

Iowa Heart Volleyball Association

2008-2009
Handbook

**Club History, Clinic Information,
Tryout Procedures, Player
Expectations, Parent Guidelines,
and General Information**

History of Iowa Heart Volleyball Association (IHVA)

The Iowa Heart Volleyball Association was founded in 1992 by Marty Miller. Since that time, countless Iowa youth have been inspired by Marty's passion for the game of volleyball.

The guiding philosophy of Iowa Heart is to provide a challenging, nurturing learning environment that fosters physical and mental development and healthy

competition. Iowa Heart provides volleyball training for the beginning to the highest skilled volleyball athlete in Central Iowa.

Structure of Iowa Heart

Iowa Heart is a member of USA Volleyball/Iowa Region. USA Volleyball is the national governing body for volleyball events in this country, and is administered by 40 Regions. USA Volleyball membership benefits include a one-year subscription of *Volleyball USA* (a quarterly publication) plus secondary sports accident coverage when you play in sanctioned events.

Iowa Heart is run by a volunteer board of directors. A paid director of coaching recruits and works with our quality coaches, facilitates tryouts, coordinates clinics, directs tournaments, and serves as a liaison between coaches and parents.

Iowa Heart Coaches

Coaches for Iowa Heart are all IMPACT (Increased Mastery and Professional Application of Coaching Theory) certified through USA Volleyball/Iowa Region. Many hold coaching authorizations and other advanced training. Iowa Heart coaches are highly knowledgeable from their previous coaching experience or their former player experience in high school, club or college. Throughout the season, Iowa Heart provides continuing education for coaches through clinic opportunities, access to videos and books, and mentoring by other coaches in the area.

Iowa Heart Refund Policy

Refunds for 13U-18U tryouts or the 12s clinics will be granted if a written/emailed request is received prior to the tryout/clinic date. There will be no refunds of team fees once the season begins. For clarification purposes, the start of the season is the first practice/clinic after bids have been accepted. Please note that refunds will not be given even if a player is injured during the season, chooses to quit the team or has behavior that warrants being removed from a team.

What to Expect from Iowa Heart

- Iowa Heart will maintain an up-to-date website, providing current information about practices, tournaments and cancellations to parents and players.
- While it is impossible to schedule practice at an ideal time for every player on a team, Iowa Heart attempts to minimize scheduling conflicts.

- Practices are typically held twice a week, beginning in December, only when local schools are in session. We cannot use the gyms when schools are closed.
- There is one practice during the week, and one of the weekends. (If there is a tournament on a given weekend, practice may or may not take place on that weekend. This will be determined by the distance the team traveled to the tournament site, length of the tournament, etc.)
- Iowa Heart will provide free, extra training opportunities during the season.
- Iowa Heart will offer summer learning sessions (*Dig Factory*) which are optional and at each player's own expense.
- Practice sites are in Ames, Boone, Randall, United and surrounding communities.
- Membership fees pay for coaches' stipends, administrative fees, equipment, gym rental, tournament entry fees, and volleyball instruction.
- Membership fees do not pay for playing time in tournaments. Playing time is earned, not purchased.
- Teams from 13U-18U are typically comprised of nine players.
- Tournament schedules vary by teams. Most teams compete in 6 to 7 tournaments.
- Tournaments are on weekends from January through April. Most tournaments are one day, but some may last for two days and require an overnight hotel stay
- Travel to tournaments, food and lodging is the responsibility of the parents.
- If a tournament is cancelled due to weather conditions or if we back out of a tournament due to weather conditions, Iowa Heart does not receive a refund. Therefore, there are no funds to schedule another tournament if one is cancelled or we are unable to participate.
- Safety is a priority for Iowa Heart. In case of inclement weather, practice may be cancelled. Players come from all over central Iowa to participate on Iowa Heart teams. Even if the weather seems fine where you are, it might be dangerous at our practice site or for other players or coaches.

What Iowa Heart Expects from Players and Parents

- All players and parents (13U-18U) and coaches will sign a code of conduct before practice begins.
- Club fees must be paid before a player can practice.
- Players are to attend all practices and tournaments, except for illness or approved absence.

- The coach needs to be contacted in advance if a player will be absent or arriving late to a tournament or practice.
- Players need to be at practice, ready to begin (with shoes and knee pads on), before practice starts.
- Players are expected to keep their volleyball shoes clean. Please wear other shoes, boots or slides to get to and from practice and games.
- Players will learn proper procedures for setting up and taking down nets and will be expected to participate in these activities.
- All players must attend scorekeeping and refereeing clinics, realizing they will be officiating at tournaments when their team is not playing.
- Scorekeeping, line judging and refereeing all require a degree of concentration. This is not an acceptable time to listen to an ipod, call or text on a cell phone, or engage in non-game related discussions.
- Parents will be asked to volunteer at Iowa Heart tournaments.
- Parents will be asked to provide food for players at tournaments.
- Parents and players should demonstrate good sportsmanship by providing positive support for all players, coaches and officials.
- Please remember that volleyball is a game and players should be having fun. Parents yelling at their own players or other players will not be tolerated.
- Concerns or grievances should be brought to the coach's attention. However, there is a time and place for everything. Remember that right after a match is NOT the time to talk with a coach. Please respect the 24 hour rule before contacting a coach.
- After you and your player have had a chance to discuss an issue, if you believe the coach needs to be contacted, please do so when you are not in the heat of the moment (and 24 hours after the event).
- If you, your player, and the coach are not able to resolve a conflict, please contact the Director of Coaching or the president of the board.
- The board reserves the right to remove any player from a team and to bar disruptive parents from practices and/or tournaments should there be sufficient cause. If a player is removed from a team, there will be no refund given.

Age Divisions

In adherence with USA Volleyball guidelines, age divisions for the 2008-2009 season are as follows:

- 18 & Under ———Players who were born on or after 9/1/90, or players who were born on or after September 1, 1989 and a high school student during some part of the current academic year.
- 17 & Under——— Players who were born on or after 9/1/91
- 16 & Under——— Players who were born on or after 9/1/92.
- 15 & Under ———Players who were born on or after 9/1/93.
- 14 & Under ———Players who were born on or after 9/1/94.
- 13 & Under ———Players who were born on or after 9/1/95.
- 12 & Under——— Players who were born on or after 9/1/96.

Teaching Clinics and Fielding Teams – 12U

To introduce the sport of volleyball to girls and boys, three teaching clinics are offered for those 12 and younger. There is a \$30 fee to attend the teaching clinics. Attendance at all three clinics is encouraged.

Some participants come to the clinics to have fun and to learn some volleyball skills, but not to be part of a team. Others want to join a team and continue to develop their volleyball skills. All are welcome at the clinic!

After the final clinic, teams will be fielded from those participants who expressed an interest in being part of a team. The 12U teams will be grouped based on the results of assessments during the teaching clinics. It is the goal of Iowa Heart that every single player wanting to play volleyball at this age group is placed on a team. Coed teams may be formed at the 12U level.

If a player at the 12U level chooses to play for Iowa Heart, his or her parents will need to fill out paperwork with the Iowa Region. There is a \$38 fee to join the region and this is required before players may practice. This fee paid to the region is separate from the clinic fee and team fees.

Fielding Teams – 13U to 18U

Iowa Heart believes in an open try out process. Every player wanting to be on a team is given a fair assessment by unbiased, knowledgeable evaluators. Parents are asked to not interfere with the tryout procedure (no clapping, coaching your child,

stepping onto court, etc.). The board of directors and the evaluation staff reserve the right to ask parents to leave at any time during the tryout process.

Team selection and placement will be determined by the coaches hired to conduct tryouts. They will form teams based on results of the tryouts. Please note that teams may not be formed at all ages/levels. If there is enough interest at the 13U/14U ages, a boys' team could be formed. 12U is the only age group for coed teams.

Tryout Fees/Paperwork for 13U-18U

There is a \$30 fee to participate in Iowa Heart's tryout process. Please note that this fee includes an Iowa Heart t-shirt. In addition, there is a separate fee paid to USA Volleyball/Iowa Region for registration and membership to USA Volleyball. No player is allowed into the gym for tryouts until that paperwork has been completed and the \$38 fee has been paid. Forms will be available at tryouts for families unable to complete the process on line. Please note that the tryout fee and the region fee must be paid before a player is eligible to tryout.

Notification of Team Placement

12U Level – The Director of Coaching will contact every player by phone or email to notify him/her of team placement. Players and their families are asked to confirm acceptance of the team placement in one week.

13U and Above – Volleyball players will be contacted by the Director of Coaching via telephone or email no later than 24 hours after tryouts and informed of team placement or waiting list status. If a player receives a bid for a particular team, he/she should respond with his/her intentions to accept or decline the bid by the deadline set by USA Volleyball/Iowa Region.

Team Meetings for Parents and Players

After the formation of teams, meetings will be held in November. Players will meet their teammates and coach or coaches. Parents will be expected to pay the

club fees (either in one lump sum or in an installment plan) at the meeting. Samples of spirit wear will be on display as well.

Iowa Heart Team Tracks

The **challenge track** develops all-around volleyball athletes. Coaches teach fundamental volleyball skills and as the athletes grow, allow them to specialize into positions. The challenge track encourages sportsmanship, having fun playing volleyball, striving to win, and feelings of success in individual and team efforts.

The **competitive track** is designed for the more advanced volleyball player. Tournament success and player development are stressed. Emphasis is placed on developing a player's potential and creating knowledge of game strategy. Playing time is based on skill level, motivation, and player specialization. A high level of commitment to the game of volleyball and the club is required.

Challenge Track and Fees for 12U (2008-09 Season)

12U League – These teams participate in the Mid-Iowa 12U Volleyball League in Johnston, with games being played many weekends in Johnston. The 12U League team(s) will also play in at least one tournament sponsored by Iowa Heart, in addition to another tournament in Iowa.

12U Fee for Challenge Track - \$325 (includes uniform)

Competitive Track and Fees for 12U (2008-09 Season)

12U Club – These teams compete in USA Volleyball/Iowa Region tournaments. Candidate tournaments include: Iowa Heart, Johnston, Highway 1 in the Iowa City area and Iowa Regionals. The 12-1 team from the 2007-08 season received a bid to play at Nationals in Dallas, Texas.

12U Fee for Competitive Track - \$500 (includes uniform)

Challenge Track and Fees for 13U-18U (2008-09 Season)

These teams compete in USA Volleyball/Iowa Region tournaments. Candidate tournaments include: Iowa Heart, Johnston, Highway 1 in the Iowa City area, and Iowa Regionals.

13U-18U Fee for Challenge Track - \$450 (does not include uniform)

Competitive Track and Fees for 13U-18U (2008-09 Season)

Teams compete in local, state and regional tournaments. Candidate tournaments include: Northern Lighting in Minneapolis, Highway 1 in the Iowa City area, AVBA in Ankeny, Iowa Heart, and Regionals.

13U-18U Fees for Competitive Track - \$600 (does not include uniform)

High Performance Fees - \$800

What is “Playing Up”?

If a player wants to tryout out for a team beyond his/her age level, this is considered playing up. Players would need to tryout out with their own age group, in addition to trying out for the next age group. There is only 1 tryout fee assessed, regardless if a player tries out for two age levels. Please note, if a 12U player wants to tryout with the 13U, he/she would need to follow the procedures for the 13s and above. Every age level (except for the 12s) must register with the region before trying out.

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