

Revised November 19, 2011

# hcSYNERGY Volleyball Club

## Hybrid Area League Club

Synergy (sɪn'ər-jē) [n]: The interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects.

## Season Handbook

2011-2012



*hcSYNERGY Volleyball Club reserves the right to make changes at any time to this handbook or the club's operations in changing for the better of its participants.*

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## **hcSYNERGY Volleyball Club**

*syn·er·gy (sĭn'ər-jē) n.: The interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects.*

### *2011-2012 Letter from the Director*

Dear hcSYNERGY Volleyball Club Families:

Welcome to hcSYNERGY Volleyball Club. Having a volleyball club has always been a dream of mine since I first started playing the game 12 years ago. Simply put, I love volleyball. It is my passion and I want everyone who takes part in our club to also experience the same passion for the game. I would like to be able to provide an environment where the participants are given a chance to learn and compete in the sport of volleyball. It is the goal of this club to develop athletes to their potential and expose them to the best competition possible. I also want the athletes to have fun and grow as individuals and finally come together as a team that works and plays together.

Thank you,



Heather Cooper  
Club Director

hcSYNERGY Volleyball Club

“The main ingredient of stardom is  
the rest of the team” – John Wooden



1567 Willowgate Drive  
San Jose, CA 95118

Phone: 408.912.5450

Fax: 408.723.7824

Website: [www.synergyvbc.net](http://www.synergyvbc.net)

# **hcSYNERGY Volleyball Club Overview**

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## **hcSYNERGY Volleyball Club Overview**

hcSYNERGY Volleyball Club is a nonprofit organization designed to provide individuals the opportunity to learn and compete in the sport of volleyball. While learning the technique of the game as an individual and then as a team; we endeavor to instill self-confidence and life skills. We strive to encourage the participants to embrace the true meaning of “synergy” in which different entities cooperate advantageously for a final outcome. Simply put, we believe that the whole is greater than the sum of its parts.

## **Club Mission Statement**

hcSYNERGY Volleyball Club was developed to provide individuals the opportunity to learn and compete in the sport of volleyball.

## **Club Objectives**

It is our goal to develop athletes who want to learn and play the sport of volleyball and to offer programs, skills and playing opportunities that will aid the athlete in attaining and playing at their next level of skill. hcSYNERGY VBC provides experience and learning opportunities that can prepare athletes for both middle and high school programs.

## **Club Goals**

While learning the technique of the game as an individual and then as a team, we endeavor to instill self-confidence and life skills. We strive to encourage the participants to embrace the true meaning of “synergy” in which different entities cooperate advantageously for a final outcome. Simply put, we believe that the whole is greater than the sum of its parts. Our view is that success will not be defined by winning championships and trophies. Instead, success will be achieved if athletes and teams show improvement over time.

## **Club Coaching Philosophy**

Our coaches love the game of volleyball and want to share that love with the athletes that they coach. They have all played volleyball either in high school and/or on club teams. Their role is to help develop the athletes into stronger volleyball players as well as assist them in recognizing and working within a team environment. Specific goals and expectations for coaches include: teaching athletes that winning is not the only goal; help the athlete respect not only the other members of the team but, their opponents, the officials and themselves; have fun; build self-confidence and develop an understanding that it is okay to make mistakes and try something new and take athletes to the next level of their volleyball potential.

## **Overview Communication**

### **NCVA Communication**

hcSYNERGY VBC is a separate and independent organization which is affiliated and operates within the auspices of the North California Volleyball Association (NCVA). NCVA is responsible for organizing and running all the games and tournaments that the club attends. Their website [www.ncva.com](http://www.ncva.com) lists the teams that will be playing at each tournament, times, formats and locations of the games.

Please do not contact NCVA individually. Only the Club Director is allowed to contact NCVA. If you have any questions regarding the points system, tournaments or information in general, please contact the Club Director.

### **hcSYNERGY Volleyball Communication**

It is imperative that we keep an open line of with communication not only between coaches and athletes. Athletes should be encouraged to speak to their individual coach with any concerns that they may have. If the issue can't be resolved, then a meeting with the coach, player and parent(s) may be requested with the Club Director. If a resolution is still not found, a meeting of all concerned parties with the Board of Directors should be requested. It is important to get the issue resolved as soon as possible.

While meetings and practices will provide opportunities for communicating, the main method for distribution of information will be via email. Should time be a factor, it may be necessary for the Club Director or their designee, and coaches to call athletes and parents.

Just as important as the need to communicate, is knowing when to communicate and what you want to communicate. For effective communication to occur, timing is crucial. Be cognizant of the issue and pick the appropriate time.

Please, keep in mind that due to the competitive and emotional atmosphere involved in club sports. hcSYNERGY VBC recommends a minimum of 24 to 48 hours of reflection period prior to addressing certain issues with coaches.

Do not request to meet during a tournament. As a coach, their duties are to coach the athletes, officiate matches, and to make sure the tournament is running smoothly.

## **hcSYNERGY Volleyball Club Contact Information**

**Email:** [vball@synergyvbc.net](mailto:vball@synergyvbc.net)

**Phone:** 408.912.5450

**Fax:** 408.723.7824

**Web:** [www.synergyvbc.net](http://www.synergyvbc.net)

**Address:**

1567 Willowgate Drive

San Jose, CA 95118

# Tryout Policies

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## Tryout Dates and Times

hcSYNERGY Volleyball Club holds tryouts every November on the first weekend of the month. Tryout times are divided by age group to allow athletes to be seen by the proper coaches. Athletes will be selected per team, based on ability as well as age requirements. Please see the chart below for more information regarding team age requirements.

For more information about tryouts, please visit us online at [www.synergyvbc.net](http://www.synergyvbc.net).

### **USA Volleyball Junior Player Age Definition Chart**

*Insert taken from the NCVA 2011-2012 Handbook*

#### **USA Volleyball Junior Player Age Definition**

For Use during the 2011-2012 Season

In order to simplify the age definition information, the chart below has been provided. To use this chart, find the column for the month that the player was born and follow it down to the year that they were born. This will tell you which division the player is eligible for.

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
1992									**	**	**	**
1993	**	**	**	**	**	**	**	**	18's	18's	18's	18's
1994	18's	18's	18's	18's	18's	18's	18's	18's	17's	17's	17's	17's
1995	17's	17's	17's	17's	17's	17's	17's	17's	16's	16's	16's	16's
1996	16's	16's	16's	16's	16's	16's	16's	16's	15's *	15's *	15's *	15's *
1997	15's *	15's *	15's *	15's *	15's *	15's *	15's *	15's *	14's	14's	14's	14's
1998	14's	14's	14's	14's	14's	14's	14's	14's	13's	13's	13's	13's
1999	13's	13's	13's	13's	13's	13's	13's	13's	12's	12's	12's	12's
2000	12's	12's	12's	12's	12's	12's	12's	12's	11's	11's	11's	11's
2001	11's	11's	11's	11's	11's	11's	11's	11's	11's	11's	11's	11's

\* Regionally waived boy's players in the Boy's Division will be allowed to play in the Boy's 14 and Under Division provided that they were born on or after September 1, 1996 (15 years or younger) AND have not completed nor are in a grade higher than the eight (8th) grade during the academic year. Player must submit proof of enrollment in eighth grade (or lower) for the current academic year, to the NCVA.

\*\* Players will be eligible to play in the 18 and Under Division provided that they were born on, or after, September 1, 1992 AND a high school student during some part of the current academic year - Player must submit proof of enrollment in High School for the current academic year, to the NCVA.

## USA Volleyball Junior Player Age Definition

*Insert taken from the NCVA 2011-2012 Handbook*

Once a player participates (including but not limited to practicing, training, attending workouts and/or competing) in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to take part in any regional and national programming, which includes but is not limited to national JNC qualifying and championship events.

**Once a player participates in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to play in any regional or national JNC qualifying and championship events.**

### **18 and Under Division:**

Players who were born on or after September 1, 1993  
**or**

Players who were born on or after September 1, 1992 **and** a high school student in the twelfth (12th) grade or below during some part of the current academic year

### **17 and Under Division:**

Players who were born on or after September 1, 1994

### **16 and Under Division:**

Players who were born on or after September 1, 1995

### **15 and Under Division:**

Players who were born on or after September 1, 1996

### **14 and Under Division:**

Players who were born on or after September 1, 1997

### **13 and Under Division:**

Players who were born on or after September 1, 1998

### **12 and Under Division:**

Players who were born on or after September 1, 1999

### **11 and Under Division:**

Players who were born on or after September 1, 2000

### **10 and Under Division:**

Players who were born on or after September 1, 2001

### **9 and Under Division:**

Players who were born on or after September 1, 2002

### **8 and Under Division:**

Players who were born on or after September 1, 2003

**Note:** These age definitions are used by domestic club programs and are NOT the same as the age definitions for the International and Domestic High Performance programs for 2012.

The classification cut-off date of the September 1 was reviewed by the USAV Youth/Junior Olympic Volleyball Division (YJOVD) prior to the USAV 2008 Annual Meetings and research justified the continuation of the cut-off date of September 1. Additional information can be found on the USA Volleyball Website.

*The Age Definition Policy was most recently reviewed by the USA Volleyball Board of Directors on January 19, 2002.  
Revised 06/21/2011*



**Synergy** (sɪn'ər-jē) [n]: *The interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects.*

**2011-2012 Season Tryouts**  
**Saturday & Sunday      November 5 & 6, 2011**

Location: Branham High School (1570 Branham Lane, San Jose CA 95118)

<u>Date</u>	<u>Age Groups</u>	<u>Time</u>
November 5 <sup>th</sup>	12s & 14s	9:00 to 11:30 AM
November 6 <sup>th</sup>	16s & 18s	9:00 to 11:30 AM
November 6 <sup>th</sup>	Make Ups (all age groups)	5:00 to 7:30 PM

Tryout Fees

\$30.00 (pre-register) / \$35.00 (at the door)

Tryout Registration: 30 minutes prior to tryout (to avoid waiting in line)

Attire: Spandex, T-Shirt, kneepads and shoes (court shoes preferred)

**Athletes must have a parent or guardian with them at registration.**

**Athletes will not be allowed on the court without a  
Release of Liability signature or tryouts pass.**

**Questions?** (408) 912-5450

Email: [vball@synergyvbc.net](mailto:vball@synergyvbc.net) Website: [www.synergyvbc.net](http://www.synergyvbc.net)

*For more information and tryout forms, please visit the web address above.*



hcSYNERGY Volleyball Club  
Hybrid Area League

<b>OFFICE USE ONLY</b>		
TO #:	_____	
Payment:	Y    N	Ck #: _____
Date Rec:	_____	

## 2011-2012 Tryout Registration Form

### Athlete Information

<b>Last Name:</b>	_____		<b>First Name:</b>	_____	
<b>Birth Date:</b>	_____		<b>Email:</b>	_____	
<b>Home Phone:</b>	_____	_____	<b>Cell Phone:</b>	_____	_____
<b>Address:</b>	_____				
<b>City:</b>	_____		<b>State:</b> CA	<b>Zip Code:</b>	_____
<b>School Name:</b>	_____			<b>Grade:</b>	_____
<b>Athlete Position:</b> (check one)	Outside: _____ Middle: _____ Setter: _____ Opp: _____ Def. Specialist: _____				
<b>Participant Date:</b> (check one)	Saturday - November 5 _____ \$30.00 / (\$35.00 at the Door)		Sunday - November 6 _____ \$30.00 / (\$35.00 at the Door)		
<b>Team Tryouting out for:</b> (check one)	12: _____ 14: _____		16: _____ 18: _____		

### Parent Information

<b>Last Name:</b>	_____		<b>First Name:</b>	_____	
<b>Email:</b>	_____				

I have provided the above information understanding it will not be published outside of hcSYNERGY Volleyball Club without my express written consent. Also, all the information provided above is accurate and true to the best of my knowledge.

In consideration for being permitted by hcSYNERGY Volleyball Club to participate in the above tryouts. I hereby waive, release and discharge any and all claims for damages for personal injury, death or property of damage which I or my child (if participating) may have, of which hereafter accrue to me, or my child, against hcSYNERGY VBC as a result of my or my child's participation in the activity. This release is intended to discharge hcSYNERGY VBC, it's officers, Board of Directors, volunteers, and any other involved public agencies from and against any and all liability arising to of or connected in any way with my or my child's participation in the activity.

I HAVE CAREFULLY READ AND UNDERSTAND THE ABOVE RELEASE AND INDEMNITY AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND AGREEMENT TO INDEMNITY hcSYNERGY VOLLEYBALL CLUB AND I SIGN IT OF MY OWN FREE WILL.

**Parent/Guardian Print**

**Parent/Guardian Signature**

**Date**

[vball@synergyvbc.net](mailto:vball@synergyvbc.net)

<p><b>Please Mail w/Payment to:</b> hcSYNERGY Volleyball Club 1567 Willowgate Drive San Jose, CA 95118 (408) 912-5450</p>
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[www.synergyvbc.net](http://www.synergyvbc.net)



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## hcSYNERGY Volleyball Club

### 2011-2012 Club Season Signing Meeting

**Date:** Monday, November 14, 2011

**Time:** 6:30 to 8:30 pm

**Location:** Branham High School  
(1570 Branham Lane, San Jose CA 95118)

*Please bring your club registration checklist with **all** of your forms completed.*

Athletes must attend, as there will be a uniform fitting.

**Questions?** (408) 912-5450

Email: [vball@synergyvbc.net](mailto:vball@synergyvbc.net) Website: [www.synergyvbc.net](http://www.synergyvbc.net)

# **hcSYNERGY VBC Club Policies**

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## **Participation Selection**

Selection to hcSYNERGY VBC will be accomplished through an “open tryout” format. Coaches will form teams based on attitude, athletic ability, volleyball skills and potential development. hcSYNERGY VBC strives to create a diverse and varied system of competition. It will provide a non-discriminatory entry-level playing opportunity for those who apply.

## **Athlete Conduct**

Athletes are expected to act in a sportsman-like manner and set a good example during all hcSYNERGY VBC activities, including practice, travel, tournaments and any activity on or off the court in which hcSYNERGY VBC chooses to participate. An athlete should always be respectful both on and off the court and should never speak negatively about themselves, their teammates or opponents, coaches or officials. Attitude is an integral part of a team, and as the word synergy suggests, we all need to be working together. Should an athlete display continuous disrespect and/or insubordination, it may ultimately lead to discipline, suspension and possible removal from hcSYNERGY VBC.

## **Parent/Guardian Conduct**

Parents are a critical element in providing a successful and positive experience for everyone in the club. They also play an important role to the athlete and the club as a support system. Remember to cheer positively for your athlete’s team. Parents should refrain from negative comments and coaching from the sidelines as it is not only disrespectful, but also disruptive to the team.

## **Parent/Guardian Participation**

Want to feel like part of the team? There are many opportunities for parents to be part of hcSYNERGY VBC. Team parents are a pivotal part of every team. They are the coach’s assistant and team cheerleaders. Opportunities to help coordinate snacks, water and food for all day tournaments are available. These are things that parents will already be doing if your athlete is on the team, so take one more step and help the entire team operate more smoothly. Our Parent Coordinator is available to help team parents get started and answer any questions you may have. Having a well oiled and coordinated sideline will help every game be more successful.

## **Practice**

All hcSYNERGY VBC teams will normally practice on Sundays, with a possible additional practice scheduled during a weekday evening. Practice may be rescheduled or canceled due to one or more of the following: the team is already playing in a tournament, a holiday, coach sickness or gym conflict. Athletes are expected to attend all practices scheduled by the club. hcSYNERGY VBC acknowledges that this may not always be possible, but request all absences, planned or emergent, be communicated to the athlete's coach as soon as possible. Athletes should plan to arrive 15 minutes before their practice time and assist with equipment set up or take down. Do not be late as it is disruptive to those who have arrived on time. Continuing to miss practices may impact playing time in competitions. Participation in hcSYNERGY VBC is not just an individual effort, but, rather a team effort and requires everyone to be there to make the unit whole. hcSYNERGY VBC request that practices are closed to ensure 100% focus by the athlete.

## **School**

hcSYNERGY VBC recognizes that athletes are also active in school activities and that those activities should not be put on hold. Taking part in a club team requires the athlete to budget their time efficiently so that all obligations that they have agreed to will not suffer. Homework is not an excuse to miss practice. Should an athlete be having issues maintaining their grades, parents need to contact the coach and Club Director to discuss options for the athlete.

## **Playing Time**

“You are not playing my daughter enough” is one of the most common concerns that parents will bring up to the coach. From the beginning, it is made clear that there is no guaranteed court time. Coaches want everyone to play, but athletes that work hard, are consistently at practice and willing and able to bring that experience to the court, will play. If athletes step on the court and do not show the determination that they had at practice, opportunity may be given to someone else. Club fees are for instruction and not guarantee of playing time. If athletes are willing to learn, and bring what they learn to the court, they play.

## **Facilities**

hcSYNERGY VBC requests that all coaches, players and parents respect the facilities used for practice. Should a player or a coach accidently or intentionally break or destroy any item that belongs to the facility, and the club insurance will not cover the cost, the cost of the replacement item will belong to the individual(s) responsible.

## **Travel**

hcSYNERGY VBC does not provide transportation to practice and/or tournaments. Parents may want to consider forming carpools with other parents within a given team to provide backup if they are unable to provide transportation for their athlete. Coaches are not responsible for taking players to and from practices and/or tournaments. We request that parents arrive 10 minutes at the end of practice and/or tournament to ensure their athlete is picked up on time.

## **Overnight Tournaments**

There is one scheduled overnight tournament this year, the Far Westerns which is held in Reno, Nevada. Dates for the 12s and 14s – April 21<sup>st</sup> – 23<sup>rd</sup> and dates for the 16s and 18s – April 27<sup>th</sup> – 29<sup>th</sup>. The tournament is held in the Reno Convention Center and several months prior to the tournament, the club will reserve rooms for the club and receive a discount through NCVA. Athletes and their families are responsible for room charges. hcSYNERGY VBC generally book rooms at the Peppermill Hotel, Atlantis Hotel or at the Grand Sierra Hotel which are both very close to the convention center. The athlete will room with their parents; although team rooms may be available should a group of athletes (with parent approval) wish to room together. Athletes are expected to attend all related club activities during this tournament including team bonding, team breakfasts or dinners, team meetings and as such, having everyone in close proximity makes it much easier for communication purposes and ease of meetings.

There will be a curfew at all overnights tournaments. This means in your OWN room, TV off, ipods/radios off and in bed. Curfew will be 11:00 pm, depending on the age group or if coach changes the time frame.

Additional information will be sent out in March 2012.

## **Drug and Alcohol Policy**

Any alcohol or substance use/abuse by any athlete is strictly prohibited. If this activity occurs during any club activity it will result in a loss of membership in the club. It may also involve a sanction from the region or the national organization including a possible forfeiture of playing status for a year. If it occurs during a traveling tournament it will mean early transportation home and the parents will incur the added costs. If this action penalizes the entire team, because of the number participating in the illegal activities and thus results in the teams' inability to participate in the tournament, parents of the responsible will assume those costs as well. If an athlete suspects another of substance abuse, the club administration should be advised. The information will be handled as confidential.

## **Discipline**

The athlete will be notified verbally on what needs to be corrected and be given a time to correct the problem. If an individual fails to correct the problem, behavior and/or action within the specified time, there may be further disciplinary action taken, including suspension or expulsion.

- 1<sup>st</sup> Offense – Warning. Athlete/Coach meeting. Parents and Club Director notified.
- 2<sup>nd</sup> Offense – Athlete/Coach/Parent and Club Director meeting. One week suspension.
- 3<sup>rd</sup> Offense – Parent/Coach Director meeting. One month suspension.
- 4<sup>th</sup> Offense – Expulsion.

# Code of Conduct

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## Parents Code of Conduct

### Parents' Roles

1. Communicate with your athlete.
2. Respect the decisions of the officials.
3. Respect other fans, coaches and athletes.
4. Do not talk negatively either publicly or in electronic forum about the program, the coaches, administration, parents and/or other players.
5. Contact the coach through agreed upon procedures.
6. Understand that the coaches are responsible for doing what is best for the entire team, **not just one player.**
7. Be the fan of everyone on the team.
8. Be supportive of your child.
9. Respect the chain of command: child – head coach – club director.

### Meeting with the Coaches

- Your athlete must know that you are meeting with the coach and/or be present.
- Conversation must be in the professional manner with regard to both language and conduct.
- Everyone gets a chance to talk, but everyone must listen, as well.
- Emotional control by all parties is imperative.
- Meetings will occur by appointment ONLY.

### Things to Ask About

- What was your reasoning for doing what you did in this situation involving my child?
- Does my child work hard in practice and have a positive attitude at practice?
- In what areas does my child need to improve?
- Do you have some drills she could practice at home to make these improvements?
- Is my child a positive addition to the team?
- Is there something I can do to help you?

### Red Flags for Parents

- Trying to solve her problems for her.
- Coaching her after she knows more about the sport than you do.
- Expecting her to look at you during matches and time outs.
- Avoiding you after matches.
- **BEST THING TO SAY AFTER A TOURNAMENT: I LOVE WATCHING YOUR TEAM PLAY! 😊**

## **NCVA Code of Conduct** *(Insert taken from the NCVA 2011-2012 Handbook)*

### **Volleyball Spectator Code of Conduct**

- Remain in the spectator area during matches.
- Do not make derogatory comments to coaches, officials, tournament directors or players of either team. Do not drink alcohol at tournaments or come to a tournament having consumed too much alcohol.
- Respect the integrity and judgment of the officials without taunting or approaching them at any time.
- Be in control of your emotions.
- Respect the rights of others and treat the visiting team and their spectators courteously.
- Abide by all applicable federal, state, and local laws while attending any match.
- Cheer positively for your team, using socially acceptable language.
- Follow the rules of the tournament
- Follow the rules of the facility, such as NO FOOD IN GYM, no beach chairs, etc.
- Use litter receptacles to properly dispose of trash.
- Use only designated smoking areas that are clearly posted.
- Applaud good performances by both teams. Excessive noise during such as pounding on bleachers or use of artificial noise makers is not permitted.
- Discourage all forms of violent behavior.

### **Volleyball Parent Code of Conduct**

- Remain in the spectator area during matches.
- Do not advise the coach on how to coach.
- Do not make derogatory comments to coaches, officials, tournament directors or players of either team.
- Do not try to coach your child during the match.
- Do not drink alcohol at tournaments or come to a tournament having consumed too much alcohol.
- Cheer for your child's team.
- Show interest, enthusiasm, and support for your child.
- Be in control of your emotions.
- Help when asked by coaches or officials.
- Thank coaches, officials, tournament directors, and other volunteers who conducted the event.
- Know the rules.
- Avoid conduct that is inappropriate as determined by comparison to normally accepted behavior.
- Physical or verbal intimidation of any individual is unacceptable.
- Follow the rules of the tournament, such as NO FOOD IN GYM, no beach chairs, etc.

**P** is for praising, which your child needs often.

**A** is for accepting, so hard edges will soften.

**R** is for recognizing your child's many talents.

**E** is for encouraging a good healthy balance.

**N** is for nurturing, to help your child grow.

**T** is for teaching, then letting go.

**S** is for smiling at the growth and the glow.

## **NCVA Code of Behavior** *(Insert taken from the NCVA 2011-2012 Handbook)*

### **Athlete Code of Behavior**

As an athlete, I:

- will participate in volleyball free of alcohol and drugs.
- will use positive verbal and physical behavior, controlling my temper and aggression.
- will give true information concerning another individual's involvement in or knowledge of an incident relevant to a violation of the rules.
- will play by the rules of volleyball.
- will display fair play by treating all those involved in the match with dignity and respect.
- will treat others as I would like to be treated.
- will work hard and honestly to improve performance and participation.
- will maintain a positive image of myself by participating for enjoyment.
- will respect the decisions of officials and tournament directors.

### **Parent Code of Behavior**

As a parent, I:

- will be positive in attitude toward volleyball and emphasize the cooperative nature of the sport.
- will encourage hard work and honest effort that will lead to improved performance and participation.
- will encourage and respect referees and officials and their integrity.
- will encourage athletes to participate for their own enjoyment.
- will be supportive of all attempts to remove verbal and physical abuse from organized volleyball activities, including the use of inappropriate language.
- will stay away from the playing area during the match.
- will applaud fair play during matches.
- will respect the decisions of officials and tournament directors.

### **Spectator Code of Behavior**

As a spectator, I:

- will respect the rights of others and treat the visiting team and their spectators courteously.
- will abide by all applicable federal, state, and local laws while attending any match.
- will cheer positively for my team, using socially acceptable language.
- will respect the integrity and judgment of the officials without taunting or approaching them between sets or at the end of the match.
- will use only designated smoking areas that are clearly posted.
- will use litter receptacles to properly dispose of trash.
- will applaud good performances by both teams.
- will discourage all forms of violent behavior.
- will respect the decisions of officials and tournament directors.

# Club Fees

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## Club Fees

The cost for the 2011-2012 club season will depend on your status below:

New Athletes	\$2100.00
Returning Athletes	\$1950.00
12s and Under	\$1050.00

The cost will cover tournament fees, team gear, equipment, gym rental, NCVA fees and coaches' salary. There will be additional cost for overnight tournaments. hcSYNERGY Volleyball Club fees **does not** include travel (hotel lodging, food or transportation).

## Vital Annotations

All payments are final and non-refundable.

<b>New Athletes \$2100.00</b>	<b>Returning Athletes \$1950.00</b>	<b>12s and Under \$1050.00</b>
<b><i>Club Deposit</i></b> Due: Monday, Nov. 14, 2011 Amount: \$840.00	<b><i>Club Deposit</i></b> Due: Monday, Nov. 14, 2011 Amount: \$780.00	<b><i>Club Deposit</i></b> Due: Monday, Nov. 14, 2011 Amount: \$500.00
<b><i>Second Payment</i></b> Due: Sunday, Dec. 11, 2011 Amount: \$630.00	<b><i>Second Payment</i></b> Due: Sunday, Dec. 11, 2011 Amount: \$585.00	<b><i>Second Payment</i></b> Due: Sunday, Dec. 11, 2011 Amount: \$350.00
<b><i>Third Payment</i></b> Due: Sunday, Feb. 12, 2012 Amount: \$630.00	<b><i>Third Payment</i></b> Due: Sunday, Feb. 12, 2012 Amount: \$585.00	<b><i>Third Payment</i></b> Due: Sunday, Feb. 12, 2012 Amount: \$200.00

hcSYNERGY will email an invoice two weeks prior to the second and third payment due dates. Payment not received by the practice/tournament following the due date will be assessed a \$25.00 late fee.

Returned checks due to insufficient funds will be charged an additional \$25.00 processing fee.

Club dues does not cover transportation, food or lodging at tournaments during the season.

## Payment Option

We except Cash or Check ONLY

Checks payable to: HC SYNERGY VBC

Please include athlete's full name and team name on the memo line.

Payments can be mailed to: hcSYNERGY Volleyball Club  
1567 Willowgate Drive, San Jose CA 95118

# Practices

*All Rights Reserved*

## General Overview

hcSYNERGY VBC can't stress enough how vital is it to have all athletes attend practices on a regular basis. Club volleyball teams do not practice five to six days a week as high school teams do. For that reason, athletes with hcSYNERGY VBC need to attend practice in order to get the maximum benefit.

As it stated in the Playing Time Section on page 11, club fees are for instruction and not guarantee of playing time. Practice time is where athletes will get the majority of instruction.

All teams practice two to a possible three practices each week of the season. This includes one Sunday practice and one to two weeknight practices (during the week). For weeknight practices, teams may have practice at another facility due to gym availability. Information regarding a change in the practice facility will be sent out in advance through email.

### **Facility Locations**

<b>Branham High School</b> 1570 Branham Lane San Jose, CA 95118	<b>Camden Community Center</b> 3369 Union Avenue San Jose, CA 95124	<b>Almaden Community Center</b> 6445 Camden Avenue San Jose, CA 95120
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Practice may be rescheduled or canceled due to one or more of the following scenarios: the team is already playing in a tournament, a holiday, coach sickness or absence or gym conflict.

## Key Points

- hcSYNERGY VBC requests that all coaches, players and parents respect the facilities used for practice. You break it – you pay for it.
- Arrive to practice 15 minutes early before the scheduled time. This is to ensure that athletes have enough time to get dressed and set up the equipment. Fun fact: The coaches' watch is usually 5 minutes fast.
- We realize that this is not always possible due to any number of outside conflicts. However, all absences, planned or emergency; must be communicated to the team's coach as early as possible.
- Attire includes our practice shirt, black spandex, black kneepads, and black crew socks. Protective gear such as ankle braces are not required but certainly encouraged.
- No athlete can leave until all of the equipment is put away and the facility is looking like it was when we arrived.

# Tournaments

*All Rights Reserved*

## General Overview

Depending on the age group/team hcSYNERGY Volleyball will sign up for 10-15 tournaments throughout the season. Most of our tournaments will be one day tournaments (i.e. Qualifier, League and Non Leagues). The special event tournaments (i.e. California Kickoff, President's Day, and Far Westerns) will range from two to three days.

Tournament locations are usually 15 to 45 minutes driving distance. Occasionally, there could be a change where we are placed at locations that could vary from 1 to 2 hours driving distance. Location addresses can be found on the NCVA website ([www.ncva.com](http://www.ncva.com)) and will be emailed out by the team parent as soon as the information is posted on NCVA.

One day tournaments will run on a 3 to 4 team pool in the am wave and conclude with bracket play in the pm wave. Teams are placed in their pools/brackets on records, scores and/or points. For the two to three day tournaments, pool play and bracket play will depend on the number of days within the tournament. (i.e. Two day tournament: day one will only be pool play, day two of the tournament will be another round of pool play and wrap up with bracket play).

## Key Points

- Parents are responsible for transportation to tournaments.
- Arrival time for tournaments is 45 minutes before the first match begins. This ensures athletes to be completely dressed and on the court warming up.
- Athletes should arrive at the tournament wearing the appropriate uniform. (i.e. Warm up suit, tournament shirt, jersey and spandex). This is to ensure that we look like and act like a team both on and off the court. In addition, athletes should ALWAYS have both jerseys with them when attending a tournament. If any part of the uniform is missing – there could be a chance that you will be sitting out the entire day.
- Honor the game! Sportsmanship is required from coaches, players and parents at all times. **Please note that an athlete could be dismissed from the team or club if a parent approaches a coach before, during or after a match/tournament in a confrontational manner.**
- Tournament campsites need to be cleaned and left in the same manner as when we arrived.
- Please notify your coach immediately, if late or absent from a tournament.

## **Officiating**

Athletes will be expected to learn the rules of the game and be able to carry out all of the team's officiating duties, which may include

- Up Official
- Down Official
- Line Judge (2 athletes)
- Scorebook
- Score Flipper
- Libero Tracker

Officiating duties are to be handled with the same level of concentration and effort as playing. Remember that other teams will also be officiating your matches and you want their best effort also.

How individual officiating duties are assigned will be handled on a team by team basis.

No athlete is allowed to leave the tournament until the entire team's officiating responsibilities are complete unless otherwise approved by the coach in advance.

## **NCVA Tournament**

*(Insert taken from the NCVA 2011-2012 Handbook)*

### **Area League Tournaments**

- Area League tournaments will be offered in the following age groups: 18, 16, 14, and 12. All teams who do not participate in the Power League are eligible to play in an Area League tournament. If you are entered into Power League, your team is not eligible to play in Area League Tournaments.
- The entire Area League consists of a one-day Qualifier, four league dates, and a two-day Region Championship. To enter the entire league you must register and pay online for the league and your complete paperwork & all payments are **DUE @ 5:00 PM on Wednesday, January 4, 2012.**
- The cost for these tournaments is \$150 per tournament, \$350 for the Regional Championship or \$700 per team for the entire league (if entered by deadline) which includes the Regional Championships.
- A team must play in at least two Area League tournaments to be eligible to play in the Region Championships.
- All teams participating in the Area League will receive points. The Area League point structure will be used to seed teams into the Region Championships. All teams remain in their same typical areas to compete in Region Championships.
- If there are enough teams to warrant, teams in the same age division will be divided into groups. Following League #1, and continuing through League #4, teams will be moved up and down based on their finish in the league event.
- The number of teams that will move up and down, and the points given, will be based on the total number of teams in your area.
- Each team will have the option to play as close to home as possible or to travel; typical travel time is 90 minutes. However, sites and travel times are subject to change.
- The deadline to enter individual tournaments (\$150 per team) will be 9:00 AM 12 days prior to the event. You must register and pay online to be entered.
- Play will begin at 8:30 AM.
- Each match is the best two-out-of-three sets to 25 points in the first two sets and to 15 points in the third set, if necessary. All sets will use rally scoring with no cap.
- After pool play, teams will advance to playoff brackets. If bracket play cannot be completed by 6:00 PM, the tournament director may change the scoring method from a best two-out-of-three sets to one set to 25 points. Teams will switch sides when one team scores 13 points. The decision will be based on leaving the site by 6:00 PM.
- The 12 and under Area League and 12 and under Non-League tournaments will use the lite ball and players are not allowed to step into the court when serving. Only teams that do NOT have 12-year olds—players who are 11 years old and under—are allowed to use the lite ball AND one step into the court when serving.

## Warm-Ups

- Teams will be given sole use of the court for 5 minutes prior to their first match of the day. During the 5 minutes the team may hit, practice ball handling and serve (serving must be done during their 5 min.) No other time will be allotted to practice serving.
  - Serving Team – 5 minutes solo court
  - Receiving Team – 5 minutes solo court
- Once all teams in the pool have players, the teams scheduled to play the next match will share the court for 5 minutes. Only hitting will be allowed during this time. (There will be no serving allowed during this time).
  - Both Teams – Shared hitting 5 minutes
  - Rule 7.2.2b: —For junior competition, when one team has exclusive use of the court, the other team must either be at its team bench or out of the playing area. Warming up with balls at the team bench or the spectator walkways is not permitted.
- Since no ball handling is permitted during the opposing team’s use of the court, it is recommended that each team provides shaggers for the opposing team’s warm-up. This allows for more reps for the team warming up. Due to insurance and liability requirements only NCVA registered and on the roster personnel will be allowed to retrieve balls.

## Tie-Breaking Procedure

### **2-Way Ties**

2-way ties, in match record, in a pool are broken by head-to-head competition results between the two tied teams.

### **3-Way Ties**

3-way ties in a pool are broken by:

1st	Matches	Won/lost record.
2nd	Sets	Won/lost percentage. Calculation: the team’s total number of sets won divided by the team’s total number of sets played equals the won/lost percentage. The highest percentage wins the pool.
3rd	Point Differential	Determined among the tied teams. Calculation: the team’s total points scored minus the team’s total points allowed in ALL the matches of the pool.

## **Sanctions**

### **Food in the Playing Facility**

Tournament directors may impose the —13-Point Rule

For teams who are violating the —No Food in Gym policy. The —13-Point Rule means that in the team's next set, the score will begin at 0-13, with 13 points automatically awarded to the opposing team. This will be noted in the tournament director's report, which will result in the club's being fined \$100. During the tournaments located in Convention Centers, if your team is caught with food you may be removed from the tournament.

### **Late for an Officiating Assignment**

Tournament directors may impose the —13-Point Rule for teams who are late for an officiating assignment. If it is the last match of the day, the team can be fined \$100 by the NCVA.

### **League Commitment**

Once a team has committed to play in the League, the team is automatically entered into each League date. If a team cannot attend a League tournament, the team must still cancel from the tournament by mailing, delivering, faxing, or emailing the Tournament Cancellation Form, using the criteria stated in this Handbook. The club will not receive a refund for the canceled tournament. The team will be placed as the last finisher in that tournament and receive last place points. The team will be dropped to the next division, depending on the League structure. There are no refunds and sanctions may occur if your team does not cancel in the allotted time.



2011-2012 hcSYNERGY Volleyball Club  
12s, 14s and 16s Tournament Schedule

Day	Date	12	14	16
Sun	1/15/2012		CA Kickoff	CA Kickoff
Mon	1/16/2012		CA Kickoff	CA Kickoff
Sat	1/21/2012	Qualifier	Qualifier	
Sun	1/22/2012			Qualifier
Sat	1/28/2012			Non League
Sat	2/4/2012	League 1	League 1	
Sun	2/5/2012			League 1
Sat	2/11/2012		Non League	
Sat	2/18/2012		President's Day	President's Day
Sun	2/19/2012		President's Day	President's Day
Mon	2/20/2012		President's Day	President's Day
Sat	2/25/2012	Non League		
Sat	3/17/2012		League 2	
Sun	3/18/2012	League 2		
Sun	3/25/2012			League 2
Sun	4/1/2012	League 3	League 3	
Sat	4/14/2012			
Sun	4/15/2012			League 3
Sat	4/21/2012	<i>Far Westerns (Reno)</i>	Far Westerns (Reno)	
Sun	4/22/2012	<i>Far Westerns (Reno)</i>	Far Westerns (Reno)	
Mon	4/23/2012	<i>Far Westerns (Reno)</i>	Far Westerns (Reno)	
Fri	4/27/2012			Far Westerns (Reno)
Sat	4/28/2012			Far Westerns (Reno)
Sun	4/29/2012			Far Westerns (Reno)
Sat	5/5/2012			Great America
Sun	5/6/2012	League 4	League 4	Great America
Sat	5/12/2012	Great America	Great America	League 4
Sun	5/13/2012	Great America	Great America	
Sat	5/19/2012	Regional Champs	Regional Champs	
Sun	5/20/2012	Regional Champs	Regional Champs	
Sat	6/2/2012			Regional Champs
Sun	6/3/2012			Regional Champs

*Far Westerns for the 12 under was not included in club season fee.*



**Synergy (sĭn'ər-jē) [n]: The interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects.**