



K**NORTH CAROLINA****A****T**
KIDS • ABILITY • TRAINING
VOLLEYBALL

Handbook

2018/2019

Updated October 11, 2019

WELCOME TO NC KAT VOLLEYBALL

This Handbook is a guideline to our team club structure, rules and policies.

NC KAT (Kids Ability Training) VOLLEYBALL MISSION

Ability Training

Provide high quality skill building programs

Competitive Drive

Provide strong, appropriate and healthy levels of competition

Engagement

Motivate and engage players for the sport. Provide our athletes with a volleyball player identity.

Family oriented

Welcome positive family participation and support

CLUB STAFF

Club Director – Erika Lyons
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Club Secretary / Marketing – Gretchen Bostick
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Club Secretary / Registrar – Cassandra Bolden
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CLUB TEAMS

Kat 17 Black	Coach Olivia
Kat 16 Black	Coach Tamra
Kat 16 Red	Coach Kaelyn
Kat 15 Black	Coach Chip
Kat 15 Red	Coach TBD
Kat 14 Black	Coach Erika
Kat 14 Red	Coach Rachel
Kat 13 Black	Coach Erika
Kat 13 Red	Coach Gwen
Kat 13 White	Coach Katie
Kat 12 Black	Coach Luisa
Kat 12 Red	Coach Rachel
Kat 12 White	Coach Gwen
Kat 11 Red	Coach Marcy
Kat 10 White	Coach Marcy

Club Coaches

NC Kat works with a combination of head adult coaches planning and delivering sessions/practices and junior coaches assisting. All Kat adult coaches are IMPACT certified, ref/scorekeeping certified and background checked.

Club Board

Members are selected by staff to obtain perspectives for improving all aspects of the Club. NC Kat works toward the common goal of creating a comfortable and productive environment for the players as well as the families. Typically, meetings are held once a month.

Returning Player Policy

Full players who were part of the Kat Club Teams last season (2017/2018) **and** meet the criteria listed below will be **considered returning players**, given that they **express their wish to stay with NC Kat** by **SEPTEMBER 14, 2018**. After that date, all tryout registrations will be considered Open Tryouts.

Please note: **Returning players that express their wish to stay with the club WILL NOT BE GUARANTEED a particular team. They could be offered any of the teams (Black/Red/White) regardless of the team they played for in the previous year!** However if your child prefers to be on the lowest level team for her age group or as a practice player, you may indicate that at the time of registration. NC Kat will recognize players as 'returning' only if they fulfill all requirements.

If your daughter fulfills all the requirements below, she is eligible to be a 'returning player' for the U11s-U14s age groups:

1. Must have played on Kat 11 Red / Kat 12 Red / Kat 12 Black / Kat 13 Red / Kat 13 Black / Kat 14 Red for the 2017/2018 Season
2. Must have been a FULL PLAYER (practice players will be on OPEN TRYOUTS basis)
3. Must have played on a Red or a Black team (White team players will be on OPEN TRYOUTS basis)
4. Must have fulfilled all the officiating assignment obligations with her team throughout the 2018 season
5. Must have fulfilled the minimum of 20 hours training with NC Kat throughout Summer 2018 (clinics / positioning training / conditioning / camps / etc). Private lessons do not count towards the minimum hours.
6. Must register for the October TRYOUTS online at www.nckatvolleyball.com and click on the 'returning player' option by **Friday, 14th September 2018**
7. Must attend all tryout days in October applicable to her age group and stay for the full duration of the sessions
8. Must be willing to accept team offers for WHITE / RED or BLACK teams (if she only wishes to accept BLACK team please register for OPEN TRYOUTS)
9. Rules apply to all NC Kat families, including daughters of coaches and staff

'Returning Player' policy aims to keep our very valued families and players within the club, raise the level of skills and honor the commitment / dedication of our awesome players!

If your daughter is interested in other activities / sports, she does not have time to attend the minimum 20hrs training requirements during the summer or she wishes to tryout for other clubs, she is still very welcome to attend our OPEN TRYOUTS in October. OPEN TRYOUTS do not guarantee spaces into our teams; however, if your daughter has made sufficient improvement during the summer she may be offered a place with us.

Returning Player online registration for TRYOUTS will be from September, 1st 2018 until September, 14th 2018. If returning players are not registered online by September, 14th 2018 the opportunity to be a returning player is void and they must then register as OPEN TRYOUTS.

Club Tryouts

Club Tryouts are open to the community. NC Kat coaches will place the qualifying U10s, U11s, U12s, U13s and U14s returning players (See Returning Player Policy) first and then offer remaining spaces on the teams to new players attending our tryouts, based on skills, position played, attitude, movement and potential. Team offers will depend on tryouts assessment by all coaches. OPEN TRYOUTS online registration will be available from September, 1st 2018 until tryout day.

In addition to the Returning Player Policy for the U10s – U14s age groups, we also have the following guidelines for the older age groups for the 2019 Competitive Season:

Kat 15 Red & Black (OPEN TRYOUT only)

'Returning player policy' does NOT apply to the U15s age group.

Registration for Tryout day will be available online (www.nckatvolleyball.com) from Friday, 15th of September.

We welcome all players who were into our U14s teams last season to attend tryouts.

Kat 16 Red (Invitational + OPEN TRYOUT)

'Returning player policy' does NOT apply.

Registration for Tryout day will be available online (www.nckatvolleyball.com) from Friday, 15th of September.

This team may be a combination of U15 and U16 players.

Kat 16 Black (Invitational + OPEN TRYOUT)

This team will be a combination of invitational and OPEN TRYOUT.

Invitations will be sent in August/September to NC Kat players and possibly players outside NC Kat based on their skill level, position and commitment to the club.

Invitations not accepted by September, 14th are void. Players can still attend OPEN TRYOUT day.

Registration for OPEN TRYOUT will be available online @ www.nckatvolleyball.com from September, 15th.

Those players who were part of Kat 15 Black who did not receive invitations will be provided with information on skill improvement so that they have the best chance at our OPEN TRYOUT to receive an offer.

Kat 17 Black (Invitational + OPEN TRYOUT)

This team will be assembled by invitation and OPEN TRYOUT for any specific position needed for the team.

Invitations will be sent in August/September. We may extend invitations to players outside NC Kat based on skill level, position and commitment to the club.

Invitations not accepted by September, 14th are void. Players can still attend OPEN TRYOUT day.

Registration for OPEN TRYOUT will be available online @ www.nckatvolleyball.com from September, 15th.

NC Kat wishes to continue being a family club, providing our players with excellence in skill development and hopefully keeping the majority of our skill in-house during club season.

Club Player Type

All Kat teams have provision for 10 full players (maximum) and 3 practice players (maximum). However, it is up to the discretion of the club to carry less than this number of players for any team.

Full Players attend all practices, scrimmages, tournaments, club and team events.

Practice players attend all practices, club and team events, but are **not expected** to play at scrimmages and tournaments (no provision for playtime).

NC KAT – Club Affiliation

Players signing for the Kat Teams are considered affiliated members for the duration of their specific team practices and tournaments until the team is officially dismissed by the club (April or May 2019). If a parent, family member or player violates NC Kat Volleyball, USA Volleyball or Kay Gym rules, causes fines and sanctions or commits a prejudicial act, the Club Director may decide to immediately terminate the player's affiliation with the club. Settled fees will be forfeited. The Club will have no obligation to refund any fees already settled. If a player wishes to terminate her affiliation with the club voluntarily within season the club will have no obligation to refund any fees already paid.

Kat Gym facility

All affiliated club team members must comply with the Kat Gym rules and regulations (see Kat Gym membership package). All Kat Club players must hold a valid Kat Gym membership.

Inclement Weather Policy / Practice Cancellation

NC Kat club teams will make every effort to follow the practice schedule as published on the Kat Team Guides. In the event of inclement weather the Club Director may decide to cancel a practice for safety reasons.

There is **no provision** for cancelled practices / clinics / sessions make-ups.

Conduct Expectations

All NC Kat Staff will act in a professional manner, fulfilling their responsibilities towards players and parents. Players, parents and families must also conduct themselves appropriately at all times during practices, team building events and tournaments. Failure to meet conduct expectations may result in club sanctions, reduced playtime or termination of club affiliation. NC Kat requires all parents to follow the USAV Carolina Region Participant/Spectator Behavior Policy (www.carolinaregionvb.org/directorforms).

Communication

We realize that our Club hosts a wide range of ages of players but we feel it is important to encourage all players to communicate with their coach whenever possible. Please encourage and support your child in speaking with their coach to address individual issues as well as any team issues they may be experiencing. While we understand parents will need to be involved in certain conversations, we want to develop the player's ability to take ownership of their training/development/situation. We expect any vital communications: injuries, missing training (which should rarely happen), emergencies, etc., to be communicated to the coach prior to the training/event if possible.

For less time sensitive information, please allow for 24 hours to 48 hours for the coaches and/or staff member to respond to your inquiry.

24 Hour Rule:

This is a fairly common and used rule. Coaches will not have conversations with parents about an event (game/training) until 24 hours after the event. This allows cooler heads to meet and discuss any concerns or questions. Please refrain from approaching a coach at any time during a tournament to discuss player's playtime or other issues related to tournament play. All conversations should take place 24 hours after the tournament is completed, including a multiday tournament.

After 9:00 pm Rule:

Communications to the coach and/or staff after 9:00 pm should not expect a response that evening. Please note our Coaches and Staff are very approachable and are willing to speak with players and parents at the appropriate time.

Player Attendance (Practices and Tournaments)

Players must endeavor to attend all scheduled team practices, team building events and conditioning when applicable. Skill, movement, positioning training, conditioning, dedication and commitment to improvement are fundamental aspects for players to raise their game level and contribution towards their teams. This can only happen if a Player consistently attends required practices.

Player attendance at team practices, clinics, meetings and required events will be tracked at reception desk. Once player arrives at the gym it is the player's responsibility to mark their attendance. Players missing required practices, clinics, meetings and/or events may have their playtime reduced at the Coach's discretion. If absences are inevitable, coaches must be notified prior to the absence if possible.

At unforeseen circumstances when the team needs an extra player (injuries, absences, etc.), it is the Head Coach's discretion to invite (or not) a player to attend a tournament (includes playtime). Full players are expected to attend the full duration of tournaments. Officiating other team's matches is considered part of the player's duties and a club obligation towards USAV Carolina Region and out-of-region Tournament Organizers. **All players MUST stay at the tournament for all matches and officiating matches, until the Head Coach dismisses the team.** While under the Coach's supervision they may also be required to attend another NC Kat team's game(s) during the tournament to support their fellow teams and to foster the Club Spirit.

If a player leaves a tournament before being dismissed by their Head Coach it is considered a serious breach of the rules. The player will be required to attend the next tournament as scheduled but will not be able to play in the first day of the tournament. In addition, failure to remain until dismissed by the Head Coach will automatically forfeit the player's right to be a "Returning Player" the following year. Therefore, a position on a Kat team will not be guaranteed. That player will be allowed to attend "Open Tryouts".

General Rules during Team Practices / Conditioning and Team Skill Clinics

Players must wear their team practice shirts at all sessions. All players and parents must show exemplary manners and sportsmanship at all times. Players are requested to assist with the maintenance of court(s) before and after use. Any areas occupied by teams must be left neat and orderly. Players and parents must ensure that all generated rubbish during practice (empty bottles, etc.) is collected and the facility is left tidy after all volleyball sessions. Players are also required to assist coaches collecting balls and leave the courts clean after practices. **New this season** each team will be assigned a two week period to be responsible for ensuring that the facilities are clean and orderly. It will be up to the coaches how to best accomplish this. The teams will be provided a checklist of responsibilities. The floor at the warm-up area must be clear at all times. Players must have all their belongings into their bags on the hooks and bottles into the baskets provided. Any items left on the floor at the warm-up area will be moved to 'lost and found'.

Playtime (Practices and Tournaments)

All NC Kat teams are competitive teams with elements of individual development at practice and games. Coaches will also endeavor to support character development (dealing with frustrations, working as a team, etc) and motivate players to improve their level of play. Team fees will cover coaching / equipment / facility / tournament fees / etc. **Playtime is NOT included in team fees.** Head Coaches will make the final decision on playtime based a number of factors, including skill level, position played, competitive match situation, injuries, practice attendance, etc. **Playtime will NOT be equal.** Inquiries about playtime must be directed to the Head Coaches by players first. Parents are welcome to setup meetings with Coaches if they need to discuss issues. Playtime must never be discussed during matches or tournaments – please read "24 Hour Rule" under Communication in this Handbook.

Tournaments (Hotel/ Food Requirements/Apparel)

NC Kat requires that ALL players MUST stay in the hotel assigned by the club. When the tournament is NOT 'Stay to Play' it is OK for players to stay in the same room. When we register for a 'Stay to Play' tournament (meaning those tournaments require Clubs/Teams to stay at particular hotels and book a certain number of rooms) EACH family MUST book a hotel room (this is mandatory and a requirement of the tournament). The club may setup meetings on Friday evenings at many weekend tournaments - parents should make provisions for the meetings. We will do our best to make sure our selection of tournament hotels is the best option available in regards to location, price, safety, etc.

Nutrition of an athlete is very important in their ability to compete and sustain themselves during tournaments. It is imperative that your player comes prepared to tournaments with healthy foods packed in their bags, as there may not be a healthy option available at the venue. We will do our best to setup a Nutrition clinic at the beginning of the season for players and parents to attend. We will also provide nutrition information materials to the Team Representatives for distribution to the teams. Please reference these materials throughout the Club season. We want our athletes competing at their highest ability, therefore they need to help fuel their bodies to allow them to achieve this maximum performance.

Players are to wear appropriate and required clothing during the tournaments. Please reference the Team Guide to see the list of apparel that is required. It is very important for the club to maintain a level of professionalism and uniformity during tournaments and events; therefore it is imperative that these guidelines are strictly adhered. In addition, all players should come prepared for the day of play with all jerseys packed into their bags. This will allow for coaches to make a change if necessary.

DRUG, SMOKING AND ALCOHOL POLICY

NC KAT is committed to a drug, smoking, and alcohol-free Club environment for its players, coaches, staff and parents alike.

The Club Directors and NC KAT staff have adopted a policy on drug, alcohol, and tobacco (to include e-cigarette) use. Drugs, alcohol, smoking and tobacco use is strictly prohibited inside/outside the Club—this includes entryways, restrooms and parking lot—and applies to smoked and smokeless tobacco, e-cigarettes, “vaping” and other nicotine delivery products. The same is also prohibited while participating in tournaments.

We take allegations very seriously and will investigate any allegations associated with a player. Should the player be found guilty of any offense listed above, the player will lose playing time which may or may not include Club suspension without refund.

You are the face of the Club and your adherence to this clause is required to maintain your player status within the KAT organization.