

# Welcome to Northern Lights Volleyball Club

We look forward to a great volleyball season! We know you will learn more about volleyball and improve your skills. You will make new friends as you practice and compete. We're glad you are joining us this year.

This page outlines basic rules and guides to help you know what to expect during the season so you can get the most out of your practices and tournaments. Please be sure to read it over with your parents.

Practices and attendance. Our 14U girls program runs from the end of August to the end of November. The 14U comp program and the 18U boys program run from December to April. Practices are scheduled twice a week at local schools with in-house and Saturday tournaments. The comp teams and boys teams travel to Anchorage to play tournaments with other clubs and groups. Complete and updated schedules are available on our website. Please check the website often as our schedule changes due to facility limitations. Players are expected to participate in **all** practices and tournaments. Excused absences include illness, religious activities, or family vacations. Call your coach if you will be absent. The absence is not excused until the coach hears from you! Players with excessive absences will be dropped from the Club roster. (For more on this subject, see the Player Commitment Contract.)

14U Girls Program Coach's Award. To reward individual player's dedication, coaches will present a Coach's Award to players who demonstrate exemplary commitment and enthusiasm during the season. Players earning a Coach's Award will receive a check to be used toward their volleyball fees for the upcoming season. Coaches will set the criteria for their team's Coach's Awards.

Court shoes and kneepads are required for each practice or match. If you forget your court shoes and/or kneepads, you can watch, but you will not be allowed to practice or compete.

Tryout results. We try to balance the teams evenly for the 14U girls program, bringing in players of all strengths, abilities, and experiences. Your team assignment is designed to allow you to develop your volleyball strengths and learn new skills. The 14U comp and the 18U boys teams are structured to maximize competitiveness. Team placement will be posted on our club website soon after tryouts are over. Team placement is not negotiable. You will be notified by telephone if you have not been selected for a team.

Fans and Support. Our emphasis is on skill development and total effort in relationship to team play. While we do not stress winning during the 14U fall season, we offer opportunities for exciting competition during the comp and boys seasons. We encourage parents, family, and friends to come to tournaments to show their support with positive comments and encouragement. This is a private program. Our reputation is important to us. Fans who are negative or abusive toward players, officials, or the coaching staff will be asked to leave the building. Fans who are disrespectful to the facility itself will also be asked to leave. Practices are closed to family and friends. Parents needing to stay at practices for transportation considerations are asked to remain in the gym, seated on a bleacher. Due to liability concerns, parents are not allowed to participate in practices. Other family members, including small children, are not covered by our insurance and are not allowed to stay in the building during practice times.

Budget. Our budget is used for gym time, game and practice shirts, personalized sweatshirts, insurance, equipment, medical supplies, coaching staff and training, tournament officials, awards, and administrative costs. We are a nonprofit organization. Tax-deductible donations are welcomed.

Again, welcome to Northern Lights Volleyball Club!