de-values, isolates, frightens and affects an individual's ability to develop and achieve. Bullying is never acceptable. It is not a normal part of growing up and does not build character. Consequences for student-athletes who have been identified bullying another player/s are:

- **1st infraction:**
 - Athlete and coach conversation/intervention.
- **2nd infraction:**
 - Parent, athlete, and coach conversation (and Club Directors, if required) for corrective action plan.
- **3rd infraction:**
 - Club Directors determine player suspension or dismissal.

ALCOHOL AND DRUG POLICY

 Initials

Players may not drink alcohol, smoke, vape, take illegal drugs, use steroids, or any other harmful or illegal substance. Players may not possess or be under the influence of alcohol or drugs. If it is determined that these rules have been violated, the player will be sent home immediately and face possible dismissal from the club.

FINANCIAL COMMITMENT AND REFUNDS

 Initials

Club fees include all costs for the program except for athlete memberships and personal travel expenses.

As club expenses are based on team fees, we must adhere to our budget. The club spends most of the team



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budget for the season in the first few weeks covering gym reservations, SCVA/AAU fees, insurance, equipment purchases, tournament entries, and uniforms, etc. which are all non-refundable to the club.

Once a player/parent has paid their deposit and accepted a position on a team or officially joined a specific program, the player/parent has agreed to and is responsible to pay their full season cost. The deposit and all additional payments are NON-REFUNDABLE.

If a player/parent decides to end their participation with PBVBC at any point in the season for personal reasons or is removed for violation of SCVA, AAU, or PBVBC rules, the player/parent is still responsible to pay the full season cost. The deposit and all additional payments are NON-REFUNDABLE.

If a player is unable to participate during the season due to injury, illness or relocation, the player/parent is still responsible to pay their full season fees.

Any decision to offer credit or refunds due to a season-ending injury, serious illness, or relocation out of the area is at the sole discretion of PBVBC administration. Requests for consideration must be in writing and accompanied by documentation of the injury, illness, or relocation. Credit and refund requests are not guaranteed approval.

If any payments are late or in default, the player will not be allowed to participate in any practices or tournaments until payments are current. The player/parent will be held liable for any costs associated with the collection of unpaid fees. Penalties of non-payment: Late Installment fee \$35 & Return check fee \$38.

The Parent and Player Handbook must be read, understood, and signed by parents and players in agreement to the commitments above. I certify that all parties have read and initialed all sections of the above commitment and agree to abide by the rules and commitments set forth above while participating with Point Break Volleyball Club.

Parent/Guardian Printed Name

Parent/Guardian Signature

Player Printed Name

Player Signature



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