



CLUB VOS MISSION STATEMENT

"To develop and improve the skills and competitive spirit of the players while building a foundation that will encourage life skills and their commitment to the sport of volleyball and our community."

Deborah Rothstein
Ahwatukee Foothills Family YMCA
Club VOS & Sr. Program Director
djrothstein@vosymca.org
602-212-6084
www.quickscores.com/ahwatukeeymca

YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

WHAT DOES VOS STAND FOR?

The Ahwatukee Foothills Family YMCA is one of fourteen branches within the Valley of the Sun (VOS) Association. Our goal in naming it CLUB VOS is to grow Club Volleyball across the Valley of the Sun!

CLUB VOS GOALS & OBJECTIVES

- To promote competitive youth volleyball in the Arizona Region of USA Volleyball.
 - To provide additional playing and training opportunities for young competitive players.
 - To promote an environment of teamwork and sportsmanship for athletes from various schools and backgrounds.
 - To lay the groundwork for players to pursue a high level of volleyball in high school, college and beyond.
 - To make our program the best possible volleyball experience for players, coaches, and supporting families.
-


Girls 2009-2010 Schedule

- Club VOS Tryouts
 - Nov 1 12's & 14's
 - Nov 21 16's
- Parent Meeting December 1st—6:30pm
- Team Building Boot Camp
- Begins Dec 1 - 17 Time/Days TBA
- On-Court Practices Start week of January 4th
 - Practices are yet to be determined.

TOURNAMENT SCHEDULE

- January 16—18 Cactus Classic (Tucson)**
- January 30
- February 27
- March 6
- March 27
- April 10
- April 24 (12's Region Championships)
- May 1 (14's Region Championships)
- May 15 (16's Region Championships)
- June 28—July 3 Volleyball Festival**

**Additional cost if team decides to play.



CLUB VOS PHILOSOPHY

YMCA sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to win. This fundamental virtue is a special attribute of sport and inherent in it.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the game above the prize.

A fair chance to win implies that all players will be given an opportunity to play in practice and in tournaments. The coaching staff is committed to developing the individual athlete to her fullest potential. *Because of the competitive nature of USA Volleyball, equal playing time for all players is not guaranteed.*

We believe that participation in USA Volleyball provides an excellent means of developing a predisposition to play fairly. As this virtue develops, it can influence behavior in everyday life.

The YMCA also believes that its sports programs can help people grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its sports programs.

WHAT DOES MY TEAM FEE PAY FOR?

The Ahwatukee Foothills Family YMCA Club VOS is a non-profit organization that operates based on players team fees. All expenses are classified into four distinct categories:


1. Club Registration Expenses
 - USA Volleyball Membership
 - Arizona Region Registration
 - Arizona Region Liability Insurance
2. Practice Expenses
 - Coaches
 - IMPACT Certification
 - Background check
 - Salary
 - Equipment
 - Team Building "Bootcamp"
3. Tournament Entry Fees
4. Uniform Fee

Team Fees are \$750 Per Player.

(Payment plan available)

Each player must have at minimum a "Program Membership" (\$30) to participate on Club VOS.

A "Facility Membership" allows those 12 yrs and over the ability to use the fitness center for added strength & conditioning time.



HOW ARE CLUB VOS TEAMS SELECTED?

Listed below are the characteristics that Club VOS coaches are looking for (and hope to develop) in our players.

Athleticism - The best volleyball players are "dynamic". This word is used to describe athletes who have a mix of core strength, quickness, flexibility and power that allows them to play the game with speed and control.

Technique - For young athletes, coaches are not as concerned about whether you execute a play perfectly every time. They are more concerned about whether you have any major flaws in your technique that will limit the rate and ceiling of your development as a volleyball player.

Strength - Size is important, but the key thing is not how big you are...it is how big you play. The strength of your core is a determining factor in how quickly, efficiently and powerfully you will be able to perform any volleyball skill.

Confidence and Leadership - It is not surprising that the best athletes demonstrate confidence and leadership on the court, and make players around them better.

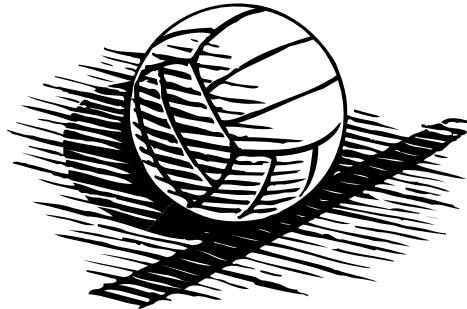
Aggressiveness- Aggressive play is something all good coaches are looking for.

Ability to Learn and Improve - The rate at which a player can adapt and improve is very important. Do not just leave it up to your physical abilities; the best volleyball players are as mentally. Tired as they are physically tired after an important match or tryout.

Vision and Reaction - Volleyball is an interesting game because every play is different and happens so fast. Therefore, a volleyball player can not be trained specifically how to react to every play. Rather, they have to be able to observe and creatively respond to each new situation.



Club VOS TRYOUT TIME!



NOVEMBER 1st
12's
8am—10am

NOVEMBER 1st
14's
12pm—2pm

NOVEMBER 21
16's
8am—11am

Pre-Registration and all forms are located on

www.quickscores.com/ahwatukeeymca

PRE-REGISTRATION by OCTOBER 28th \$20.00 per player.

(REGISTER after October 28th \$30 per player)

WHAT TO BRING TO TRY-OUTS!

- Club VOS Player Information Form
- 2010 USA Volleyball Registration Form w/ all signatures
 - Copy of Birth Certificate attached to it.
- 2010 Medical Release Form
- Club VOS Player Commitment Form
 - *If you child is selected for a CLUB VOS Team a \$250 commitment fee will be due immediately after teams have been posted.*



WHAT TO EXPECT AFTER TRYOUTS

- Once the try-out is complete the Club Director and Coaching Staff will meet to discuss the overall scoring results of each player.
- For sensitive reasons team selections will be posted on the www.quickscores.com/ahwatukeymca website two hours after tryouts are complete.
- Teams will be posted by try-out number not by player name.
- If your player is selected you will need to bring your commitment fee of \$250 to the YMCA immediately.
- Failure to have the signed commitment form and fee within two hours of teams being posted will result in forfeiture of your player's position. *If you are unable to come back this may be left at the conclusion of try-outs and will be shredded if your player is not selected for a team.*

WHAT IS MY OPTION SHOULD MY DAUGHTER NOT BE SELECTED FOR CLUB VOS?

- If your player was not selected for a CLUB VOS Team the YMCA still has other options for Competitive Volleyball in the D1/D2 Division.
- The deadline to register for the Winter 2009-2010 season is November 25th.
- You will not need to attend the player evaluation for this league as we will already have your daughter's scores.

The next few pages of this handout are the necessary forms you will need at tryouts.

The only additional item you will need is a copy of your child's birth certificate. Please make sure you bring a copy you can leave.

Valley of the Sun
YMCA



Player Information Sheet



Player Name _____

Age _____ Player Birthday _____

Grade _____ HS Graduation Year _____

School _____

Address _____

City _____ Zip _____

Home Phone _____

Dad's Name _____ Cell Phone _____

Mom's Name _____ Cell Phone _____

Email (where you want the info to go) _____

Years of CLUB Volleyball Experience _____

Past USAV Team: _____

Jersey Size: XS S M L XL XXL

Short Size: S M L XL XXL

Jersey Number Desired (please list):

(1) _____ (2) _____ (3) _____ (4) _____

Nickname: _____



**ARIZONA REGION
USA VOLLEYBALL
2010 INDIVIDUAL MEMBERSHIP FORM**

Signatures required on both sides or pages

SECTION I

PERSONAL INFORMATION

LEGAL FIRST NAME: _____ MI: _____ LEGAL LAST NAME: _____
 ADDRESS: _____ OCCUPATION: _____
 CITY: _____ STATE: _____ ZIP CODE: _____ BIRTHDATE: _____
 HOME PHONE: () _____ WORK PHONE: () _____ CELL () _____
 E-MAIL: _____ (USA Volleyball does **NOT** provide e-mail addresses to third parties)

GENDER M F Junior Members Only - High School Grad Year: _____
 Check box if address has changed in the past year.
 Check box if name has changed in the past year. Previous: _____
 Check box if you do NOT wish to be on USAV Master 3rd party list.
 Check box if you do NOT wish to receive the USAV Electronic Newsletter "Rotations"

USA Volleyball is committed to diversity. This information is used to report aggregate data to the United States Olympic Committee. Please check one of the following:

- | | |
|--|--|
| <input type="checkbox"/> I choose not to respond | <input type="checkbox"/> White, not Hispanic or Latino |
| <input type="checkbox"/> American Indian or Alaskan Native, not Hispanic or Latino | <input type="checkbox"/> Asian, not Hispanic or Latino |
| <input type="checkbox"/> Black or African American, not Hispanic or Latino | <input type="checkbox"/> Hispanic or Latino |
| <input type="checkbox"/> Two or more races, not Hispanic or Latino | <input type="checkbox"/> Native Hawaiian or Other Pacific Islander, not Hispanic or Latino |

Are you:

- Hearing impaired/deaf (for USA Deaflympic Talent ID) Disabled physically (for Paralympic Talent ID)

- Check here for an **optional** \$5 donation to USA Team Programs. \$1 will be donated to each: Men's and Women's National Teams, High Performance Girl's and Boy's Programs and Regional Junior Development.

MEMBERSHIP INFORMATION

Season last registered in USAV: _____ (state, NEW if first year ever)
 PAVO Official? Y N PAVO Board Name: _____

TYPE OF MEMBERSHIP	STATUS	REFEREE STATUS	SCOREKEEPER STATUS	COACHING CERT
<input type="checkbox"/> Regular \$40	<input type="checkbox"/> Player	<input type="checkbox"/> International	<input type="checkbox"/> International	<input type="checkbox"/> IMPACT
<input type="checkbox"/> Jr. Olympic Volleyball \$40	<input type="checkbox"/> Head Coach	<input type="checkbox"/> National	<input type="checkbox"/> National	<input type="checkbox"/> CAP Level I
<input type="checkbox"/> Jr. - Training Only \$20	<input type="checkbox"/> Asst Coach	<input type="checkbox"/> Jr. National	<input type="checkbox"/> Jr. National	<input type="checkbox"/> CAP Level II
<input type="checkbox"/> Chaperone \$15	<input type="checkbox"/> Team Rep	<input type="checkbox"/> Regional	<input type="checkbox"/> Regional	<input type="checkbox"/> CAP Level III
<input type="checkbox"/> Summer (05/01-10/31) \$15	<input type="checkbox"/> Chaperone	<input type="checkbox"/> Provisional	<input type="checkbox"/> Provisional	<input type="checkbox"/> CAP Level IV
<input type="checkbox"/> Senior (55+ Nat'ls Only) \$15	<input type="checkbox"/> Official	<input type="checkbox"/> Jr. Provisional	<input type="checkbox"/> Jr. Provisional	Date _____
<input type="checkbox"/> One Day \$7	<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	
(Annual fees per person)	(Check all that apply)	(If USAV Certified)	(If USAV Certified)	

TEAM INFORMATION

CURRENT CLUB/TEAM NAME: _____ **TEAM GENDER:** M F

ADULT TEAM DIVISION	JUNIOR LEVEL OF PLAY	Additional forms required for Membership
<input type="checkbox"/> AA <input type="checkbox"/> Other _____	<input type="checkbox"/> Youth <input type="checkbox"/> 14 & Under	1 Any adult associated with a Junior Team must consent to a Background Screen AND
<input type="checkbox"/> A	<input type="checkbox"/> 10 & Under <input type="checkbox"/> 15 & Under	2 Head and Asst Coach submit Code of Ethics;
<input type="checkbox"/> BB	<input type="checkbox"/> 11 & Under <input type="checkbox"/> 16 & Under	3 Chaperone submit Chap. Responsibility Form;
<input type="checkbox"/> B	<input type="checkbox"/> 12 & Under <input type="checkbox"/> 17 & Under	4 Officials must consent to a Background Screen
<input type="checkbox"/> Check box if Co-Ed	<input type="checkbox"/> 13 & Under <input type="checkbox"/> 18 & Under	

I agree that once affiliated with a club, it is for the entire sanctioned season. (Club affiliation does not apply to unaffiliated members or to Coed teams.)
 I agree to allow USA Volleyball or it's Regional Volleyball Assn's to utilize my photograph or any likeness of me created from my participation in USA Volleyball sanctioned events or programs, without my approval in advance of such use, and without financial or other compensation due to me. The information I am providing is true and accurate to the best of my knowledge and I understand that false information is grounds for denial of members

Applicant's Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

(If applicant under 18 years of age)

MAKE CHECKS PAYABLE TO: Mail Registration & Waiver to: Arizona Region 2105 S. 48th Street Suite 108 Tempe, AZ 85282	OFFICIAL USE ONLY:	Received _____
	Birth Certificate: Attached On File	Ck # _____
	Background Check: Attached(+\$20) Not Due	Amt _____

SECTION II**USA VOLLEYBALL PARTICIPANT CODE OF CONDUCT****THE FOLLOWING ACTIONS ARE PROHIBITED:**

- 1 Violation of any anti-doping policies, protocols or procedures as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), Federation International de Volleyball (FIVB), US Anti-Doping Agency (USADA) or the United States Olympic Committee (USOC). Violations of this provision will be adjudicated only by USADA or the proper anti-doping authority, not USA Volleyball (USA).
- 2 Possession, consumption or distribution of alcohol and / or tobacco if illegal or in violation of RVA or USAV policy. USAV policy prohibits the possession, consumption or distribution of alcohol and/or tobacco by anyone registered as a Junior Olympic Volleyball Player at the event venue of any US sanctioned junior event.
- 3 Use of a recognized identification card by anyone other than the individual described on the card.
- 4 Physical damage to a facility or theft of items from a room, dormitory, residence or other person. (Restitution will be part of any penalty imposed).
- 5 Possession of fireworks, ammunition, firearms, or other weapons or any item of material which by commonly accepted practices and principles would be a hazard or harmful to other persons.
- 6 Any action considered to be an offense under Federal, State or local law ordinances.
- 7 Violation of the specific policies, regulations, and/or procedures of the RVA, USAV, or the facility used in conjunction with a sanctioned event. (It is the responsibility of the individual to be familiar with applicable specific policies, regulations and procedures).
- 8 Conduct which is inappropriate as determined by comparison to normally accepted behavior.
- 9 Physical or verbal intimidation of any individual.
- 10 Actions that will be detrimental to USAV or the RVA.

USA VOLLEYBALL DISCIPLINARY POLICY

<u>Infraction</u>	<u>When Occurred</u>	<u>Suggested Maximum Penalty</u>
First	Before or during event	Individual disqualified (if person is a junior, he/she will be sent home as soon as possible and parent or guardian notified). The individual may be declared ineligible for RVA membership or USAV registration for one year starting from the date of infraction.
	After event concludes	The individual may be declared ineligible for RVA membership or USAV registration for one year starting from the date of infraction.
Second	Before or during event	Individual disqualified (if person is a junior, he/she will be sent home as soon as possible and parent or guardian notified). The individual may be declared ineligible for RVA membership or USAV registration for two years starting from the date of infraction.
	After event concludes	The individual may be declared ineligible for RVA membership or USAV registration for two years starting from the date of infraction.
Third		Individual may be declared ineligible for RVA membership or USAV registration for the remainder of his/her lifetime.

NOTE: Major misbehavior (e.g. verbal or physical abuse of a child, sexual harassment, etc.) may subject the violator to lifetime ineligibility for RVA membership or USAV registration after the first infraction. Penalties are only applied after affording the individual due process as required by the Ted Stevens Olympic and Amateur Sports Act (TSOASA), USOC, RVA and USAV. Appeals, other than for doping violations, may be made in accordance with procedures set forth in the bylaws and operating codes of the RVA and USA Volleyball as printed in the current RVA Handbook and Official USA Volleyball Guide, respectively.

SECTION III**WAIVER AND RELEASE OF LIABILITY**

I acknowledge that volleyball or any sporting event is an extreme test of a person's physical and mental limits and that my participation in a volleyball event can cause potential death, serious injury, or property damage. **With a full understanding of the potential risks, I HEREBY ASSUME THE RISKS OF PARTICIPATING OR OFFICIATING IN A VOLLEYBALL EVENT.** I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns: a) **WAIVE, RELEASE, AND DISCHARGE** from any and all claims or liabilities for death or personal injury or damages of any kind, **EXCEPT THAT WHICH IS THE RESULT OF GROSS NEGLIGENCE AND/OR WANTON MISCONDUCT OF PERSONS OR ENTITIES LISTED BELOW**, which arise out of or relate to my traveling to and from or my participation in any volleyball event; **THE FOLLOWING PERSONS OR ENTITIES:** USA Volleyball and its Regional Volleyball Associations, tournament directors, sponsors, and the officers, directors, employees, representatives, and agents of any of the above; b) I **AGREE NOT TO SUE** any of the persons or entities mentioned above from any claims or liabilities that I have waived, released, or discharged herein; and c) **INDEMNIFY AND HOLD HARMLESS** the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions.

SECTION IV**SIGNATURE(S) REQUIRED**

In consideration of the rights and privileges granted to me by signing this membership form, I certify that:

- 1 I have read and completed all sections of this membership application;
- 2 I have read and understand the RVA and USAV Codes of Conduct, Disciplinary Policies, and Waiver of Release of Liability;
- 3 I understand that the Codes of Conduct, Disciplinary Policies, and Waiver of Release of Liability apply to my conduct in all activities or events sanctioned or sponsored by the RVA/USAV in which I participate;
- 4 I (or my parent or legal guardian) am at least eighteen (18) years old;
- 5 I agree and consent to abide by the RVA and USAV Codes of Conduct, Disciplinary Policies, and Waiver and Release of Liability set forth herein; and
- 6 I understand that, if I violate the RVA or USAV Codes of Conduct, I might be subject to disciplinary action in accordance with RVA or USAV Disciplinary Policies.

Applicant's Signature (regardless of age) _____

Date Signed: _____

If applicant is under 18 years of age, a parent or guardian must execute, in addition to the foregoing Waiver and Release, the following, for and on behalf of the minor.

The undersigned parent and natural guardian or legal guardian of the applicant (_____) [minor's name] executes the foregoing Waiver and Release for and on behalf of the minor named herein. I hereby bind myself, the minor and all other assigns to the terms of the Waiver and Release. I represent that I have legal capacity and authority to act for and on behalf of the minor named herein, and I agree to indemnify and hold harmless the persons or entities named in the Waiver and Release for any claims or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the Waiver and Release. I have also read and understand the USAV Participant Code of Conduct (Section II above) and have reviewed the Codes with my child regarding the stipulated conditions and their ramifications. I fully consent to my child's participation in RVA/USAV events.

Printed Name _____

Parent/Guardian's Signature _____

Date Signed _____

NOTE: This form must be read and signed before the RVA Member/USAV registrant listed on the other side is allowed to take part in any training, competition, practice/warm-up sessions, and meeting or testing sessions.

(Revised 07/06/2009)

THIS FORM IS TO BE CARRIED TO ALL SANCTIONED COMPETITIONS & PRACTICES



**2010 USA YOUTH & JUNIOR OLYMPIC VOLLEYBALL
PLAYER MEDICAL RELEASE FORM**

USA Volleyball

This **must be** completed - legibly - and signed in all areas by both the player and his/her parent or guardian. **By signing this form the participant affirms having read it.**

Name _____
 Last First Birth Date Age Gender

Primary Contact: Parent or Guardian

Name _____ Address _____ Zip _____
 Phone _____ Alternate Phone _____

Secondary Contact: ___ Parent/Guardian ___ Other

Name _____
 Phone _____ Alternate Phone _____

Primary Insurance Co. _____ Primary Group/Policy # _____

Family Physician Name _____ Physician Phone _____

Please elaborate on any medical conditions of which we should be aware:

Any medications currently being taken:

Any allergies:

If None, please write None.

Signed _____ Date: _____
 Participant

Parent or Guardian of Athletes under 18 years of age.

Participant, _____, has my permission to participate in training, competition, events, activities and travel sponsored by USA Volleyball or any of its Regional Volleyball Associations (RVAs). I approve of the leaders who will be in charge of this program. I recognize that the leaders are serving to the best of their ability. I certify that the participant has full medical insurance with the company listed above. I also certify to the best of my knowledge that the participant named hereon is physically fit to engage in the activities described above.

Signed _____ Relationship: _____ Date: _____

If, during the course of my daughter's/son's activities in volleyball, she/he should become ill or sustain an injury, I hereby **authorize** you to obtain emergency medical/dental care. I will assume financial responsibility for the bills incurred through my insurance company.

Signed: _____ Date: _____
 Parent or Guardian

or

I do not authorize emergency medical/dental care for my daughter/son.

Signed: _____ Date: _____
 Parent or Guardian



2009 Commitment Form

YMCA Club VOS is a competitive volleyball club whose goal is the development of volleyball athletes within a team structure. We would like to emphasize that it is our job as a club to put the team first in almost every situation. It is our desire to see each of our athletes develop into well-balanced and successful young people through hard work and united team vision. We view team sports as a tremendous tool in any young person's growth—those without it are missing out on a great opportunity and a great experience.

Every player's attendance at all practices and all tournaments is essential to the development and success of the team. If, for any reason, you are going to miss any practice or tournament or be late to any club function, please notify your coach directly as soon as you are aware of the situation. If you are aware of a situation right now, please notify your coach right now.

Playing time is not guaranteed. Factors determining playing time will include attitude, attendance, punctuality, position, skill level and work ethic. It is our goal to give playing time to every athlete at every tournament, especially if he has exhibited the above traits.

Once you have committed to the club, you have committed to the entire season and the entire season's fees. It is extremely detrimental to the team when a player/parent decides in the middle of the season to leave the club. Further, it is unfair to any athletes that may have been cut from that team.

Fees for this season will be \$750 for all teams. \$250 is due at the conclusion of tryouts as a commitment fee to the club. If you are unable to commit at the end of tryouts, we will offer your spot to another athlete.

Our parents are strongly encouraged to participate in the lives of their children. YMCA Club VOS may ask you to help out in a variety of ways, but we can assure you that we will not ask for your help in three specific areas; (1) coaching your child and his or her team, (2) educating your child's coach on how to coach volleyball, and (3) scolding the referees for bad calls. We encourage the players themselves to deal directly with their coaches. If you would like to speak with your child's coach, appointments are appreciated. Before or after a match is not a good time for appointments. Please sign below that you can commit to the above items. Thanks, we are looking forward to a great season!

Parent _____ Date _____

Player _____ Date _____