



## Program Overview

### Program basics

#### **What is the age requirement for athletes?**

Athletes must be between the ages of 11 and 19 years. A Little Spikers League is offered for girls in 3<sup>rd</sup> – 5<sup>th</sup> grades.

#### **What previous experience or qualifications are required for participation?**

We look for athletes who possess athletic ability, a strong work ethic and a love of volleyball.

#### **Is the program organized by age, weight, size or experience?**

Teams are organized first by age; secondly by talent. Your age on September 1<sup>st</sup> determines your proper age division. National level teams field players who are more experienced with a high skill set.

#### **What organization is the club affiliated with?**

The Rocky Mountain Region of USA Volleyball.

### Program history and coaching philosophy

#### **What is the club's history? How long has it been in existence?**

Flatirons Volleyball Club was founded in 1999 by LaRae Musselman and Susan Cancilla.

#### **What is the main focus of the club? Recreational fun? Elite competition?**

Flatirons Volleyball Club is a competitive club for girls. We emphasize fundamental and advanced training incorporated with fun, game-like drills and games.

**What is the coach's philosophy on coaching?**

Each coach has his/her own coaching philosophy which fits in with the belief system at Flatirons Volleyball Club.

**What qualifications do Flatirons coaches have?**

Head coaches have experience playing and/or coaching at the high school, club or college level. Assistant coaches have experience playing and/or coaching at the middle school or high school level.

**How and when can parents contact the coach?**

Parents can contact the coach via email to request an appointment before or after practice. In most circumstances, athletes attend the meeting between parent and coach.

## Logistics

**When does the season start and end?**

Tryouts typically begin in October and November.

The competitive season begins in January.

The regular season ends around the first of May.

Post season competition for qualifying teams ends around July 7<sup>th</sup>.

**How many practices are there each week?**

There are between two and three practices per week.

**Where do practices take place?**

Practices take place within Boulder County.

Our practice sites include Eldorado K-8 School, Alexander Dawson School or a school within the Boulder County area.

**How is the practice site determined for each team?**

The practice sites are assigned based on availability as it coincides with the coach's schedule.

**How many competitions total?**

The National teams compete in approximately 9 tournaments.

The Regional teams compete in approximately 7 tournaments.

**How frequent are the competitions?**

The competitions are approximately every other Sunday. In addition, there could be one – three tournaments that are 3 day tournaments.

**Where are the competitions located?**

Tournament sites are announced one week prior to the tournament. Sites are located as far south as Pueblo, as far north as Laramie, as far east as Ft. Morgan and Sterling. The most common sites are in the Colorado Springs area.

**What does it cost to be involved in club volleyball?**

The fees range from \$1500 - \$3300 for the season. These fees do not include travel costs.

**Are there any additional optional fees parents should know about?**

Parents are responsible for supplying their athlete with good court shoes and kneepads. The teams are encouraged to choose and purchase matching socks.

When the tournament site is 2 or more hours away, teams/athletes/families may elect to travel the night before and stay in a hotel room for the purpose of a shorter distance to travel on tournament day.

Junior membership in USA Volleyball is required. The cost is \$55.00.

**Who provides equipment and uniforms for the athletes?**

Flatirons Volleyball Club provides uniforms and equipment.

**What kind of equipment is required for participation?**

Good court shoes (preferably volleyball shoes) and kneepads are required. If your athlete will be playing in the front row, quality ankle braces are strongly recommended.

**How are athletes transported to and from events?**

Parents provide/arrange transportation to and from practices and tournaments.

**Who is allowed to provide transportation to athletes?**

Parents choose who will provide transportation for their daughters. Coaches are not allowed to provide transportation except in case of emergency.

## Parent Involvement

**Are parents allowed to attend practices?**

Parents are discouraged from attending practices. Parent may take a brief look at practice to ensure the well being of their daughter.

**Are there restrictions on parents' attendance at events?**

Parents are encouraged to attend tournaments as long as they abide by the Rocky Mountain Region and Flatirons Volleyball Club code of conduct.

**Are parents asked to contribute to the program by volunteering?**

Parent are encouraged to join together to support the team by providing healthy food and a positive environment to every player on tournament days.

Fundraising is optional and the choice of each team.

**Are there mandatory parent meetings?**

Yes, there are meetings at the beginning of the season that at least one parent must attend. These meetings are orientation in nature.

**What is the coach's philosophy on parent involvement in club volleyball at Flatirons?**

Parents may not participate in practices or tournaments as mandated by the Rocky Mountain Region of USA Volleyball unless they obtain a membership and background

screening through USA Volleyball. Participation of USA Volleyball member parents at practices or tournaments is determined by the head coach.

**How are the roles of the parent and the coach defined? Who is responsible for what?**

Coaches are responsible for all technical, strategic and organizational aspects of the game and practices.

Parents are responsible for supporting their athlete and all athletes on the team.

**How are parents and coaches held responsible for following through on their commitments?**

Parents and coaches are held to standards posted in their respective handbooks. Signed contracts and codes of ethics are required documents.