



PLAMONDON VOLLEYBALL CLUB WOLFPACK

Box 515

Plamondon (AB), T0A 2T0

[www.plamondonvc.ca](http://www.plamondonvc.ca)

# Handbook

**October 2023**

## **Plamondon Volleyball Club Wolfpack**

### **History**

Starting in 2008, youth in Plamondon and surrounding communities have had the opportunity to participate in a competitive club volleyball experience. The first team created was the MadBour, in the 14U girls age category.

2009 - The team went from the name Madbour to Ligers. The same year, the team won a silver medal at the Alberta Volleyball Provincials in the 15U girls category in Division III. To finish off the 2009 season, the Ligers won the Western National title in Division IV with an 8-1 record beating Winnipeg in the final.

2010 - The 16U girls Ligers won a silver medal in Division 2 at Provincials finishing 18th in the province over 56 teams. The same year, the team took 4th place in Division II at the Eastern National Championship in Sherbrooke and 4th place in the Division III Tier II at the Western National title after competing in 2 Premiers in Division I.

2012 - The Ligers expanded to 2 teams: 14U girls team and 18U girls team. The 18U Girls participated in the first, single venue National Championship in Toronto.

2013 - The Ligers volleyball club had 2 teams: 14U and 15U girls teams. A 15U all-star team was formed and players participated in the 2013 National Championships in Regina.

2013 marked the end of an era for the Ligers and in 2014 the Plamondon Volleyball Club Wolfpack was formed. A non-profit society was created in order to meet the needs of the growing club with the intention of bringing more opportunities for athletes to play at their level, reduce player fees and provide specialized equipment to improve the skills of our athletes. PVCW grew to 3 teams in 2014: 15U girls, 16U girls and 15U boys. The girls teams participated in National Championship events in Regina and Calgary.

In 2015, PVCW proudly offered 3 teams: 15U girls, 17U girls, 17U boys. The 17U Girls brought home a gold medal in the Provincial Division II Consolation finals. Once again all teams participated in the single venue, National Championship in Calgary. The 15U Girls won a silver medal in Division III Tier IV. The 17U Girls finished off the season with a silver medal in the Division III Tier III finals.

2016 - PVCW expanded to 5 teams. After a successful season the standings at Provincials were: 15U Survivors - Women placed 8th in Division III, 15U Predators - Men 16th Division I, 16U Power - Women 4th in Division II, 17U Pipe - Men 11th in Division I, 18U Mako - Women 9th in Division II. The 18U Mako attended the National Championship in Edmonton, placing 3rd in Division III, Tier II. The 17U Pipe travelled to Saskatoon to participate in the National Championship finishing 5th in Division I, Tier IV. 16U Women's National Championships were held in Calgary. The 16U Power finished 5th in Division II, Tier III.

2017 - PVCW offered 6 teams. The 17U Storm - Women attended the National Championship in Edmonton, placing 1st in Division III, Tier I.

2018 - PVCW offered 5 teams. After a successful season the standings at Provincials were: 14U Power - Women placed 4th in Division IV, 16U Rage - Women placed 17th in Division IV, 18U Women - 5th in Division II, 16U Men - placed 19th in Division I, 17U Men - placed 13th in Division I. 2018 was a Festival year with Volleyball Canada Nationals being held in Edmonton AB. All PVCW team participated in the event with 2 teams bringing home hardware. 14U Power - Women placed 2nd in Division III, Tier IV and 16U Rage - Women placed 1st in Division V, Tier III.

2019 - PVCW offered 3 teams - 18U Men, 18U Women and 16U Women. 18U Men finished 11th in Division I at Provincials. 18U Women placed 15th in Division II going on to participate in Nationals in Toronto. The 16U Women's squad finished 3rd in Division IV at Provincials and ended the season with a Division IV - Tier II 3rd place finish at Nationals in Regina.

## **Philosophy**

Plamondon Volleyball Club Wolfpack's goals are:

- ❖ to offer a challenging and rewarding program that will stimulate personal growth and development of long term athletes in rural Alberta
- ❖ to prepare athletes for competition - as our athletes progress they will continue to build upon their physical skills and extend these into well-developed technical, tactical, and psychological skills needed for increasingly competitive volleyball.
- ❖ to enhance interest for the sport of volleyball in junior high and high school in Plamondon and surrounding communities.
- ❖ to develop young volleyball players who wish to prepare for post-secondary levels of play with sound fundamentals and advanced skills

Our ultimate goal is to assist each athlete with achieving their highest potential in the sport of volleyball and to instill in them a passion for lifelong fitness.

PVCW believes that volleyball is a game where a strong work ethic, attitude, and sportsmanship are just as important as winning; these attributes lead to success both on and off the court. Our priority is to support our youth into becoming well rounded citizens; our players strive for excellence in themselves, their team, and the community as we endeavour to achieve team and personal goals.

## **Long Term Athlete Development**

PVCW is continually aligning club priorities with the Volleyball Canada Long Term Athlete Development model (LTAD). PVCW will use the LTAD model as a guide to determine the most appropriate training methods and level of intensity for the ages and stages of our players training, as outlined on the Canadian Sport for Life Website.

- **Stage 3:** Learn to Train (girls 8-11, boys 9-12)
- **Stage 4:** Train to Train (girls 11-15, boys 12-16)

PVCW focuses on “training to train”, which centres upon learning basic volleyball skills and tactics and successfully applying them in competitive situations.

- **Stage 5:** Train to Compete (girls 15-21, boys 16-23)  
PVCW focuses on “training to compete”, where training centres on fitness preparation, volleyball-specific skills, and position-specific skills. Athletes will become adept at competing at provincial and national levels and will be well prepared for elite play at the college and university levels.
- **Stage 6:** Train to Win (girls 18+, boys 19+)

### **School First**

PVCW believes academic success is fundamental in the overall development of a player. Classroom/Library areas will be available after school for players to complete homework while waiting for their practices or for those carpooling. PVCW also strongly encourages athletes to represent their respective schools in ASAA sports events such as basketball, handball, badminton, wrestling etc. School/team spirit is an integral part of an athlete’s success.

### **Attendance**

The practice schedule will be distributed at the beginning of club season. Players are expected to be on time and ready for all practices and tournaments. Occasionally events occur that may cause a player to be absent. Play time may be affected by a player’s level of commitment, including unexcused absences.

It is the athlete’s responsibility to report injuries to the coaching staff immediately. If a player is absent due to illness they must notify the captain of their absence prior to the event. Injured players are expected to attend all practices and tournaments. When a player is absent as a result of a school based activity they must notify the coach in advance. This is considered an excused absence.

### **Playing Time**

Actual playing time will vary with the player's experience, commitment, skill level and the competition context. Although all players pay the same fees, make the same sacrifices and commitment, competition-playing time may vary substantially, especially when the athletes move up in age classes. Our coaches work hard to constantly try to balance individual playing time and team achievement. These are difficult decisions to make and we request that parents support the coaching decisions at all times. If a player has questions regarding playing time, they are encouraged to speak to the coach, by requesting a coach/player meeting.

### **Player Goals**

We believe that self-discipline and self-confidence, determination, commitment, dedication, and emotional control are all individual qualities that will be nurtured as players develop. Each athlete will complete a player development plan at the beginning of the season where they will outline their personal goals, both on and off the court. The coaching staff will review these goals with each player as they work towards them. Coaches may also use videos to help athletes learn and improve their skills.

## **Social Media**

Pictures and information on PVCW may be shared on our Facebook page and website. PVCW encourages players, coaches and families to share our successes on social media. Please remember to share positive information; do not post negatively about teammates, competitors, coaches, clubs, organizations, or officials. Comments may be easily misconstrued or be seen as offensive. Remember that you are an ambassador for your sport and for PVCW.

In the event a player, coach or family member posts a negative or offensive comment, they will be asked to immediately remove any/all posts that are inappropriate. The incident will be reviewed by the board and any disciplinary action will be at their discretion.

## **Player Responsibility**

### **As a PVCW Athlete...**

- I will be accountable for my behaviour both on and off the court.
- I will win and lose with equal grace and exemplify true sportsmanship.
- I will proudly represent PVCW to the best of my ability, both on the court and at restaurants, hotels etc. and on social media.
- I will respect the decisions of the coaches regarding training, playing time and my role within team.
- I will remember to be a team player, because volleyball is a true team sport.

## **Expectations**

Arrive 15 minutes before practice starts:

- Make sure the nets are up and the court is ready
- Make sure you are dressed appropriately in a t-shirt and shorts (no tank tops) and ready to go, water bottle is filled
- Warm up and stretch with teammates before practice starts

Attitude and participation are important during practice and games. It is important to:

- Shag volleyballs and come back from breaks quickly
- Actively participate in drills with a positive attitude to learn and develop skills
- Be a team player
- Support and encourage your teammates

Commitment to the team is a priority for PVCW. Any player that intentionally leaves a tournament/game jeopardizes the success of the whole team. Therefore the consequences for such action are as follows:

1. There will be a 24 hour wait period prior to any discussion between coach, player & parent, regarding the issue.
2. After 24 hours a meeting will be arranged between coach, player & parent to discuss the situation.

3. The player will receive a minimum of one match suspension. Player must attend the match in full uniform.
4. Each case will be reviewed by the board. Any further disciplinary action will be at the discretion of the board.

## **Nutrition**

Having a well-balanced and healthy nutrition plan is essential for our athletes. PVCW teaches athletes to become successful, by not only having good work-ethic and commitment on the court, but also by using good habits off the court, like proper nutrition and hydration. Athletes may perform a "Hydration test" at the beginning of the season. Junk food is not permitted during tournaments. Alcoholic beverages or illegal substances of any type are not allowed, at any time.

## **Club Operation**

### **Board of Directors**

PVCW encourages involvement of the community at large as well as players, parents, and families at every level of the club: from being a fan, all the way up to volunteering on the Board of Directors. The Board meets minimum 3 times per year and the Annual General Meeting is held in December each year. Volleyball Alberta requires mandatory Police Information Checks (PIC) and Police Vulnerable Sector Check (PVSC) for all individuals in leadership roles who work directly with athletes. This includes all Staff, Directors, Chairs, Coaches, Managers, Officials, and Chaperones.

The following positions are available as a 2 year term and are filled at the Annual General Meeting.

1. President
2. Vice President
3. Treasurer
4. Secretary
5. Directors
  - a. Team Representatives (one per team)
  - b. Casino Chairperson
  - c. Media Director
  - d. Apparel Director
  - e. Fundraising Director
  - f. Coach Director

### **Coaching Staff**

PVCW is continually looking to recruit NCCP trained and certified local coaches to volunteer their time to train our athletes. As coach development is an integral part of our club's success PVCW supports coaches interested in pursuing their certification. Coaches wishing to pursue the National Coaching Certification Program (NCCP) may apply to receive up to \$500.00 to

cover registration/travel to achieve certification. In order to receive funding PVCW will require a commitment to coach a minimum of 2 club seasons. ½ of the funding will be paid out at the end of the first season; the remaining ½ of the funding will be paid out after the second season. A copy of the paid Certification Program registration will be required.

Each team shall have one Head Coach and a maximum of 2 Assistant Coaches. All coaches are required to provide a criminal record check prior to the club season.

PVCW requires numerous coaches each year. Advertisements will be posted on the PVCW website, Facebook, Big Dog 103.5, Volleyball Alberta and in local newspapers for new coaching opportunities. Any new coaches interested in becoming a PVCW Coach must submit an application to the Board prior to October 31<sup>st</sup> for the upcoming season. The Board shall meet and review all qualifications of candidates prior to offering a coaching position.

The role of the PVCW coach is to:

- Build a foundation for future success both in sport and in life.
- Create, nurture and protect each child's feelings of self-worth.
- Create and inspire a passion and respect for the game.
- Communicate with those whom you lead as you would wish to be communicated with by those who lead you.
- Develop the player's appreciation of the game.
- Be sensitive to each player's developmental needs.
- Educate the players to the technical, tactical, physical and psychological demands of the game for their level.
- Conduct practices in a spirit of enjoyment and learning.
- Strive to help each player reach their full potential.
- Be a positive role model.
- Set high standards of discipline and sportsmanship.
- Instill knowledge and enjoyment of the game.
- Encourage players to strive for excellence through competition.
- Communicate with parents.

## **Team Information**

### **Age Categories**

PVCW offers programs for both boys and girls from the 13U – 18U age categories. Teams are based on player/coach interest and may vary from year to year. As per Volleyball Alberta policies, athletes will be limited to registering a maximum of one age class higher than their chronological age.

12U, 13U, 14U, 15U, in both gender and 16U boys shall have a minimum of 8 regular players and a maximum of 3 red-shirt players.

16U girls, 17U and 18U in both genders shall have a minimum of 8 regular players and a maximum of 2 red-shirt players.

Red-shirt players are players that practice with the team and attend tournaments as required to cover any absent or injured players. Red-shirt players are not mandatory but left up to each individual coach's discretion.

### **12U - 15U Fair-Play Rule**

In 13U - 15U levels the following Developmental Substitution rules will apply:

- All players listed on the score sheet must start the first or second set.
- In the first two sets no substitutions may take place. An athlete may be substituted out of a set due to injury.
- If a third set is necessary, any line up can be used.

This rule does not apply to 16U – 18U levels.

### **Tryouts**

Tryouts will be held following the ASAA Provincial Championships. Advertisements will be posted on the website, local newspapers, radio and on social media. Tryouts are open to all youth in Plamondon and surrounding communities. Players must pre-register for all tryouts and are required to register with the National Registration System (NRS) prior to participating.

Two dates will be set for tryouts for each age category. Players are required to attend tryouts for their appropriate age category, unless otherwise directed at time of pre-registration. If their age category is not available then players may participate in the next available age category. If an interested player cannot attend a tryout it is the player's responsibility to request, prior to the cut-off date, an alternate time/date to be considered for the club.

### **Volleyball Alberta Registration**

Volleyball Alberta requires Players, Coaches, Officials, and Club Staff to become members prior to registering for any of our programs. PVCW will cover the cost of Volleyball Alberta registration for all players trying out for PVCW. Once signed to a team PVCW player fees will include the required Volleyball Alberta registration fees.

### **Parent/Player Orientation Meeting**

A mandatory parent/player Orientation Meeting will be held in early December at École Beausejour for parents and athletes who were selected to represent PVCW at any level for the upcoming club season. The players selected will be asked to make a season long commitment by filling out a season contract that will need to be signed by both one parent and the athlete.

Sizing for club apparel and jerseys will be available prior to the meeting.

If one of the players selected feels they can't fully commit, the coaching staff may ask another player who tried out but didn't make final cuts.



## **Fees**

The yearly Plamondon Volleyball Club Wolfpack player fee is set prior to each season. Many factors are considered when setting player fees. This includes the costs associated with:

- Number of teams
- Team Registration at VA Premier events and VA Provincials
- Team Registration at Nationals
- Head coach meals, accommodation and travel
- First Aid Kits and tape
- Balls and equipment
- Gym Rental

Potential costs that are not covered by the player fee are apparel, player accommodation and transportation costs, meals, ankle braces etc.

Fees are due in two installments - the first half due at the first practice, second half due prior to the first Premier tournament. Fees may also be paid in full at the AGM or at the first practice. Team apparel and jerseys must be paid for prior to being ordered.

Funding may also be available through KidSport. KidSport provides grants to children from families facing financial barriers so they can participate in registered sport programs. Visit [www.kidsportcanada.ca](http://www.kidsportcanada.ca) for more information.

## **Fundraising**

There may be a variety of fundraising opportunities available for players over the season, such as Highway Clean Up, Snow Shovelling, Sobey Cards, Purdy's Chocolates, Little Caesars Pizza etc. All fundraising opportunities are open to all players, although fundraising is not mandatory. Players receive 90% of funds raised towards their individual player account. This account can be used to cover expenses such as fees, travel, equipment and volleyball related expenses. 10% of funds raised go directly to the club account. These funds are used to cover club expenses. PVCW is always looking for new ways to fundraise. Please share your ideas with the board.

## **Casino**

PVCW received its first casino event in June 2015 at Boomtown Casino in Fort McMurray, AB. PVCW is scheduled to receive a Casino event every 18 months. 14 volunteers are required to work the two day event. The selection of volunteers will be made by a draw. As we have numerous players, one adult per player is eligible to put their name in the draw. In the event we do not have enough interested volunteers, players may be eligible to enter two adults into the draw.

Volunteers that work the two day (two shifts) Casino event will receive a \$400.00 credit on their player account for the upcoming season. In the event a player has two volunteers work the

event, the second volunteer will be eligible for a \$200.00 credit to their player account for the upcoming season.

Working the Casino is not a guarantee a player will make a team in the upcoming season. All players must attend tryouts. Age categories and availability of teams may vary from year to year.

### **Team Sponsors**

PVCW appreciates the support our teams receive from our local businesses. Each season players are given the opportunity to seek business sponsors who may be interested in displaying their logo on the club warm up shirts. Businesses which make a donation of \$250.00 or more will have their logo displayed on the warm up shirts. Donations of less than \$250.00 are appreciated; however logos will not appear on the warm up shirts. All sponsorship funds and logos must be received by the team representative at the team's first practice in January. Late donations will be accepted; however logos will not appear on the warm up shirts. Players receive 30% of sponsorship funds they collect towards their player account. This account can be used to cover expenses such as fees, travel, equipment and volleyball related expenses. 70% of sponsorship funds collected go directly to the club account. These funds are used to cover club expenses.

### **Player Accounts**

Parents must submit an expense claim (available from the team representative) in order to claim funds out of their player account. All eligible funds in player accounts must be claimed during the current club season, prior to June 30<sup>th</sup>. Funds eligible to be claimed may not be carried over to the following club season. Any funds remaining will roll into the club account and become club funds.

Player accounts may be transferred between siblings.

Players that fundraise between June 30<sup>th</sup> and club tryouts for the upcoming season will have funds allocated to their player accounts. In the event a player does not return to the club for any reason (player chooses to not tryout for teams, no team available, player did not make the team etc.) all fundraising funds from the player account will be transferred back to the club.

### **Team Apparel**

Team apparel will be available to purchase at the AGM. PVCW also has jerseys available for rental.

### **Practices & Tournaments**

Teams practice minimum three hours weekly, from January until May and participate in the Volleyball Alberta Premier Tournaments in Edmonton, Calgary, Red Deer and Grande Prairie each year. All teams participate in Volleyball Alberta Provincial Championships. Teams may also compete in the Canadian National Championships held across the country each year.

## **Hotels and Transportation**

Parents will be responsible for the transportation and accommodation of their own child during local, regional, provincial and national tournaments. We expect all athletes to arrive at the competition venue well ahead of the competition start time, as requested by the coaches. Athletes are required to stay together as a team during the tournament and in between games.

Each team will have a Hotel Booking parent. This parent is responsible to book a block of hotel rooms as required for each tournament. Parents are expected to book rooms at the assigned tournament hotel. Once notified, parents are responsible to call the hotel and change the room over to their name and credit card. Extra rooms will be release at cut-off date. For families preferring to stay with friends or family members please ensure your player participates in all team meals and training. The key to a successful team is team bonding and players need to spend time together both on and off the court.

Please remember players, coaches and families are representing PVCW during their stay at the hotels. Please respect all rules and curfews.

## **Scholarships**

Each year PVCW offers scholarships to the graduating players. Each 18U team, or graduating player year, will receive \$1000.00 in scholarships to be split amongst eligible players, to a maximum of \$250.00 per player. Players pursuing post-secondary education are eligible to apply for the scholarship by Sept 30<sup>th</sup> of the following club season. A copy of tuition receipt is required by December 31<sup>st</sup> to prove an athlete is attending post-secondary education.

PVCW philosophy supports player development. Any player attending an ID Training Camp, such as College or University, Team Alberta or Team Canada ID Camps, may apply to receive \$250.00 to support their travel/registration. ID Camps attended between July 1<sup>st</sup> and June 30<sup>th</sup> will be eligible for funding, as long as the player plays for PVCW during the current club season. A copy of the paid ID Camp registration must be submitted prior to June 30<sup>th</sup>.

## **Year End Banquet**

Each year PVCW hosts a year end banquet for all the players, coaches, and families to celebrate our success. This banquet is held at the end of the club season.

## **Volleyball Alberta Policy**

Information on Competition Regulations, as well as tournament dates and locations can be found at [volleyballalberta.ca](http://volleyballalberta.ca).

## **Concerns/Grievances**

The club believes that coaches are a special breed of people who are willing to devote countless hours developing potential and building character in developing athletes. Their decisions must be respected by the club, the players, and the parents. Not infallible, it is recognized that from time-to-time coaches may make errors in judgment and as long as the health and safety of

athletes is not being compromised, the club and its executive will support and assist coaches in remediating any issues that arise.

As a **PVCW Parent...**

1. I will let my child be accountable to themselves, their team and their coaches.
2. I acknowledge that coaches, administrators and support personnel are volunteering their time and deserve my respect and gratitude for what they are providing in this program.
3. I will respect the decisions of the coaching staff regarding playing time, training and my child's role.
4. I will support the team regardless of what my child's role is on the team.
5. I acknowledge that my role at competitions is to be an enthusiastic team supporter and understand that it is inappropriate to negatively single out any player, coach, official or minor official whether by name, number or role, verbally or on social media. Verbal and/or physical abuse will not be tolerated and will be dealt with accordingly.

Should I disagree with a coach's decision regarding the team or my child and wish to discuss it I will follow this protocol.

1. Wait 24 hours following the practice or competition to express my concern.
2. Contact the coach, describe my concern and arrange to meet for a discussion.
3. Discuss my concern rationally and endeavour to understand the coach's perspective.
4. If I feel that my concern has not been adequately addressed I will contact the President of the Plamondon Volleyball Club Wolfpack.

The club believes that the support of parents is an integral part of a successful volleyball club and will endeavor to provide opportunities for feedback and avenues of appeal when voiced in a spirit of cooperation and mutual understanding expressed at an appropriate time.

All final decisions which vary from the statements of this handbook will be made at the discretion of Plamondon Volleyball Club Wolfpack.