H2STL Parent/Players Handbook

**GENERAL INFORMATION**

Welcome to **H2 Saint Louis Sports Worldwide!** The following information has been prepared for you to provide you with as much information about our club season as possible. There are many aspects of the **H2 Saint Louis Volleyball Club** that you will need to consider before you invest the time and money, so please use this guide to assist you in that decision. We hope you will keep this handbook as a reference throughout the season for many of the questions you may have. It is also our hope that this will be a positive and productive volleyball experience for each individual player. Our goal is to further develop volleyball skills for all girls, while encouraging a love for the game.

**UNITED STATES VOLLEYBALL**

USAV Volleyball is one of the leading amateur sports organizations in the United States, providing millions of amateur and professional volleyball players at all age group and ability levels the opportunity to train and to play volleyball.

The purpose of both AAU and USA Junior Olympic program is to offer youth an opportunity to become involved in a wholesome and beneficial athletic activity which they can pursue at various skill levels. It is a chance for all athletes to receive high quality instruction in skills development and team strategy. These programs should be an extension of learning from the Junior and Senior High School program and a natural bridge between youth and college volleyball and/or adult volleyball.

AAU & USA Junior Olympic volleyball competition program runs from January to June for the Elite teams and January to May for the competitive teams. The competition is offered on a Regional and National level.

**PHILOSOPHY AND PURPOSE**

**H2 Saint Louis Sports Worldwide** was founded on the philosophy that volleyball skills of individual athletes, would be enhanced if these student athletes were given the opportunity to train and compete in volleyball at a very high level.

The emphasis is on the development of the individual’s volleyball skills while teaching the values of teamwork, responsibility, self-discipline, and self-motivation. While winning is an important team goal, participation by each individual is stressed, with the focus on improvement in performance rather than winning as the ultimate goal.

Every effort is made to locate coaches knowledgeable in the sport of volleyball as we strive to maintain a high level of skill in our training sessions. All coaches go through training sessions and are encouraged to strive for a national certification program.

**CLUB SIZE**

**H2 Saint Louis Sports Worldwide Club’s** goal is to provide as many athletes as possible with the opportunity to participate on one of our Club’s teams. The size of the Club is limited by the number of quality coaches available, as well as the availability of indoor practice facilities.

**TRYOUTS**

A player is eligible for **H2 Saint Louis Sports Worldwide** after qualifying through tryouts. Tryouts are held on according to schedules outlined which usually fall on the 3rd weekend in October ( 10s - 14’s) and the 3rd weekend in July ( 15U and above). Schedules will vary based on region and organization ( USAV or AAU). During tryouts, players are put through a series of athletic and volleyball skill tests by coaches and ranked based upon their performance. Team selections are made based upon performance at tryouts. Our staff may waive the tryout requirement for some players if injury or illness has prevented a tryout. In these instances, a member of our coaching staff will evaluate the player to determine the player’s current athletic and volleyball skill level.

**TEAM SELECTION**

After the tryout period, players are placed on the various teams according to skill level. Players are further evaluated during the first several practice sessions. The objective is to put together teams with players of similar athletic and volleyball skills who will fill the various positions on each team (i.e. setters, middles, outsides etc.).Travel will also be a consideration. After the initial team selections are made, players will stay with their team during the remainder of the season, except in certain circumstances or injuries. However, occasionally transfers are made.

To remain eligible a player must attend practice regularly. Player and/or parent attitude may adversely affect eligibility for the Club. A player may not be eligible if the club determines that participation could be disruptive or detrimental to the Club.

**TRAVEL INFORMATION**

Transportation to and from tournaments, practice, and other activities is solely the responsibility of the player’s parents and is not a function of the Club. We encourage you to organize carpools to both tournaments and practice as a way to share expenses and to get to know each other better.

Each parent is responsible for getting their daughter to each tournament. It is also the parent’s responsibility to arrange for a ride for their daughter if they are unable to attend. Parents should offer to share the expense of gas if carpooling with another family. The Club and its representatives are not subject to any liability for damage or injury which may result from the transportation of players.

Players will never be left alone with a coach or another parent for any reason. If two players are waiting for parents to pick them up, and one parent arrives, they must wait with the remaining player until her parent gets there to pick her up.

Travel to all local Regional tournaments will be by car. Parents will be responsible for car pooling their daughters. No reimbursement for gas will be given for transporting teams to local Regional tournaments. A coach will not be allowed under any circumstances to transport a player alone in his / her car for any reason. Should a player be left alone, the coach will wait until the player contacts a cab to pick her up. The players family will be responsible for the cost.

On occasion, Region tournaments are scheduled in areas outside of the St Louis Metropolitan Area. Transportation, meals and lodging costs will need to be assumed by the families for those weekends. It should be noted also that these tournaments are a lot of fun for your daughters!

**CLUB TEAMS-AGE DIVISIONS / SEASON**

**USA Volleyball Junior Player**

**Age Division Definition for the 2024-2025 Season**

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.

Age cutoff requirements can be found on gatewayvb.org for USAV and AAUvolleyball.org for AAU Volleyball

**UNIFORMS:**

**H2 Saint Louis Volleyball Club**, in Association with it’s supplier, will issue official uniforms at the beginning of the season. This year we have been sponsored by Under Armor. The cost of the uniform is separate from the club fees. The uniform must be worn when representing **H2** at any sanctioned tournament**.** Care of the uniform is the responsibility of the player. Any cost incurred to replace lost or damaged uniforms will be the responsibility of the player.

**VOLUNTEER COMMITMENTS**

Each team and parents will be encouraged to participate in ways that will help the club to foster it’s mission. We are hopeful of having a strong parent booster club function each year. These allow us to raise funds to cover operations of the club that are in excess of fees charged.

**PRACTICES**

Practice schedules will be posted on our social media sites as soon as possible. Changes will sometimes occur because we are sharing space usually with internal organizations. All teams (12’s – 18’s) practice schedules will be determined by your individual coach.

All Teams will shoot for having 90 minute practices, twice a week. We will make available additional practice times in conjunction with major events or should your team need to work on special skills

Every team requires commitment from the players. We expect players to organize their time so that they can take care of their other responsibilities (homework, jobs, school, etc.) without interfering with their responsibilities to **H2 Saint Louis Sports Worldwide** for practices, tournaments, travel, volunteer commitments, etc.

**PRACTICE POLICY:**

Players will not be allowed to practice until all forms are completed and turned in along with money deposit. This would include the following:   
 1) USAV Form / AAU Form and H2 release of liability form  
 2) Medical release form  
 3) Membership contract (signed by the parent/guardian)

4) Gateway region registration (online).

Players and parents must realize that practice is an essential part of the **H2 Saint Louis Volleyball**  program. Coaches must be notified *PRIOR* to practice if a player cannot make a specific date. Failure to notify coaches, or missing practices, will result in diminished playing time in both practices and tournaments.

**H2** expects that our team members will make volleyball their priority. Unless otherwise agreed to, If there are conflicts with school or other activities, we expect serious consideration and commitments.

#### FEE AND PAYMENT SCHEDULE

Fees are based on individual teams activities, number of tournaments and number of coaches. **Individual team budgets will also be handed as soon as possible once coaches make decisions on tournaments and length of season.**

**FINANCIAL**

**H2 Saint Louis Sports Worldwide** will make every effort to keep the cost of participation reachable to all participants. The following are some of the expenses that will be incurred in addition to the Club Fees mentioned above: coaches, uniforms, equipment, and miscellaneous expenses for postage, duplication, accounting and bookkeeping services. The club will work in association with its partners to host tournaments, which helps us keep cost in check.

**ADDITIONAL CLUB FEE INFORMATION**

**H2 Saint Louis Sports Worldwide**

Club fees are non-refundable because they are based on the Club’s fixed expenses and the total number of players in the Club. ***A payment schedule has been established to allow the fee to be paid over a short period of time towards the beginning of the season***

1. H2 Saint Louis Volleyball Club will be able to maximize its efficiency in preparing for the club season (sending tournament entry fees, etc.) as a result of collecting the club fees in a timely manner.
2. Please read over this Parent Manual carefully before attending the next parents meeting. We will answer any questions that you might have, concerning your decision about joining our Club**.**

3. **SEND PAYMENTS TO**: Payments will be coordinated through our league Apps platform to ensure ease of processing. Alternatively, you may submit payments directly to us at the following address.

H2 Saint Louis Volleyball Club.

211 Carrollton Lane

St. Louis, Mo. 63135

**PARENTAL PARTICIPATION**

**H2** needs and encourages parental participation. However, it is not a requirement. Many parents find trips to tournaments very enjoyable. At some major events, parents are needed to help with chaperoning, transportation, laundry etc. Please notify your daughters coach or the club director if you are interested in becoming a team parent, team travel coordinator, team lunch coordinator or Chaperone.

**CODE OF ETHICS / RULES AND REGULATIONS OF**

**H2 SAINT LOUIS. VOLLEYBALL CLUB**

1) We desire to have a wonderful and positive experience for each, and every player and parent associated with H2 STL. When you have a concern regarding your daughter, we expect you to use the following procedure to seek resolution: **A**) The athlete should speak with the coach first, **B**) the parent should speak with the coach confidentially, and then, if necessary, **C**) the parent should meet with the coach and club director. We believe these are the methods that will make for a more positive and enriching experience for the benefit of all club members.

2) Parents and /or players are encouraged to call the coach to set up a meeting time away from tournaments or the practice site. We feel it’s best to not discuss coaching or playing decisions at practice or tournaments. We also do not think it is productive for parents to call coaches with concerns after a practice or tournament. Hostile, aggressive confrontations to any of the coaching staff, or towards other athletes and/or other parents are wholly unacceptable. If this type of behavior does happen, the person involved, and the athlete will be dismissed from the club with no refund of the participation fee.

3) The recommended meeting times for parents to speak with the coach are scheduled times either before or immediately following practice. Please call your Team Coach to arrange that time.

4) Parents or athletes approaching other parents or athletes regarding any problem they may be having with the coach, or any coaching decisions is rarely positive, and is usually not effective for the individual athlete or her team. There are times when everyone is wondering about substitutions, playing time, etc., and we know that in a competitive team sport like volleyball, not everyone is going to be happy all the time. We would simply ask that should you hear complaining from any person, whether it is at tournaments, carpooling or at practice, that you ask that person to call the coach or the club director and not air their grievances with you.

5)  **H2 Saint Louis Sports Worldwide** does not have the philosophy of giving equal playing time during tournaments for our teams. Playing time is determined by the performance of the athletes and is left to the discretion of their coach.

**PLAYER AND PARENT BEHAVIOR**

USAV and AAU its sponsoring regions are requiring all parents to sign a parents responsibility code. We will make those forms available online and at team registration.

Belonging to **H2 Saint Louis Sports Worldwide** is a privilege and should not be construed as a right. The Club encourages players or parents to behave in a manner which will have a positive impact to the Club and its functions.

**PLAYER BEHAVIOR**

Each player, as a condition to Club membership, agrees to abide by the USA Volleyball Participant Code of Conduct and the AAU Participant Code of Conduct. A copy of these policies can be found on the respective websites. In addition, **H2 Saint Louis Sports Worldwide** has adopted, and each player must agree to follow, the Player Code of Ethics and a Player Code of Conduct as follows:

A) Player Code of Ethics: A player is not merely an individual; a player also represents both the team and the Club. A player’s conduct reflects not only the coach’s training, but the philosophy of the entire Club as well. A player’s actions, because a player is a leader, is therefore expected to be without reproach:

1. A player should:

a. Participate as a member of a unit, showing respect for the team effort.

b. Be concerned primarily with playing, leaving control of other

people at an event to the appropriate officials.

c. Show respect for others, the coaches, and the officials.

d. Realize that successful sportsmanship at a game depends, to a

large measure, on a player’s actions.

e. Make every honest effort to win a contest, but avoid deliberate

actions which could cause harm to other players.

f. Maintain acceptable standards of personal appearance.

**PARENT BEHAVIOR**

The Club recognizes and is understanding of parent emotions related to competitive sports. The major issues which arise relate to team placement of players, playing time and criticism of coaching decisions and behavior. Parents are always encouraged to offer comments and information regarding what they feel are their daughter’s strengths and desires relative to their volleyball desires. However, **Coaching decisions are not subject to parental specific wishes for their kid without taking into account the needs of the team.** Parents may make inquiries for clarification but should not confront the coach on a disagreement. Coaches are instructed to report any abuse, verbal or written, to the club director. If a coach’s behavior is demeaning or detrimental to the welfare of a player, the parent may submit the issue to the Club Director.

**CLUB DISCIPLINE**

Club discipline is based upon what is best for the player, her team, and in some cases, the Club. The coach is the primary focus of control for discipline. At this level, discipline can remain informal and at a low profile. If it is determined by the coach that steps taken have not remedied the situation, the H2 Saint Louis Volleyball Club director may be consulted for assistance.

**CLUB COMMUNICATIONS**

We will try to post information regarding Club activities in a timely manner **through our social media links.**

Any questions about what’s happening that can’t be found on the website should be directed to Geoff Davis at [Gdavis@h2saintlouis.org](mailto:Gdavis@h2saintlouis.org).

Some changes may be expected. We will try to make the exact tournament locations and times for each individual team available at or near the beginning of the season. The St Louis Gateway Region web site lists all tournament information and can be viewed for schedules and starting times. The web site address: [www.gatewayvb.org](http://www.gatewayvb.org)**.**

In addition, the Club desires to organize a communication system based upon each team having a “team parent” who assumes communication and organizational responsibilities. It is helpful to have at least two team parents to share this responsibility. These parents assist the coach as requested. If a player misses a practice, it is that player’s responsibility to contact another member of the team or team parent to obtain the needed information. You may also access all practice and tournament schedules along with tournament site locations on our web site.

**INSURANCE COVERAGE**

Each participant is expected to have her own medical insurance coverage which will be the primary insurance to be relied upon in the event of injury during a Club activity. Once registered with the USAV/AAU Volleyball, participants are covered by the USA’s sport accident policy on a secondary coverage basis while participating in scheduled, supervised, and approved activities such as practice sessions, games, fundraising activities and tournaments. If a player has sustained an injury in a Club activity, the coach should be notified as soon as possible. If an injury appears serious enough to require a doctor, medical care should be sought immediately. Parents should make a claim for medical expenses to their family medical insurance carrier first. The USA’s coverage is secondary.

**TRAVEL GUIDELINES**

While not an all inclusive list, the following guidelines may be useful:

1.Please respect and follow all rules of the gyms we play in. Please clean up after

yourself.Remember, do not do anything that would jeopardize your team getting

a penalty because you did not follow the rules.

2. While at a tournament, the players are encouraged to stay together in the gym

or immediately outside the gym area. They may bring blankets and small games

or homework to keep occupied.

**GROUNDS FOR IMMEDIATE DISMISSAL FROM H2SaintLouis Volleyball Club**

For the protection of all club members and their parents, persons violating the following rules will be subject to immediate dismissal from the H2SaintLouis Volleyball Club for the remainder of the season with no refund.

**Rule 1** Under NO circumstances will persons other than H2 Saint Louis Volleyball

staff/sponsors, of the opposite sex Co-Inhabit a hotel room at any time, for any reason, and for any period of time. Social activities will be conducted outside the rooms prior to curfew.

**Rule 2** Under NO circumstances will H2 players leave the Hotel when out of town,

with persons of either sex ( teammates or otherwise) without H2 STL Staff

**Rule 3** NO drug or alcohol use by any Player on any team will be tolerated.

**Rule 4** A player or players relative that pulls a fire alarm at a hotel that we are

staying, will be subject to termination immediately once it has been

determined that such a person caused the event. A false fire alarm

results in thousands of dollars of expense to the Hotel and the community

they serve.

**Rule 5** A player or parent or relative of player gets into a fight or uses derogatory language to others at a tournament

Parents will be notified immediately that their child has been dismissed from the club, the reason for the dismissal, and that immediate alternative transportation/arrangements to return to St. Louis will be required. The **H2 Saint Louis Sports Worldwide** will not be held responsible for the cost of that transportation nor will the **H2 Saint Louis Sports Worldwide** be responsible for providing that transportation. H2 Saint Louis supervision will continue until alternate transportation is arranged and executed.

**FINAL THOUGHTS**

Although the **H2 Saint Louis Sports Worldwide** cannot and should not control, monitor, or attempt to influence the actions of its members when not participating in H2 functions, the use of drugs, tobacco, and/or alcohol in any situation involving minors is not condoned. The resultant relationship that is formed by the athlete and her social behavior is not in keeping with the underlying philosophy of club management and coaches and reflects a negative image on the remainder of the **H2 Saint Louis Sports Worldwide** and the participating athletes. Club management could take action should the potential for long-term negative impact to the Club operation exist.

**WE WISH EACH OF YOU OVERWHELMING TO SUCCESS!**

Thanks for your interest in **H2 Saint Louis Sports Worldwide**. I hope that we have given you enough information to make a sound choice in pursuit of volleyball excellence for you and your family. We strongly believe that our organization is a great place to build strong fundamental volleyball skills, strong social and team skills, gain access to college and university coaches and to experience rewarding peer relationships!

PARENT HANDBOOK ACKNOWLEDGMENT

Athlete Contract

My main goal is to become the best player I can be. Only I am responsible for my behavior and work ethic. I am fully committed to the H2 volleyball club and therefore will:

* Conduct myself in a manner to bring credit and prestige to myself and the program.
* Budget my time to meet all of the responsibilities of school, work and other activities that I participate in
* Attend every practice, match and team function including scoring and referee clinics. If I am unable to attend, I will personally call my coach. (Absences may result in reduced or no playing time in the next tournaments.)
* Be ready for practice on time (15 minutes early)
* Be on time to tournaments. Wear my uniform to tournament games and wear no jewelry.
* Participate in officiating duties. I may not leave before my teams officiating duties are complete and my coach releases me.
* No cell phones or IPODS at the score keepers table.
* Communicate both on and off the court with my teammates and coaches for mutual understanding
* Discipline my body, including adequate sleep, a healthy diet and ABSTAIN from alcohol, tobacco and illegal drugs.
* Recognize the unique aspects of volleyball yet learn from my mistakes and never make excuses or lay blame.
* Ignore the errors of my teammates, as I believe no one is trying to make a mistake.
* Support the good effort and good skills my teammates’ exhibit.
* Perform with full effort and intensity to the bet of my ability in all training and competitions.
* Realize that a team is made up of individuals and everyone can not start the game. Accept my role on the team and what it takes to be the best.
* Clean our tournament designated area and practice facility of all trash. Leave the area cleaner that you found it.
* Respect practice eland tournament facilities. Do not play volleyball in the halls, no volleyballs outside the gym.
* Assist with all equipment and do not leave until all duties have been performed and the coach releases the team.

Athlete Travel Contract

We travel to tournaments to compete: everything else is secondary.

* Athletes will be courteous to and respectfully obey all staff members. This includes chaperones and/or other adults traveling with the team.
* Athletes may not leave the hotel area at any time without permission from their coach or chaperone.
* Athletes must report any illness or injury to the coach and chaperone immediately.
* An athlete who damages any property at lodging or playing facility will be personally responsible for damages.
* No members of the opposite gender is permitted in team rooms and athletes are not permitted in rooms with members of the opposite gender or significant other.
* Athletes must remain quiet at all times in hotel lobbies, dining area, hallways and rooms so other guests are not disturbed.
* Athletes after arriving are not allowed out of their rooms after 10:00 P.M.
* Lights must be off by 11:00 P.M. This includes the television, computers or any other devices that might keep you or your roommates awake.

Any individual(s) who fail to comply with the stated travel contract will result in temporary suspension of play.

Parent Contract

I have given permission for my child to participate in the H2 Volleyball Club. We have discussed the risks, commitments and sacrifices involved and are committed to the success of the program. I understand and accept financial obligations.

The **H2 Saint Louis Sports Worldwide** has a mission to set a good example. We encourage you to cheer the team on but we ask that parents be respectful at all tournaments and not criticize a team mate of their child, other parents, opposing players, coaches or officials. Under no circumstances should a coach be approached at a tournament or a practice about a grievance. Please wait 24 hours after a tournament or practice to discuss in private any issues or disagreements.

I ACKNOWLEDGE THAT I HAVE READ, UNDERSTAND, AND ACCEPT THE INFORMATION IN THE H2 SAINT LOUIS VOLLEYBALL CLUB PARENT/PLAYER HANDBOOK. I RECOGNIZE THAT MY ELIGIBILITY FOR PARTICIPATION IN THE CLUB IS CONTINGENT UPON MY FOLLOWING THE SPIRIT OF ITS CONTENTS.

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Parent Signature Date

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Player Signature Date

WAIVER OF LIABILITY

I, THE UNDERSIGNED, INTENDING TO BE LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS OF ANY KIND WHATSOEVER THAT I MAY HAVE AGAINST H2 SAINT LOUIS VOLLEYBALL CLUB (H2 STL.) AND ALL OTHER PARTIES AND REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL DAMAGES WHICH MAY BE SUFFERED BY ME OR ANYONE I AM RESPONSIBLE FOR AS A RESULT OF MY ATTENDANCE AT ACTIVITIES SPONSORED BY **H2 Saint Louis Sports Worldwide**

EFFECTIVE Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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Parent signature Date