



Junior Volleyball Handbook 2008

www.borderlinevbc.org

Introduction

The Kaepa Borderline Junior Volleyball Club was founded in 1994 and began competition in 1995. The name came from the club's location on the Indiana and Ohio border. There were two 14-and-Under teams the first season. The club grew to 8 teams in 1996 and 14 teams in 1997. By 2001 we were up to 22 teams in Liberty, Indiana and Oxford. There were 23 teams practicing in Oxford last season. Last year's most successful accomplishments were sending our 15 Hawks team to the USA Volleyball Junior National Champions in Minneapolis, MN (they finished 5th in the Club National Division), helping all 5 seniors on our 18 Hawks team receive the opportunity to play collegiate volleyball (3 to Division I programs), and fielding 3 teams in the 12 and Under division (one team was all 5th graders).

General Information

USA Volleyball provides the opportunity for girls and boys who want to increase their knowledge, understanding, and skill playing the sport of volleyball.

There are two levels of USA Volleyball Junior competition in most age groups:

1. A Regional Team is for the developing athlete.
2. A National Team is for the advanced athlete.

National teams can compete for a bid to go to the USA Volleyball Junior National Championships, which will be held in Dallas, TX in late June-early July of 2008.

The Kaepa Borderline Junior Volleyball Club is fortunate to be affiliated with Miami University, Oxford, Ohio. We are extremely proud of our relationship with the Miami University women's intercollegiate volleyball program. The club gets support from the Miami's Woman's Volleyball Staff and past and present players. Many members of the Miami University Men's and Women's club teams serve as coaches and assistant coaches in our program.

We are also proud of our affiliation with Kaepa and to be known as Kaepa Borderline. Our athletes are outfitted each year in the newest apparel offered by Kaepa. We are able to offer the members of our club apparel and accessories at very reasonable prices.

Projected Teams Offered

- 18 & Under (National and/or Regional)
- 17 & Under (National and/or Regional)
- 16 & Under (National and Regional)
- 15 & Under (National and Regional)
- 14 & Under (National and Regional)
- 13 & Under Team(s)
- 12 (11) & Under Youth Team(s)
- 10 & Under Youth Team(s)

Some Rules and Regulations

Borderline abides by all USA Volleyball and state high school athletic association rules. Some of these rules are:

- Only 3 athletes from the same school can be on the same team for grades 7-11 in Ohio. Seniors do not count against the number.
- In Indiana, the number of 7th or 8th graders from the same junior high team on the same juniors' team is not limited, and seniors also do not count for the rule of 3.
- A high school coach in the state of Ohio cannot coach athletes from their own school program.

Note: If this is your first experience with Club volleyball, please note that not all USA Volleyball rules are the same as high school rules.

Before the First Tryout Session

Before stepping out on the floor for the first tryout session athletes must submit the following documents:

- Kaepa Borderline Profile sheet
- USA Volleyball Waiver Form
- Medical Form
- \$15.00 Tryout Fee
- A copy of the athlete's most recent interim report or report card

Checks should be made payable to *Borderline Junior Volleyball*.

The \$15.00 tryout fee is non-refundable. It is best to mail the forms to Bill Zehler, 1376 Oxford Trenton Rd., Hamilton, OH 45013. The fee and the required documents *can* be turned in on the day of tryouts *for a fee of \$25*. Allow a minimum of 45 minutes for processing any paperwork submitted at tryouts.

Athletes trying out for Borderline do so knowing that they might be asked to play on a National team. *This is not an option*. Athletes are placed on teams based on their skill level, using data from tryouts. We try to establish the teams immediately after tryouts. We may also use the first 2-4 practices to determine team composition on our youngest teams.

Tryouts

Any athlete from any school is welcome to try out at Borderline. All athletes will wear tryout T-shirts provided by the club. We do not want any bias for or against an athlete for any prior associations.

Tryouts are closed to parents except at Phillips Hall. There are windows there and parents can watch from the hall. The purpose for closed tryouts is to create a productive environment free from as many distractions as possible.

Each year we evaluate a growing number of athletes during tryouts. Athletes aspiring to be a part of the Kaepa Borderline Junior Volleyball Club will first go through a battery of physical tests such as the 20 yard dash, agility run, etc. Next, they are evaluated on skill execution. Athletes will be evaluated on their ability to pass, set, serve, and hit. Finally, they are watched during game situations for their intrinsic traits. We base our selections on what the athletes do during the tryout period and what we perceive their potential to be.

We select athletes based on the following criteria: ability to be trained, willingness to be a team player, athletic ability for volleyball, athletic potential, work ethic, drive, competitive attitude, grades, and current skill ability and or experience.

After Tryouts

After tryouts, the coaching staff will meet to determine which girls will be offered a contract to participate in our program. Athletes will be notified within 3 days of tryouts via our web site. The parents of each accepted athlete will be asked to sign the *Borderline Junior Volleyball Player Contract* and return the signed contract with your first installment of the fees within ten days of the tryout date, or the offer *may* be withdrawn. Once you sign the contract, you may not play for any other USA Volleyball Junior program during this season.

What if I Played at Borderline Last Year?

Every athlete in the Club will be evaluated each year. Each athlete must come to the tryouts ready to compete for a position on one of our teams. An athlete who cannot participate in tryouts because of a limiting physical or medical condition or absence should talk to the club director, Bill Zehler, prior to the start of the tryout period to determine the status of their ability to play on one of the teams. Players should never assume because they were on a previous Borderline team that they will automatically be on a future team.

What if I Play Other Sports?

School sports and activities are an integral part of the scholastic experience and we still make every effort to schedule practices around some of these other activities. However, it is recommended that if an athlete is going to miss more than 15% of practices and tournaments, those families reconsider participation in our program. Missing such a significant amount of time does not make it cost effective for the families and makes it very difficult to build team chemistry and team cohesion at a competitive level.

If an athlete participates in another non-interscholastic sport, we expect them to make Kaepa Borderline a priority when there is a conflict between the two sports. This means *we expect the athlete to attend all Kaepa Borderline practices, unless there is a scheduled competition for the other sport at the same time as a Borderline practice*. If a *game* for the other sport conflicts with a *Borderline practice*, the athlete will be excused from the *Borderline practice*. If a *Borderline competition* conflicts with another sport competition, the coach and the athlete will decide, on a case-by-case basis as to which event takes priority.

All Kaepa Borderline teams require dedication on the part of the athlete for the team to be a success. This means that missed practices could result in forfeiture of playing time. Furthermore, an athletes' best performance will occur when they are on the top of their game physically and mentally. In order to maintain the body and mind at a peak performance level, an athlete must learn to handle various stresses and deal with the recovery process following workouts. These stresses can be any one or a combination of the following; poor nutrition, illness, fatigue (i.e. lack of sleep), insufficient rest between workout sessions, emotional stress from schoolwork, friends or family situations, or other extracurricular activities.

It is imperative that you take these factors into account when scheduling your time and activities. The body can only handle a certain amount of stress within a given time period before illness and injuries occur. The practice schedule and workouts designed throughout the season by our Borderline coaches have taken into account the need for adequate rest and recovery in avoiding excessive stress.

Borderline Club Fees

Borderline's fees are as follows:

Regional Team	\$750.00
National Team*	\$1200.00
12s	\$525.00
10s	\$275.00

* The increased amount for the National players is to cover the higher number of tournaments, fees, and coaches' expenses.

The fees can be paid at one time or in several installments due on the following dates:

Date	13s-18s National	13s-18s Regional	12s	10s
Nov. (postmarked 10 days after tryouts)	\$300.00	\$300.00		
December 15	\$100.00	\$100.00	\$200.00	
January 7	\$400.00	\$175.00	\$175.00	\$100.00
February 1	\$400.00	\$175.00	\$150.00	\$100.00
March 8				\$75.00

Mail all fees (checks only), payable to Kaepa Borderline Junior Volleyball to:

Diana Zehler
 1376 Oxford Trenton Road
 Hamilton, OH 45013-9717
 Phone: (513) 726-5937

Do not give any fee money to a coach. Coaches have been instructed not to accept fees.

Fund Raising

In keeping with our mission statement, we offer Kaepa Borderline players the opportunity to earn some, if not all, of their playing fees through fund raising. One of the major fund-raisers that we offer is selling ads for the Kaepa Borderline Player Guide. Each family can sell ads to businesses or relatives. The prices of the ads are:

\$25.00+	Personal Ad (25 words or less)
\$35.00	Business Card
\$50.00	¼ Page
\$100.00	½ Page
\$150.00	Full Page
\$300.00	Inside front cover and inside back cover. (First come, first bought.)

Call Bill Zehler at (513) 726-5937.

Kaepa Borderline is a non-profit organization and has to follow IRS regulations for non-profit corporations. Therefore, all checks must be made payable to the parents or guardians of the player who sells the ad. The maximum amount of advertisement you may apply to your fees is not to exceed \$750 (or the amount of the Youth fees). Anything over this amount will be put into the equipment/facility fund to benefit all members of the club.

Advertisement Policy for the 2008 season:

- The deadline for submitting ads is January 19, 2008. Ads received after that day will be returned. *There are no exceptions!* Ads must be submitted with the December payment or collectively by January 19, 2008 for inclusion in the guide. *Do not randomly send individual ads.*
- *All* personal ads from family and friends, regardless of the amount, will be a one-line ad of 25 words or less. There is no limit to the amount of sponsorship for these ads. If the family member or friend owns a business they should submit a business ad.
- Businesses that submit ½-page or full-page ads receive a copy of the guide from the player. Businesses submitting ads less than ½ page receive a copy of the advertisement only.
- Checks are *not* to be made payable to Kaepa Borderline. Again, they are to be made payable to the parent or guardian of the player.
- Each player in our club receives two copies of the guide.
- Ads are printed as they are submitted.
- Our goal is to have the guide printed and distributed by mid-March.
- Any abuse of this fundraiser *may* result in the expulsion from the club without refund.

There will be other fundraisers as well.

Playing Time

We do not guarantee equal playing time on any team or at any event. Kaepa Borderline has the philosophy that what you pay for is instruction time during practices.

Playing time for athletes is determined by attendance, attitude, effort, performance, the athlete's potential, the team's needs at the moment, and the team's needs in the future, and is left solely *to the discretion of the Borderline coach.*

The coaching decision is not up for debate or question. Athletes are encouraged to ask what they can improve on to get more playing time. (See Grievance Procedure)

Rules and Regulations

While representing Kaepa Borderline, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with Kaepa Borderline.

Kaepa Borderline is proud of our image. We require all game shirts and warm up shirts be tucked in *at all times.* It's this simple: If it has Borderline on it or it is part of a Kaepa Borderline team uniform, *tuck it in.*

Any athlete damaging equipment owned by Kaepa Borderline or any facility used by the Club during practices, tournaments or other functions, or at lodging facilities will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In some cases, the athlete may be dismissed from the Club.

An athlete with a delinquent account during the current season may be denied participation in tournaments or practices until the account is paid or arrangements are made with the Director.

The athlete's account must be paid up to date before the athlete will be allowed to participate in any tournaments

All athletes must have the following items signed by their parents or guardians before they will be allowed to tryout: Borderline Profile sheet, USA Volleyball Waiver Form, Medical Form, and their \$15.00 tryout fee. (See "Before the First Tryout Session".)

In case of inclement weather, check the website for any announcement of practice cancellations. Subscribers to Info@borderlinevbc.org will receive an e-mail announcement. A coach or someone from a phone chain should call your home to notify you of practice cancellations once teams have been established. Check the website frequently for updates.

We strongly encourage athletes who make a Kaepa Borderline team to take this participation seriously. This means we expect Kaepa Borderline practices and tournaments to be of the highest priority.

Practice Rules

Coaches determine whether or not their practices are open or closed. Coaches must get approval from the Director to close practices.

Scheduled practice time is *start* time and *not* arrival time. Please plan on arriving at least 15 minutes prior to the start of each practice. There may be a consequence for arriving late to practice and competitions.

Volleyball shoes are to be carried into practice and tournaments and only worn for practice and tournaments. They are never to be worn outside! This is to ensure that the shoes last longer and our facility surfaces remain clean and safe.

Horseplay by athletes or coaches at practice or tournaments is strictly prohibited.

All athletes are expected to make every effort to attend every practice. Only an illness serious enough to keep the athlete home from school or a genuine family emergency are legitimate excuses for missing practice. Regardless of the reason, if an athlete misses practice, their playing time may be affected. The athlete may arrange to attend the practice of another team with the approval of both coaches.

If an athlete can not be at practice, the *athlete* is expected to call the coach. It is the athlete's responsibility (not the parent's) to reach the coach *before* the practice starts.

Athletes are encouraged to bring water, in an unbreakable container, to practices and tournaments. Absolutely no glass containers are allowed in the gym.

Chewing gum at practice or tournaments will be left to the discretion of each coach.

Tournament Rules

All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time. This usually means the athlete needs to arrive at the site 15 minutes prior to the scheduled arrival time. *Earlier is always better.*

Proper conduct is expected for all members of the Club at all time. This includes athletes, coaches, parents, and fans. This also means treating fans from other teams, other parents, and officials with respect.

Athletes and/or parents are expected to provide transportation for their athlete to and from tournament sites and practices.

If an athlete can not be at a tournament, the *athlete* is expected to call the coach as soon as the athlete knows they will be absent. It is the athlete's responsibility (not the parent's) to reach the coach *before* the tournament starts.

Athletes are not to leave the tournament site until excused by the coach.

Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed.

Officiating

Officiating is the shared responsibility of the entire team. All Borderline athletes are required to attend a scorekeeper clinic and help with the line judging, scorekeeping, score flipping, and officiating. Each coach will determine a procedure their team will follow for officiating assignments. *Every athlete is required to stay until the entire team can leave. Please do not ask the coach if you can leave early. You are expected to stay!*

Grievance Procedure

Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. Knowing when to communicate and how to communicate with your athlete's coach may be a concern for parents at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.

At Kaepa Borderline, we encourage the *athlete* to take responsibility for their participation. For this reason we expect the athlete to talk to the coach first when they have a problem concerning their playing time, or if they are unclear about what the coach expects from them either in practice or in a competition. The appropriate way to do this is for the athlete to ask the coach what they need to do to get more *opportunities* to play in matches. Most of the time, the athlete knows why they may not be playing as much as a teammate when the parent may not.

Parents can best help their athlete by helping them set some goals to achieve more opportunities.

When a parent has a problem that is specific to their own athlete, we also expect them to first talk to their athlete's coach. Coaches have been instructed not to discuss coaching decisions with a parent. These coaching decisions include, but are not limited to specific match decisions, substitution patterns, etc.

The coach will not be required to defend his/her thought process or conclusions in the determination of playing time, and it is improper for a parent to request that. Parents are *never* to confront a coach at a tournament.

Specifically, the procedures to follow if you as a parent, or your athlete as a member of a Kaepa Borderline team, have concerns about Borderline policies or a coach's actions are, in this order:

The athlete will speak or meet with the coach to discuss the matter. If the matter remains unresolved, or if the athlete has reasonable concern that speaking to the coach will not resolve the matter,

The parent should speak to or meet with the head coach. Parents should call the head coach on the phone to set a meeting. Meetings are to be at times and locations other than tournaments. If a coach is approached by a parent during a tournament, we have instructed the coach to refuse to discuss any controversial matter, to refer the parent to the club director and to walk away from the situation. The recommended time for a parent and/or athlete to talk to a coach about a problem is a previously arranged meeting time either before or immediately after a scheduled practice.

If the matter remains unresolved, or if the parent has reasonable concern that speaking to the coach will not resolve the matter,

The parent may speak to the head coach and the club director. In certain situations, Borderline may ask the athlete to attend the meeting also. Meetings should be previously arranged. Meetings will not be scheduled during a tournament. The head coach or the club director will not engage in discussions about coaching decisions.

If the problem remains unresolved, the final resolution will be a committee of 3 members of the program consisting of members of the board of directors, coaches and/or parents that have been in the program a minimum of 4 seasons. Members of the committee must have no personal interests in the outcome of the grievance.

Other Policies Regarding Grievances

Borderline will not tolerate hostile, aggressive confrontations between a parent and any official, or a parent and any coach, or a parent and any athlete, or a parent and any other parent, whether the coach, athlete or other parent is a member of Borderline or not. Violation of this policy may result in the athlete being dismissed from Kaepa Borderline *without refund*.

It is inappropriate for an athlete or a parent to approach other Kaepa Borderline members about a problem the athlete or parent is having with a Kaepa Borderline coach, about objections to coaching decisions, or about disagreement with an administrative decision. Asking uninvolved people to take sides in an issue is unfair to the

third party and to the Club. For the psychological health of the teams and the Club as a whole, grievances need to be handled between the parties involved and in the proper manner.

If an athlete or parent is approached and asked to listen to, or express an opinion about matters between two other parties in the Club, it is strongly encouraged to refer the complaining party to take the matter up with either the coach in question, the head coach and/or the club director.

Any member who, as a third party, hears remarks or stories about Kaepa Borderline, its employees or its policies, that cause the member to be concerned, is encouraged to contact the head coach and/or the club director immediately to determine the facts, or to alert the club administration to a situation it may be unaware of. It is detrimental to everyone involved to repeat complaints you hear or overhear to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the truth or the facts of the situation.

Please refrain from negative comments around your athlete or other athletes. Young athletes are vulnerable and if they hear complaining about the coach, the coach's style or Borderline policies, this can have an adverse effect on their performance and/or attitude. If you, as a parent, are unhappy about something, you should follow the grievance procedure of this guide to resolve the matter.

Repetitive complaining to the athlete(s) or other third parties that interferes with the Club's efforts to pursue its stated mission and purpose may be cause for dismissal from the Club.

Tournaments

Tournaments can be 1-4 days in duration. Teams normally play in events where they will play each team in their pool with the winning teams advancing to a Gold bracket and other teams advancing to a Silver or Bronze bracket. Most tournaments use a best 2 out of 3 games format.

Seating is sparse in most of the gyms so we recommend that you bring your own chairs. We strongly advise that you pack a cooler for your athlete for the day of a tournament because they can run long. Some athletes bring pillows and sleeping bags so they can rest between rounds. Games, homework, books, etc. are all recommended for some of the longer tournaments. Arrive early so you can help set up your team area and get ready to warm-up. Except for starting times, most tournaments do not follow a set time schedule. Matches will begin 10 minutes after the end of the previous match. If the tournament is run well, it should be over around 6:00 p.m., but to be on the safe side, *expect to be there all day*.