



## 2019 Program Overview

### Program basics

What is the age requirement for athletes?

Athletes range in age from 10 years to 18 years old. The youngest age division, 12 and under, are players in 5<sup>th</sup> and 6<sup>th</sup> grades who are 10 – 11 years old. The 18 and under team players are 17 and 18 years old.

What previous experience or qualifications are required for participation?

We look for athletic girls who possess a strong work ethic, a love of volleyball and the vision to put team before self.

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

Teams are organized first by age; secondly by athleticism/talent. Your age on September 1, 2019 determines your proper age division. Teams are divided into three level: Elite, National and Regional. The Elite and National levels are traveling teams while the Regional teams compete within Colorado.

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 with the belief system at Flatirons Volleyball Club. Flatirons VBC looks for coaches who are excellent teachers with a passion for promoting the sport and who enjoy working with junior athletes.

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 high school and/or club level.

How and when can parents contact the coach?

We encourage players to speak with their coaches when they have a concern.

If the concern is not resolved, parents can contact the coach via email to ask a question or request an appointment before or after practice.

Athletes attend the meeting between parent and coach.

## Logistics

When does the season start and end?

Open gyms begin in May/June.

Tryouts are held as early as July 5<sup>th</sup> with a final tryout at the end of June.

Practices/training begins in 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 4<sup>th</sup>.

How many practices are there each week?

There are between two and three practices per week; two weeknights plus Saturday.

Where do practices take place?

Practices take place within Boulder County.

Our practice sites include Eldorado K-8 School, Alexander Dawson School or a facility 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 Elite teams compete in approximately 10 tournaments.

The National teams compete in approximately 9 tournaments.

The Regional teams compete in approximately 7 tournaments.

How frequent are the competitions?

The RMR Power Tournaments are approximately every other Sunday. In addition, there could be between one and three additional tournaments per season; these tournaments are 3 days long.

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. Common sites are in Colorado Springs, Windsor and Denver.

What does it cost to be involved in club volleyball?

The fees range from \$1850 - \$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.

Tryout and 2019 Season registration is \$45.00.

Who provides equipment and uniforms for the athletes?

Flatirons Volleyball Club provides uniforms, warmups and backpacks. Equipment such as balls, carts and training equipment are provided for practices and tournaments.

What kind of equipment is required for participation?

Good court shoes and kneepads are required. Volleyball shoes are recommended; running shoes are not recommended. It's strongly recommended front row players wear high quality ankle braces.

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?

For safety and focus reasons, practices are closed to parents. Parents may take a brief look at practice to ensure their daughters wellbeing.

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?

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

Is fundraising required?

Fundraising is not required but families are strongly encouraged to participate in the King Soopers and/or Safeway "gift" card programs for fundraising purposes. Flatirons Volleyball Club sells the reloadable cards. Families earn 5% at no cost to them.

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 for orientation purposes and sports parent training.

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

Flatirons encourages parent support in the form of encouragement, providing healthy foods and drink, offering team bonding opportunities and being good cheerleaders.

The Rocky Mountain Region mandates parents may not participate in practices or tournaments unless they obtain a USA Volleyball membership, background screening and SafeSport certification 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 practices, games and tournaments.

Parents are responsible for supporting their athlete and all athletes in a positive manner.

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.

The Parent Handbook is posted on our website: [www.flatironsvbc.org](http://www.flatironsvbc.org)

*Thank you for considering Flatirons Volleyball Club!*

