



Club Handbook 2019

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Dear Parents, Athletes and Coaches,

First and foremost, congratulations and thank you for being a part of our Arizona Sky family. We are very excited about our club program this year and the new opportunities offered to our athletes and coaches. We will strive to make sure every athlete has a positive experience, continues to develop their full potential as an individual and as a teammate. We will focus on all around skills for our 14 and under and then by position at the older age groups. We want all athletes to master the mental aspect of the game as well as the skills needed for each position on the court. Our goal is to provide quality instruction as well as promote sportsmanship, leadership, teamwork and goal setting skills for all student athletes. We will outline program deliverables in this handbook to help ensure excellence and success.

Our experienced-coaching staff has been involved in helping us to define our philosophy and critical areas of focus. We feel confident that we can deliver on our key areas of: Practice, Communication, Game Management and Team/Individual improvement.

Our website www.azsky.net will be updated regularly with team schedules, highlights, program/clinic information and special events. Parent workshops on the college recruiting process will be available on a regular basis to answer or address any questions or concerns.

We are privileged to work with your daughters and appreciate your constant endorsements. Arizona Sky is elevating the level of play in Arizona and making our presence known at the national level. This is evident by our repeated accomplishments and our growth at every level. We are looking forward to another successful season with the best programs and coaching staff in Arizona. At Arizona Sky, we are more than just volleyball!

Coaching Staff
Club Director: [Dennis Alexander](#)
KC General Manager: [DT Nguyen](#)

Coaches Bios are posted on our web site

Please see our website www.azsky.net for our current coaching assignments

Lead Coaches: Evan Sedillo (14 and under), Jen Lenhart (15-18)

CLUB PHILOSOPHY/POLICIES AND PROGRAM GOALS

Arizona Sky Volleyball Club endorses and enforces all existing USAV Rules and Regulations, Code of Ethics and Conducts, and sound principles of fitness training. We adhere to our core philosophies and value integrity, teamwork and humility. We promote all around skills, place the best coach at the appropriate age level, support multi sport athletes, keep players in the designated age group, hire passionate coaches and strive to deliver more than we promise.

We believe in developing leadership skills, teamwork and sportsmanship on and off the court. All coaches will use the same keys in practice and follow club philosophy to have continuity from one year to another. At Arizona Sky, we have frequent meetings to share ideas, philosophies and drills and develop our coaches as well as our players to enforce high standard of instructions at all levels. We limit the number of athletes per team in order to maximize one on one instruction, play time and to develop all around skills. Our goal is to keep our teams at 10 athletes with a limit of 12. Lead coaches are in place to provide support to every coach on staff. Four key areas that serve as a basis for our program are Communication, Practice, Game Management and Team/Individual Goals.

- **Communication:** Coaches will regularly communicate expectations, goals and pertinent club information to their athletes and parents. Coaches will be consistent in implementing policies, team rules and consequences throughout the season. Coaches will inform the administration in advance of any team concerns or issues that need to be resolved or addressed. Athlete/Coach evaluations will take place throughout the season. Coaches shall check their e-mail regularly to keep up their team communication, important information pertaining to clinics, tournaments, travel and college recruiting.
- **Practice:** Drills will be game like that allow for maximum touches by athletes, NOT coaches. We promote all-around skills, fast paced intense practices, goal oriented consequences vs. punishment and immediate feedback to our athletes on what they are doing right on the court. Coaches will provide practice plans (daily and overall season plan) and also set benchmarks to reach throughout the season.
- **Game Management:** Arizona Sky plays to win with every team member. Each shall

have equal opportunity for court time. Playtime is not guaranteed but earned through effort and progress in practice. National and regional teams will differ slightly in playtime philosophy due to program goals of reaching national in a competitive environment.

- **Team/Individual Goals:** Our coaches will set team and individual goals immediately after try-outs. Coaches will take proper stats and utilize information in games to improve practices and players skill level. There will be at least 2 one-on-one meetings/evaluations with athletes (and parents) to discuss their role on the team and their individual progress. Benchmarks will be set throughout the season to challenge each team to reach their full potential. At several points during the season coaches will evaluate progress and make adjustments if necessary.

PRACTICE

All teams practice twice per week, participate in additional skill training up to the first tournament, expose to Conditioning/Strength training 4-6 weeks and can request 3rd practice as needed during the season.

GOLD, National and American teams are expected to achieve certain level of success. While 3rd practice is NOT mandatory, it is recommended in commensurate with their level of competition. We leave the decision to each coach to request additional practices and assistance. It has been our experiences that overtraining will lead to decline in school grades, subpar performance on the court, increase burnout due to fatigue, injuries and sicknesses.

CLUB VOLLEYBALL PREP (CVP)

CVP (Club Volleyball Preparatory) Program was originally developed for HS athletes that did not play HS volleyball. Today, CVP is practically a year round training opportunity for all levels and age groups. During Club season, "Practice Only" participants earn opportunities to join a team and at reduced cost as well.

GENERAL POLICIES

- Arizona Sky supports and enforces all AZ Region and USAV policies (our governing bodies).
- All coaches have a minimum of IMPACT and SafeSport certification and are background checked by the AZ Region.
- Our staff will be respectful and should exhibit high moral values when they are interacting with Jr. athletes or representing the club.
- Selection to a team will be based on athletic ability, skill assessments, game play, attitude and how well they respond to direction (coachability). There will be a

coaches committee in place to help score assessments and offer input when needed.

- We require a commitment from Gold and National players to your volleyball team before any other sport. Family, faith and education are supported choices that can take precedence from time to time over practice.
- Gold, National and American teams are Travel teams (sometimes are referred in general as National teams) that strive to earn a bid to National. Commitment is from November up to the first week of July.
- The general rule of the club is a 'no release' policy once a player has committed to a team. Extenuating circumstances can be considered once commitment fees are paid in full.
- An athlete is recommended to play in their age/grade. Only Regional teams can have up to 2 age waivers/team (to play down) subject to approval by the AZ Region Board. On Travel Teams, an athlete can play down in grade as long as she meets the age definition. Exceptional athletes may play up on age subject to mental, physical and social development.
- An athlete may elect to participate in practices only and not attend tournaments
- Playing time is not guaranteed, it is earned.
- Playing time for National teams will be earned based on ability, hard work, progress and commitment. Playing time for Regional teams will be in proportion to their level of commitment and ability with an emphasis on tournament playing time for all athletes.
- Coaches should be able to explain why court time is less than an athlete's/parent's expectations and what that athlete needs to do to get where they want to be, what we refer to as “ a path to to success”.
- Athletes, parents and Arizona Sky staff misconduct will not be tolerated. An Incident Report Form is available on line and can be submitted to Arizona Sky Management. All incidents will be reviewed, action taken and communicated to the organization. A previous report for your reference only.
- Arizona Sky reserves the right to sanction its club players, parents or its staff for any misconduct.
- The Club Director reserves the right to move athletes or coaches to different teams either permanently or temporarily
- The use of foul language, alcohol, tobacco, drugs or inappropriate sexual innuendo will not be tolerated.

To avoid miscommunication within the club, Dennis Alexander as Club Director will be the point of contact for any issues or questions regarding Arizona Sky Volleyball Club. However, qll court scheduling and facility questions will be directed to DT at kingdomcourts@cox.net.

TRY-OUTS

We believe in teamwork, positive attitude, leadership, athletic abilities and continuous improvement. As such, at tryouts, each athlete must earn her position by exhibiting the above characteristics as well as their passion for the sport. We want every athlete to have equal opportunity and will not promise a position on our teams prior to try-outs. Every athlete will be evaluated on all around skills and scrimmage play. Assessments will be done exactly the same way by participating coaches so that no athlete is overlooked in the process.

- We encourage athletes to play their age
- Head Coaches are assigned prior to try-outs
- Multi sport athletes must commit to volleyball as their top sport priority if they elect to try out for an Gold or national team
- An athlete who is not available on the try out date shall not be placed on an Gold/national team without additional evaluation by the coaches committee
- Additional try outs may be given as long as the same opportunity is also offered to other eligible athletes
- An athlete may not remain with the same coach for more than two consecutive season or two calendar years

CLUB HISTORY

Arizona Sky was established in June of 2002. Kingdom Courts opened on Feb 14th of 2003 as home of the Arizona Sky Volleyball Club. For an up to date of Club accomplishments, please check www.azsky.net

PLAYTIME POLICY

Our coaches shall abide and enforce Arizona Sky club policy on playing time. Playtime is dictated by the athlete's commitment to the sport of volleyball. That commitment includes meeting all requirements pertaining to financial, academic, attendance, improvement, teamwork and the following instructions. Playtime is at the discretion of the coaches. We strive to develop all around skill in every athlete. They will see play time in proportion to their level of commitment, skills improvement, work ethic and attitude. Playtime is not guaranteed at the Gold/national level, it is earned. These teams are formed to compete at a much higher level and will receive exceptional training. Under no circumstance will an athlete be forced to enter a game with a known injury.

PRACTICE

Practices are an essential part of an athletes learning experience and is considered to be an extension of their education. Practices encompasses fitness, conditioning,

scheduled practices and tournaments. Extra practices or tournaments requested by the coaches are not mandatory. An athlete may be excused from practices due to religion, family, school academics and health. Extenuating circumstances shall be resolved between the parents and the club.

- Athletes should arrive 15 minutes in advance to warm up (first) and stretch (after warm up).
- They should directly inform their coaches in advance of any practice conflicts and let them know if they are going to be late or missing practice/tournaments due to illness. Continued violations will result in removal from the team.
- Athletes must attend practice prior to tournaments to be eligible to play.
- Players and coaches must dress appropriately.
- Consumption of gum, candy, food or drinks other than water is prohibited on the gym floor.
- Parents must remain upstairs during practice so that athletes are not distracted during practice.
- All practice bags must be placed on shelves and off the courts.
- Athletes can make up practices with another team (please ask coach beforehand)
- Equipment shall be returned to the designated location and organized
- Balls encroaching into another court shall be sent to the back of the court and not across a court to prevent injury.
- Parents and siblings are not allowed on the court during practice
- Injuries need to be reported to coaches prior to practicing

COLLEGE RECRUITING

Arizona Sky has developed a College Recruiting program for athletes interested in competing at the collegiate level. All teams 15 and older will participate in our program, and parents are encouraged and welcome to attend these sessions. We will provide the opportunity to have skills tapes made for all athletes and we will walk you through the process needed to be seen by college coaches. We are going to utilize our website more so that athletes can upload game video, profiles, stats and contact information for college coaches to access. Our coaches and administration are committed to helping student athletes reach and attain their collegiate goals and dreams. Instructions and references can be provided

CONFLICT RESOLUTION

If parents or athletes want to discuss any concerns or issues they are having on the team, the first step is meeting with the coaches. We want to empower our young athletes to feel confident in approaching their coaches regarding goal setting, playing time or their role on the team. If they are not satisfied with answers provided we ask parents to get involved in the process. If families are still not completely satisfied they

can meet with the club director for guidance and resolution.

DT and Dennis are available to meet with athletes at any time to help them work through issues or help them find the words to use to discuss their situation on the team with their coaches. We want to create a strong support system among athletes as they mature and develop.

CODE OF CONDUCT

The Arizona Region has player, parent and coach code of conducts that we will enforce at Arizona Sky. We support the region in setting a high standard to uphold traditions of excellence through volleyball, focusing on responsibility and accountability. We will treat others as we wish to be treated and will respect all teammates, opponents, officials, coaches, and fans. We will use integrity at all times and promote leadership skills, sportsmanship and teamwork throughout our club. The use of alcohol and drugs will not be tolerated among our student athletes and if rules are violated Arizona Sky reserves the right to remove those athletes from our club.

Parents please do not approach coaches during games or tournaments regarding your child's play time. Please make an appointment away from the playing area and student athletes to voice your opinions respectfully. Texting coaches between matches or at tournaments in a negative fashion is also prohibited. We ask all families to support all athletes on your team and cheer appropriately at competitions. Respect the official's calls during matches and stay in control of your emotions. We also ask that you attend all volleyball events alcohol and drug free. Lastly, stay positive with your daughter and support her role on the team.

- Travel teams are classified as GOLD and NATIONAL. We balance between tournament cost and exposure to college recruiters when selecting a tournament location. We are also taking into consideration the talents of the age group when choosing competition level. The ultimate goal for each team is to qualify for Nationals.
- Parents are responsible for all their child's transportation and accommodation. Club has only a small contingency budget for transportation.
- Unless otherwise specified, for club fee DOES NOT include hotel and transportation. Players will room with parents or Parent-authorized adult/guardian when in Travel.
- It is highly recommended that parents/players and coaches to stay at the same venues. Virtually all Qualifiers and National have STAY and PLAY policy. Club will do our best to reserve a block of rooms in advance for parents. Unused rooms will incur expenses to the Club and the cost MAY be transferred back to the team in violation.
- The overall budget has been established for all travel teams based on each chosen tournament and the number of travelers. As such, out of ordinary

arrangements may be made to keep the club from exceeding the allocated funds.

- Travel: Coaches/players are expected to travel on the same itinerary with their team unless otherwise approved by the Club Director. A coach shall not transport athletes without the written consent from parents or without the presence of a chaperone. Athletes shall carry on all items required for competition. Team members may be asked to cover unanticipated expenses beyond the control of the club.
- General Conduct: Athletes are expected to comply with curfew, nutrition and room assignments. Parents and guardians are expected to support the coaches' decisions and expectations. Coaches shall not hold meetings without the presence of the chaperone. Coaches shall not use foul language, alcohol, tobacco or inappropriate sexual innuendo while in the presence of one or more athletes.
- Coaches shall NEVER have a player or players in the coaches' hotel room for any reason- such meetings will occur in common areas, conference rooms, lobby, etc.
- Reimbursement of expenses: All out of ordinary reimbursed requests must be pre-approved by the Club Director. All reimbursed requests must include a receipt and submitted no later than 2 weeks after the conclusion of the trip. The club may substitute with a per diem in lieu of actual expenses reimbursement.
- Incident Reports: Report shall be filed for any disciplinary action taken and or misconduct during the trip. An incident report can be filed by anyone however, must be within 7 days after the incident.
- The club may send a different or additional coach at any given time to support the team. A coach may impose additional rules beyond the club policy. Any rules that create additional financial burden shall require pre-approval by the Club Director. Coaches are responsible for the condition of the assigned equipment (balls, pumps, first aid kits etc.)

Out of town packing list:

All three jerseys/warm ups

2-3 pair of Spandex

3 pair socks minimum

Volleyball shoes/active ankles if used, shoes for walking to and from venue

Sleepwear

Undergarments

Toiletries and hair accessories,

Clothes for outings & travel

Weather related items such as gloves, jackets and hats if needed

Misc: Whistle, water bottle, playing cards, chapstick, tissues, hand sanitizer

FUNDRAISING

Arizona Sky is a subsidiary of Volley Heaven LLC, and offers year round opportunities for athletes to raise funds. For more information contact DT directly at 602-300-1398.

FACILITY

Kingdom Courts is a year round, full service volleyball facility. It is owned and operated by Volley Heaven LLC. Other clubs or organizations may rent Kingdom Courts for training purposes. Contact DT for court fees and scheduling.

FEES

The Arizona Sky fee schedule will be posted online prior to try-outs. All fees are final and there is no refund. Late club fees (overdue by 7 days) incur a \$25 penalty.