



BEAT YESTERDAY

FREDERICKSBURG VICTORY
VOLLEYBALL PARENT'S HANDBOOK

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This handbook is designed to provide you with an overview of the organization's philosophy, goals, and expectations. It will also outline the expectations for practices and matches, as well as provide information on team policies and procedures.

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Organizational Goal

The goal of Victory Volleyball is to reflect the love and light of God in all that we do, both on and off the court. Through our actions, we aim to demonstrate the values of teamwork, respect, sportsmanship, and humility, while also striving to embody the Christian principles of love, compassion, and service to others. We believe that by upholding these standards, we can make a positive impact on our community and inspire others to live their lives with purpose and meaning. Our goal is not only to achieve success on the court but also to be a shining example of God's love and grace, both as individuals and as a team.

We are committed to fostering an environment of positivity, encouragement, and growth, where every player is valued and supported in their journey to become the best version of themselves. By shining God's light through our actions, we aim to leave a lasting legacy of faith, hope, and love that will endure far beyond the volleyball season.

Mission, Purpose, and Vision Statements

Victory Volleyball Mission Statement

1. The mission of Victory Volleyball is to shine God's light through our actions on and off the court.

Victory Volleyball Purpose Statement

1. To develop great people while learning the sport of volleyball. To teach and encourage the growth mindset where athletes are comfortable pushing past their comfort zone and developing a lifelong desire to improve at everything they do.

Victory Volleyball Vision Statement

1. To be the best part of every athlete's day. To be the place where everyone wants to be and nobody wants to leave.

Core Values

Joy (Romans 15:13)

We play with joy. We rejoice in the success of others.

As an organization, we believe in the importance of playing with joy and rejoicing in the success of others. We believe that volleyball should be a source of happiness and fulfillment and that our players should always strive to bring a positive attitude and enthusiasm to the court. We also believe in celebrating the accomplishments of our teammates, whether big or small and in lifting each other up to reach our full potential. By playing with joy and rejoicing in the success of others, we create a culture of support, encouragement, and teamwork that inspires everyone to do their best. We recognize that volleyball is not just about winning or losing, but about the journey and the relationships that we build along the way. By embodying the core value of Joy, we aim to create a sense of community and togetherness that extends beyond the court and into every aspect of our lives.

Growth Mindset (Romans 12:2)

We know pushing past our comfort zones is the only way to grow. We are okay with making mistakes.

As an organization, we believe in the power of a growth mindset. We understand that success is not just about innate talent, but about the willingness to learn, grow, and improve. We believe that every player has the potential to achieve greatness, and that the key to unlocking that potential is a mindset of continuous learning and development. We encourage our players to embrace challenges, to view mistakes as opportunities for growth, and to always strive for progress, not perfection. We believe that a growth mindset not only helps our players to achieve their goals on the court, but also in life beyond volleyball. By embodying the value of Growth Mindset, we inspire our players to push beyond their limits, to embrace the unknown, and to become the best versions of themselves.

Effort (Colossians 3:17)

We give our best effort in everything we do.

As an organization, we value the importance of giving our all in everything we do. We believe that by putting forth maximum effort, we can achieve extraordinary results. Whether it's in practice, in a game, or in our everyday lives, we strive to give 100% of our

energy and focus to everything we do. We know that giving our best effort requires discipline, commitment, and perseverance, but we believe that the rewards are worth it. We take pride in our work ethic, and we believe that by giving our maximum effort, we inspire those around us to do the same. By embodying the value of Effort, we develop a culture of excellence, where hard work, determination, and grit are the keys to success.

Intentionality (Proverbs 16:3)

We are intentional with everything we do.

As an organization, we believe in the power of being intentional in everything we do. We understand that success is not just a matter of luck or talent, but also a result of deliberate planning, focused execution, and consistent effort. That's why we strive to be intentional in our actions, decisions, and interactions, both on and off the court. We know that being intentional requires mindfulness, purposefulness, and awareness, but we believe that it's worth the effort. By embodying the value of Intentionality, we develop a culture of excellence, where every action has a purpose, every decision is well-thought-out, and every interaction is meaningful. We take pride in our ability to be intentional, and we believe that by doing so, we maximize our potential and achieve our goals with greater success.

Expectations

Parent Expectations

Parents play a crucial role in modeling appropriate behavior and values for their children, especially in a Christian volleyball organization. By setting a positive example of respectful and Christ-like behavior, parents can help reinforce the importance of good sportsmanship, teamwork, and Christian values for their children and other players.

Additionally, parents who model positive behavior can help create a supportive and uplifting environment for all participants, leading to a more enjoyable and meaningful experience for everyone involved.

1. **Respectful Conduct:** Parents are expected to model respectful and appropriate behavior at all times during practices, games, and other volleyball-related activities. This includes respecting coaches, players, and other parents. (Matthew 19:19)
2. **Communication:** Parents are encouraged to communicate respectfully and constructively with coaches and other parents. Criticism, gossip, and other negative communication will not be tolerated. (James 1:19-20)
3. **Positive Support:** Parents should strive to be positive and supportive of their child and their child's team, regardless of the outcome of a match or tournament. Negative comments and behavior towards players or coaches from opposing teams are strictly prohibited. (Ephesians 4:29)
4. **Sportsmanship:** Parents should encourage good sportsmanship and fair play among their children and their child's team. Cheating, disrespectful behavior, or unsportsmanlike conduct will not be tolerated. (2 Corinthians 8:21)
5. **Attendance:** Parents are expected to ensure that their child attends all scheduled practices and games, and to notify coaches in advance if their child will be absent. Consistent unexcused absences may result in disciplinary action. (Galatians 6:9)
6. **Uniforms:** Parents are responsible for ensuring that their child arrives at games and tournaments wearing the appropriate uniform and equipment. Parents should also ensure that their child's uniform and equipment is clean and in good condition.
7. **Safety:** Parents should prioritize the safety of their child and the other children on their child's team. Parents should report any safety concerns or incidents to the coach or other appropriate personnel immediately. (Psalm 127:3)

8. Cooperation: Parents should cooperate with coaches and other parents to ensure the success of the team. This includes volunteering for team activities and supporting fundraising efforts.(Ecclesiastes 4:9-12)
9. Faith: As a Christian volleyball organization, we encourage parents to model and support Christian values and principles, including honesty, integrity, and respect for others. (James 2:14-17)
10. Disciplinary Action: Any parent who violates this conduct policy may be subject to disciplinary action, up to and including suspension or expulsion from the organization. The organization reserves the right to take appropriate action to ensure a safe and positive environment for all participants. (Proverbs 10:17)

At Victory Volleyball, we are grateful to have dedicated coaches who generously give their time and expertise to our players. We understand that our coaches are volunteers, and we appreciate their commitment to developing our players both on and off the court.

It's important for parents to remember that our coaches are not only volunteers, but they are also passionate about the sport and their commitment to the team. They invest a significant amount of time, energy, and resources to ensure that our players receive the best possible training and coaching.

As a parent, we ask that you show respect and appreciation for our volunteer coaches. Please understand that they have busy schedules and may not always be able to accommodate individual requests or concerns. However, we encourage open communication with coaches and encourage parents to express any questions or concerns in a respectful and constructive manner.

We also encourage parents to consider volunteering their time and skills to support our program. Our success is dependent on the support and commitment of our entire community, and we appreciate any and all contributions.

Policies and Procedures

Parent Volunteer Policy

Victory Volleyball relies heavily on the support of parent volunteers to help ensure the success of our program. We ask that each family volunteer for at least one role during the season to help with various tasks such as line judging, scorekeeping, team photography, concessions, tournament clean-up, etc. By volunteering, parents can help create a positive and enjoyable experience for all players and families involved in the program.

We understand that some families may have limited availability or prefer not to volunteer. For those families, we offer a buyout option of \$50, which will be donated to the program to help cover operational expenses.

We ask that parents sign up for a volunteer role or choose the buyout option at the beginning of the season. If a family chooses to volunteer, we ask that they fulfill their commitment and show up for their assigned role on time. If a family chooses the buyout option, they will be contacted separately to arrange payment.

We appreciate the dedication and support of our parent volunteers and believe that their contributions play a vital role in the success of our program. Thank you for your cooperation and commitment to our organization.

Playing Time Policy

It is important for all parents to understand that playing time is not guaranteed and that the coach makes decisions based on what is best for the team as a whole, rather than on individual players. While everyone wants to play and contribute to the team's success on the court, it is important to remember that sometimes the coach may need to make difficult decisions based on the team's overall strategy and game plan. This may mean that some players will see more playing time than others, or that certain players may not play at all during certain matches or situations. However, it is crucial for parents to maintain a positive attitude, regardless of how much playing time their child receives.

Remember, the ultimate goal is to support the team and help it achieve success, both on and off the court.

Practice Attendance Policy

We kindly request that all parents ensure their child arrives on time for practices. Punctuality is essential to the success of our organization and helps our coaches maximize the time they have with the team. Arriving late disrupts the flow of practice and can be a distraction to other players. We understand that unforeseen circumstances may arise, but we ask that parents make every effort to have their child at practice on time. We appreciate your cooperation and commitment to the success of our program.

We believe that consistent attendance at practice is essential for individual and team success. Therefore, if a player misses practice without a valid excuse, the player may not be allowed to participate in the next match. We understand that unforeseen circumstances can arise, and if a player has to miss practice for a valid reason, such as illness, a family emergency, or a religious event, the player should notify the coach as soon as possible.

We also recognize that practice is where players improve their skills, learn game strategy, and develop team chemistry. Therefore, consistent attendance at practice is not only essential for individual success but also for the success of the team. If a player misses more than two practices without a valid excuse, it may result in removal from the team.

Ultimately, we believe that players who attend all practices and show a strong commitment to the team will be rewarded with more playing time and opportunities to contribute to the team's success. We encourage all players to prioritize attending practice and communicating with the coach if they have to miss practice for a valid reason.

Valid excuses for missing practice may include:

1. Illness or injury that prevents the athlete from participating safely
2. Family emergency or other personal matter that requires immediate attention
3. Religious observances or holidays
4. Prior commitments that were scheduled before the season began and communicated to the coach in advance

5. Extreme weather or other hazardous conditions that make it unsafe to travel to or participate in practice

While it is understandable that there may be valid reasons for missing a practice session, missing multiple practices, even with valid reasons, should be avoided if possible. Consistent attendance is crucial for maintaining skill level, building team camaraderie, and meeting team goals. While occasional absences can be accommodated, frequent absences can disrupt team dynamics and hinder individual progress. Therefore, it is essential to prioritize attendance and communicate any potential reoccurring conflicts in advance to minimize the impact on the team's overall performance.

Unexcused absences are absences that are not approved by the coach and do not fall under any valid excuse. Some examples of unexcused absences for missing practice in volleyball could include:

1. Skipping practice to hang out with friends or attend a party
2. Failing to notify the coach of an absence ahead of time
3. Deciding to skip practice due to laziness or lack of motivation
4. Missing practice because of work or other non-emergency commitments that conflict with practice times
5. Skipping practice to attend another sports team's practice or game
6. Choosing to skip practice for personal reasons that are not valid excuses (e.g. hair appointment, shopping trip, etc.)
7. Prioritizing personal commitments over team obligations without discussing it with the coach

It is important for players to attend all practices unless there is a valid excuse, as unexcused absences can lead to consequences such as reduced playing time or even removal from the team.

Strength and Conditioning Policy (Varsity Girls only for 2023)

The strength and conditioning program is a critical component of our volleyball team's success. As such, all players are expected to attend every scheduled session unless excused by the head coach or for medical reasons. Unexcused absences will not be

tolerated and may result in disciplinary action, including but not limited to reduced playing time or removal from the team.

If a player is unable to participate in strength and conditioning due to injury, they will not be permitted to participate in practice or matches until they are able to be a full participant in all activities.

Players who arrive late to a strength and conditioning session will be responsible for making up any missed work at the discretion of the strength and conditioning coach. Failure to make up missed work may also result in disciplinary action.

Players are expected to come to strength and conditioning sessions prepared and dressed appropriately in athletic clothing and proper footwear. It is also important to bring a water bottle and any necessary equipment as instructed by the strength and conditioning coach.

The strength and conditioning program is designed to help players improve their strength, endurance, agility, and overall fitness. By attending and actively participating in these sessions, players can improve their athletic performance and contribute to the team's success.

Junior Varsity will also have strength and conditioning sessions throughout the season.

Cover Shorts Policy for Matches

All players on girls volleyball teams must wear cover shorts during matches. These cover shorts must be solid black with no pockets and must be worn over spandex shorts.

Players are responsible for bringing their own cover shorts to each match. If a player forgets to bring their cover shorts, they will not be allowed to play in the match. It is the responsibility of each player to ensure that they have their cover shorts with them.

Coaches will check each player before the match to ensure that they are wearing their cover shorts. If a player is not wearing their cover shorts, they will be asked to leave the court and put them on before they can continue playing.

The wearing of cover shorts during matches is not optional, and failure to comply with this policy may result in disciplinary action, up to and including suspension from the team.

Cover shorts are not required at practice.

Long black athletic tights/leggings may be worn without cover shorts during matches.

Player Commitment Policy

Considering that every player trying out will not make a team this year, it is especially important that each player is fully committed to Victory Volleyball. As a parent, it's important to recognize that participation in Victory Volleyball requires a level of commitment and dedication to the team and the sport. While we understand that players may have other interests and commitments, we ask that Victory Volleyball takes priority over other activities or sporting events. This not only benefits the player but also the entire team.

Volleyball is a team sport that requires consistent attendance and active participation from every player to achieve success. When a player misses practice or matches, it not only affects their own development but also the team's ability to perform and improve. In addition, it can be challenging for coaches to plan and strategize when key players are not present.

We understand that players may have other interests or commitments, but we believe that Victory Volleyball offers a unique opportunity for players to develop their skills, build lasting friendships, and compete at a high level. It's important for players to understand the value of commitment and responsibility, and we strive to create an environment where players can learn and grow both on and off the court.

We ask that parents prioritize Victory Volleyball over other activities or sporting events to ensure that their child is fully committed and able to contribute to the team's success. By agreeing to be a part of the team, parents are expected to prioritize the team's needs over their child's individual interests and to work together to achieve common goals.

Social Media Policy

The Victory Volleyball social media policy outlines the expectations for volleyball players and parents when using social media. Here are some key points that can be included in the policy:

1. Represent the team positively: Victory Volleyball players and parents should use social media in a way that reflects positively on the team, the organization, and themselves. They should avoid posting negative or offensive content that could harm the team's reputation.
2. Respect privacy: Players and parents should respect the privacy of their teammates, coaches, and opponents. They should not post private or personal information about others without their consent.
3. Avoid conflicts: Players and parents should avoid engaging in conflicts or arguments on social media. If they have a disagreement with a parent or coach, they should handle it in person, not on social media.
4. Do not post during practice or matches: Players should not use social media during practice or matches. It is important to stay focused on the game and avoid distractions. We ask that parents ensure that their players are following this rule.
5. Report inappropriate behavior: If a player or parent sees inappropriate behavior or content on social media, they should report it to a coach or director immediately.
6. Use good judgment: Players and parents should use good judgment when posting on social media. They should think about how their posts could be interpreted by others and how they could impact the team's reputation.

By following these guidelines, volleyball players and parents can use social media in a positive and responsible way. Parents who are found to be violating this policy may face disciplinary action, which may include suspension from team activities, or other consequences.

Dress Code Policy

The dress code policy for the Victory Volleyball teams requires all players to wear appropriate attire during practice and matches. Clothing with offensive language, graphics, or images are strictly prohibited. Sports bras may only be worn as an undergarment and must not be visible.

Players should wear athletic shoes and knee pads during practice and matches. Jewelry at practice should be minimal and not pose a safety risk to the player or other participants. Any headwear, such as headbands, should be worn in a way that does not obstruct the player's vision or pose a safety hazard.

The dress code policy is designed to maintain a professional and respectful appearance and promote safety during practice and matches. Players who violate the dress code policy may be asked to change their attire or may not be allowed to participate in practice or matches until they comply with the policy. It is the responsibility of each player to come to practice and matches dressed appropriately and ready to participate fully.

Coach and Player Policy

The purpose of this policy is to provide a safe environment for athletes and minimize the risk of any inappropriate behavior or misconduct between coaches and athletes.

This policy applies to all coaches and players in any sport or activity within the organization.

Policy Details:

1. No coach shall be alone with a player in any situation unless that player is a direct family member.
2. At least one other individual must be present whenever a coach and player are interacting. The second individual can be another player, parent, or assistant coach.
3. This policy applies to all interactions between coaches and players, including practices, games, meetings, and any other team activities.
4. If a coach needs to have a one-on-one conversation with a player, it must be conducted in an open and public area where other individuals can easily observe the interaction.
5. Violations of this policy will result in disciplinary action, up to and including termination for coaches.

This policy is intended to protect the safety and well-being of all individuals involved in the organization. All coaches, players, and other individuals involved in the organization are expected to adhere to this policy at all times. Any concerns or violations of this policy should be reported immediately to the appropriate individuals in charge of the organization.

Parental Procedure for Discussion Playing Time Concerns

We encourage our players to take ownership of their playing time and to have open and honest communication with their coaches about any concerns they may have. However, we do understand that further discussion may be required. Here is the process:

1. If the child has already spoken to the coach and the issue remains unresolved, the parent should reach out to the coach to schedule a meeting to discuss the matter. It is important to remember that the coach's decision on playing time is final, and parents should approach the meeting with an open mind and a willingness to listen.
2. Prior to the meeting, the parent should gather any relevant information, such as game statistics, practice attendance, and any notes from previous conversations with the coach. This will help provide context and support the discussion.
3. During the meeting, the parent should calmly and respectfully express their concerns and provide any supporting information. The coach will then have the opportunity to provide their perspective, explain their decision-making process, and offer suggestions for improvement.
4. If the issue remains unresolved, the parent may request a follow-up meeting with the coach and volley director to further discuss the matter. It is important to remember that these meetings should be approached with professionalism and respect for all parties involved.
5. Ultimately, the goal should be to find a resolution that is in the best interest of the team and the individual player. By working together with the coach and the program, parents can help create a positive and supportive environment for their child and the entire team.

Procedure for Escalating a Problem to the Volleyball Director

Before escalating any non-playing time concerns to the Volleyball Director, parents should first have a conversation with their child's coach to address any issues or

concerns. If the conversation with the coach does not result in a satisfactory resolution, parents may escalate the matter to the Volleyball Director.

Parents should send an email or schedule a meeting with the Volleyball Director to discuss their concerns. The email or meeting request should clearly outline the issue at hand, the steps already taken to address the matter, and any supporting evidence or documentation.

During the meeting, the parent should calmly and respectfully express their concerns and provide any supporting information. The Volleyball Director will then have the opportunity to provide their perspective, explain the program's policies and procedures, and offer suggestions for improvement.

If the issue remains unresolved, the parent may request a follow-up meeting with the Volleyball Director and possibly Athletic Director to further discuss the matter. It is important to remember that these meetings should be approached with professionalism and respect for all parties involved.

Ultimately, the goal should be to find a resolution that is in the best interest of the team and the individual player. By working together with the coach and the Volleyball Director, parents can help create a positive and supportive environment for their child and the entire team.

As a reminder, the Volleyball Director does not engage with playing time issues as that is at the discretion of the coach.

Resources and Support

As a member of the Victory volleyball organization, you have access to a variety of resources and support, including:

1. Coaches: Our coaching staff is dedicated to helping you improve your skills and reach your full potential as a volleyball player.
2. Strength and Conditioning Coach: We have access to a strength and conditioning coach who can help you improve your overall fitness and performance.
3. Director: The Volleyball Director is available to discuss any issues you may have that cannot be handled at the team level.

4. Volleyball Coordinator: The Volleyball Coordinator is responsible for organizing organizational events with team parents, handling some administrative tasks, and leading the parent support group.
5. Parent Support Group: This group can provide emotional and practical support to players and their families, as well as help with fundraising and organizing events.

2023 Victory Volleyball Staff

Volleyball Program

1. Director - Todd Headington
2. Scheduler - Todd Headington
3. Volleyball Coordinator - Katie Herron
4. Strength and Conditioning Coach - Macey Headington

Girls Varsity Volleyball

1. Head Coach - Todd Headington
2. Assistant Coach - Melanie Haynes

Boys Varsity Volleyball

1. Head Coach - Robert Mulherin
2. Assistant Coach - Abbie Headington

Girls Junior Varsity Volleyball

1. Head Coach - Kendra Mulherin
2. Assistant Coach - Shelly Jenkins
3. Assistant Coach - Jared Jenkins

Girls Middle School Volleyball

1. Head Coach - Enzo Simoni
2. Assistant Coach - Vacant (Needed)

Parent Acknowledgment

I/We have received and read the Victory Volleyball Parent Handbook. I/We understand and acknowledge the policies and procedures outlined in the handbook, including player character expectations, playing time, practice and match expectations, uniform and equipment requirements, attendance and participation policies, and consequences for violations.

I/We also acknowledge the importance of teamwork, sportsmanship, and communication in the success of the team, and we commit to upholding the standards set forth in the handbook. I/We understand that failure to abide by the policies and procedures outlined in the handbook may result in consequences, up to and including dismissal from the team. By signing below, I/we acknowledge our commitment to the Victory Volleyball Program and to upholding its standards.

Parent Signature

Printed Name

Date

Parent Signature

Printed Name

Date

Please sign, scan/photograph and send to katie@victoryaa.org