



HANDBOOK

— 2010 —

Mission Statement

The White Bear Lake Junior Olympic Volleyball Association

*promotes the sport of volleyball within the
White Bear Lake School District. We seek to
provide instruction to developing
volleyball players and to assist in the
physical and mental training needed to
become a team volleyball player.*

**White Bear Lake Area Volleyball Association
Board of Directors
2009 – 2010**

Director	Dan Frey	651-483-8179	dnrfrey@comcast.net
Coaching Director	Rachael Schmieg	952-261-9381	wbvball@gmail.com
Secretary	Stacy Hinz		stacyhinz@hotmail.com
Treasurer	Liz Wilcox		alwilcox1@msn.com
Player/Parent Rep	Roger Linnell	651-592-8566	familylinnell@comcast.net
Registration Coordinator	Teresa Akermark		craigakermark@comcast.com
Uniform Coordinators	Melanie Daniel Ann Catlin		mfdani@live.com catlina@comcast.net
Sponsorship Coordinator	Deb Glasgow		theglasgows@comcast.net
Facility Scheduling	Maria Jackson		MJackson2@Trane.com
Publications\ Equipment	Kim Bocklund	651-653-9422	kbocklun@countryhedging.com
Web Administrator	Brian Teschendorf		teschendorf1654@msn.com
At Large	Vicki Linnell		familylinnell@comcast.net

**White Bear Lake Volleyball Association
Proposed 2009-2010 Program Budget**

Key	<u>Age Levels</u>	<u>Fees</u>	<u>Teams</u>	<u>Players</u>	<u>Coaches</u>	Teams and players are
A	12's D	\$ 325	1	8	2	estimated using past and projected participation. Number of teams and players may vary upon actual participation final count.
B	13's D	\$ 425	1	11	2	
C	14's	\$ 625	3	29	6	
D	15-17's	\$ 625	<u>5</u>	<u>46</u>	<u>10</u>	
			10	94	20	

				Program Expenses			
				<u>12's D</u>	<u>13's D</u>	<u>14-17's</u>	
Coaches							
A		\$375/month @ 4 months @ 1 coach		\$1,500			
		\$275/month @ 4 months @ 1 coach		\$1,100			
B		\$375/month @ 4 months @ 1 coach			\$1,500		
		\$275/month @ 4 months @ 1 coach			\$1,100		
C/D		\$375/month @ 5 months @ 8 coaches				\$15,000	
		\$275/month @ 5 months @ 8 coaches				\$11,000	
				\$2,600	\$2,600	\$26,000	\$31,200
Tournaments and League Play							
A	Ralia		\$290 x 1 team	\$290			
B	Ralia		\$365 x 1 team		\$365		
C/D	N.L. Power League		\$450 x 8 teams			\$3,600	
C/D	President's Day Festival		\$300 x 8 teams			\$2,400	
C/D	Tournament of Choice		\$100 x 8 teams			\$800	
C/D	NCR Area Event		\$100 x 3			\$300	
C/D	Northern Lights Qualifier		\$250 x 5 teams			<u>\$1,250</u>	
				\$290	\$365	\$8,350	\$9,005
Registration							
	Players	\$35		\$280	\$385	\$2,625	
	Coaches	\$35		\$70	\$70	\$560	
	B/C/D Team	\$65			\$65	\$520	
				\$350	\$520	\$3,705	\$4,575
Equipment							
	All Supplies (First Aid, Tape, Wrap, Balls, etc.)			\$100	\$200	\$800	\$1,100
Awards	All	\$10 each player		\$80	\$110	\$750	\$940
Administrative	All			\$185	\$185	\$1,480	\$1,850
Uniforms	All	\$50 per player		\$400	\$550	\$3,750	\$4,700
Program Budgeted Income			Totals:	\$2,600	\$4,675	\$46,875	\$54,150
Program Budget Expenditures			Totals:	\$4,005	\$4,530	\$44,835	\$53,370
Income over (under) expenditures				\$ (1,405)	\$ 145	\$ 2,040	\$ 780

Comparison costs of Junior Olympic Volleyball programs in the area

White Bear	
12 and under	\$325
13's	\$425
14's – 17's	\$625

Wayzata (2008 costs)	
13's/14's	\$575
15-2's (2 nd team)	\$650
15-1's (1 st team) /16's	\$800

Blaine (2008 costs)	
All ages	\$700

Chaska (CAYVA-2008 costs)	
10's/11's	\$325
12's – 18's Tournament Team (comparable to a recreational league)	\$425
12's – 18's Travel Team	\$1200

Crossfire- Arden Hills (2010 Costs)	
Elite 17/18's	\$2000
Elite 15/16	\$1900
Elite 1 - 13/14	\$1750
Elite 2 – 13/14	\$1500

Centennial Volleyball Club (2010 Costs)	
14 Select	\$1250
15/16/17 Select	\$1750
13-17 Club	\$600

Trail Blazers (2008 costs)	
(affiliate with St. Ben's in St. Cloud)	\$1100

Northern Lights (MN Select is very similar to Northern Lights) - 2010 costs	
2 nd teams	\$2800
1 st teams	\$4100

White Bear Lake Black Teams:

Black teams are considered our most competitive, our "top" teams, at each age group. Prior to the Presidents' Day Tournament (in February), players will have fairly even playing time. During and after the Presidents' Day Tournament, playing time will not be even. The best team for the given match/situation will be placed on the floor to be competitive, based on the coaches' best judgment. A player MAY NOT play during an entire match. Practice performance, practice attendance, and a players' work ethic may also contribute to a players' court time.

White Bear Lake Orange Teams:

Orange teams are considered our "second" teams. Playing time will be fairly even throughout the season based on playing positions. A setter may play the entire time, where an outside player may rotate out with the other outside players. Practice performance, practice attendance, and a players' work ethic may also contribute to a players' court time.

White Bear Lake Junior Olympic Volleyball

GO BEARS!!!!

CONRATULATIONS! You have been selected to play on one of the White Bear Lake Junior Olympic Volleyball teams. Through this handbook we want to make sure you are aware that with this honor, comes responsibilities. We know that your commitment to your junior volleyball team will expose you to competitive, quality volleyball, provide you with a positive, rewarding experience, and allow you to develop lifelong friendships.

What is Junior Olympic Volleyball?

White Bear Junior Olympic Volleyball is a positive, hardworking environment where girls learn about volleyball, sportsmanship, teamwork, discipline, responsibility, and develop their volleyball skills to become better players, while at the same time having fun and enjoying themselves. Junior Olympic Volleyball is a competitive sports organization designed for the development of the young athlete through a multifaceted approach of practices, scrimmages and competition within a team framework. This is **NOT** an intramural or non-competitive exercise group.

Volleyball is an ultimate **team** sport and is one of, if not the fastest growing sport in the United States. It is a lifetime sport that people can play at any age.

History of White Bear Girls Junior Olympic Volleyball

The White Bear Girls Junior Olympic Volleyball program started in the fall of 1989. The first season consisted of just two teams, with a total of 18 players. In the fall of 1995, The White Bear Lake Volleyball Association was incorporated as a non-profit, tax exempt, 501 (c) (3) entity. Since that first season, we have undergone continued growth in all areas; number of teams, number of players, and the amount of success our program has seen. Various age level teams have represented the White Bear Lake Volleyball Association at the annual National Junior Olympic Volleyball Tournament.

Over the years, many WBL JO players have been given Minnesota State High School All-State, All-Metro, All-Conference and All-Regional recognition for their exceptional play and dedication to the game of volleyball. Many of these girls have advanced their playing careers to the collegiate level.

White Bear Lake Junior Olympic Volleyball Player's Code of Conduct

TO PLAY HERE:

1. *Play and work hard*

Commit yourself to working hard. Accept it. You develop good habits in practice. Make it a habit. Do not settle for being average.

2. *Play smart*

Understand the game. Think quickly on your feet. Make good decisions. Outsmart the opponent. Have poise and maintain composure under pressure.

3. *Play for the TEAM first*

Put the team before yourself. Support team members in practice and in competition. Give to other people. Selfish teams self destruct. Understand the fact that you need each other – without a passer and a setter, a hitter is nothing.

4. *Play with a winning attitude*

Believe in yourself. You achieve what you believe. Do not let the fear of failure hold you back. Play with confidence. Avoid dwelling on mistakes. Talk positively.

TO STAY HERE:

1. *Stay responsible*

Go to class. Be on time. Plan ahead and meet with your teachers when traveling. Be at all work-outs, practices, matches and team functions. Mature people are responsible people. Be responsible for your own actions and the consequences of your actions. Be responsible for your game.

2. *Stay respectable*

Be respectful to your teammates, staff members, officials, opponents and spectators. Exhibit sportsmanship in victory and defeat. Your actions are a reflection on all of us. Treat other people the way you want to be treated.

3. *Stay honest*

Can our staff and teammates trust you? Tell the truth. Do the right thing.

4. *Stay loyal*

Never talk about your teammates or coaches behind their backs. Backstabbing will kill us. Keep team problems or issues within the team. Be willing to confront the issues. If you are not part of the solution, then you are part of the problem.

TO BE SUCCESSFUL HERE:

1. ***Be coachable and communicate with your coaches and teammates***
Accept criticism. Do not take it personally. Commit to the philosophy. Follow instructions. Execute the game plan. Talk to your coaches, not about them. Communication takes two people. Learn to separate – person/student/player.
2. ***Have great leaders, eager followers and role players***
Lead by example all the time. Do what is best for the team. Give to other people. You must give in order to receive. Respect and respond to your coaches. Everyone will have a role. Accept yours.
3. ***Influence your opponent***
Be the team in control – Set the tempo. Disrupt their offense with your defense. Control the net. Make smart hits.
4. ***Be consistently motivated***
Be a good practice player. Keep your focus and concentration. Be mentally and physically ready for every practice and every match.

DISCIPLINARY POLICY

Should a White Bear Volleyball Association player or parent of a player self-report to the Volleyball Association Board, a violation of alcohol, tobacco or substance abuse during the season the following action(s) will take place.

1. **1st Offense**
Player will sit out for 1 playing day.
Player will continue to attend and participate in practices prior to the disciplinary action and will sit on the bench during the playing day.
2. **2nd Offense**
Player will sit out for 3 playing days.
Player will continue to attend and participate in practices prior to the disciplinary action and will sit on the bench during the playing days.
3. **3rd Offense**
Player will be removed from the team roster and expelled from the White Bear Lake Volleyball Association for the season.

PARENT CONCERNS

If there are any problems, concerns, or questions you have, please feel free to call the Association's Parent Representative, Roger Linnell, 651-592-8566.

Parent Code of Conduct

Ten Commandments for Parents with Athletic Children

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship, and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, track, court, or on the way back, or at breakfast, and so on. It's tough not to but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying". To be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun. Praise, don't criticize.
5. Try not to re-live your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. Let the coaches coach and the officials officiate. **Get to know the coach** so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership. **There's a reason for everything, but you won't always know what it is** – sometimes what is simply is – accept it and move on. **Do not approach the coach until a) you discuss the issue with your child so that you fully understand the situation b) allow 24 hours after an incident for a cooling off period and c) do not approach a coach before, during or after a play date in regards to any concerns you have.** Disagreements with the coach or officials do not belong on the volleyball court. Questions, input, and positive suggestions should be voiced to the coach and/or Club in an adult atmosphere. Please feel free to contact the Association's Parent Representative if you have additional concerns.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within her hearing.
8. Always remember that **children tend to exaggerate**, both when praised and when criticized. Temper your reaction and investigate before overreacting.
9. Be responsible for your child's commitment – making sure that she is picked up and delivered to all practices, matches, and team functions **on time** and adheres to the Players Code of Conduct. Have family guidelines that are developed by everyone in your family so there is consistency and structure for your children to follow. For example, what is the family back-up plan if a parent is unable to pick up a child from practice, matches or team functions? Is it okay for the child to ride home with the coach or should she get a ride with a neighbor or friend? If a neighbor or friend is okay, who is that neighbor or friend? A family plan can prevent your child from being in uncomfortable situations where she is vulnerable.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your daughter say "My parent(s) really helped. I was lucky in this".

Preliminary Play Date Schedule-2010 Season

NOTE: Each team will have an additional tournament date of their choice, which will be determined during the season.

****The first two weekends in January are optional play dates and we currently don't know which of these dates we will be playing. We are hoping that all of the teams will be playing the Jan 9-10 dates. We will update the schedule when we know the correct dates.**

Date	League/ Tournament	Format	14's	15's	16's	17's
Jan. 2	N.L. POWER LEAGUES	Snake Seed		X	X	
Jan. 3	N.L. POWER LEAGUES	Snake Seed		X	X	
Jan. 9	N.L. POWER LEAGUES	Snake Seed	X			X
Jan. 10	N.L. POWER LEAGUES	Snake Seed	X			X
Jan. 16	N.L. POWER LEAGUES	Tournament	X			X
Jan. 23	N.L. POWER LEAGUES	Tournament		X	X	
Jan. 24	N.L. POWER LEAGUES	Tournament		X	X	
Feb. 6	N.L. POWER LEAGUES	Tournament	X			X
Feb. 7	N.L. POWER LEAGUES	Tournament	X			X
Feb. 13-14	President's Day Festival	Tournament	X	X	X	X
Feb. 20	N.L. POWER LEAGUES	Power Pools		X	X	
Feb. 21	N.L. POWER LEAGUES	Power Pools		X	X	
Feb. 27	N.L. POWER LEAGUES	Power Pools	X			X
Feb. 28	N.L. POWER LEAGUES	Power Pools	X			X
Mar. 6	N.L. POWER LEAGUES	Power Pools		X	X	
Mar. 7	N.L. POWER LEAGUES	Power Pools		X	X	
Mar. 13	N.L. POWER LEAGUES	Power Pools	X			X
Mar. 14	N.L. POWER LEAGUES	Power Pools	X			X
Mar. 20	N.L. POWER LEAGUES	Tournament		X	X	
Mar. 21	N.L. POWER LEAGUES	Tournament		X	X	
Mar. 27	N.L. POWER LEAGUES	Tournament	X			X
Mar. 28	N.L. POWER LEAGUES	Tournament	X			X
Apr. 10	N.L. POWER LEAGUES	PP Final		X	X	
Apr. 11	N.L. POWER LEAGUES	PP Final		X	X	
Apr. 10	NCR Regionals-Nat'l Qualifier	Tournament	X?	X?		
Apr. 11	NCR Regionals-Nat'l Qualifier	Tournament			X?	X?
Apr. 16-18	Northern Lights Qualifier	Tournament	X?	X?	(Black Teams)	
Apr. 23-25	Northern Lights Qualifier	Tournament	(Black Teams)		X?	X?
Apr. 24	NCR Metro Area Tournament	Tournament	14's not in National Qualifier			
Apr. 25	NCR Metro Area Tournament	Tournament	15-17's not in National Qualifier			

For Northern Lights Power League play, it is not possible to determine if you will play on Saturday or Sunday for a particular weekend. Your actual day and time will be determined by your position in the pools, then you will be assigned either 8-2 p.m. or 2:30-8:30 p.m. on either Saturday or Sunday.

**NORTHERN LIGHTS WILL POST THE SCHEDULE FOR EACH WEEKEND ON THE INTERNET
at: www.midwestvolleyball.com**

Midwest Volleyball Warehouse Facility Directions (all Power League Play is here):

35E South to County Road 42 in Burnsville. Turn West and go approximately 1.3 miles past the Burnsville Center Mall. Turn North (right) on Judicial Road/Rosemount Dr..

Developmental Leagues Play Date Schedule

12's and 13's Developmental teams will play on the following dates. They will play either the Saturday or the Sunday of the weekend and this will be determined closer to the date. The game shifts will be either 8:00am - 2:00pm or 2:30pm - 8:30pm. All tournaments are held at Ralia Volleyball Warehouse in Maple Grove. Times will be available at www.raliasportscenter.com

Date	Tournament	12's	13's
Jan 10-11	Ralia	X	
Jan 17-18	Ralia		X
Jan 24-25	Ralia	X	
Jan 31-Feb 1	Ralia		X
Feb 7-8	Ralia	X	
Feb. 14-15	Presidents Day Festival – various locations in Metro	X	X
Feb 21-22	Ralia		X
Feb 28-Mar 1	Ralia	X	
Mar 7-8	Ralia		X
Mar 14-15	Ralia	X	
Mar 21-22	Ralia		X
Mar 28-29	Ralia	X	
Apr 4-5	Ralia		X

****There will be one additional tournament date of choice added this year, with the date to be determined.**

Directions: Take I-94 west and merge onto County Road 81 (exit 31). Turn left onto 85th Ave North (CR 109 W). Continue west on 85th street for ¼ mile then turn right onto Valley Forge Lane North. Second building on the right.

8686 Valley Forge Lane
 Maple Grove, MN 55369
 763-391-6548

WHITE BEAR LAKE JUNIOR OLYMPIC VOLLEYBALL PLAYER OATH

I am fortunate to be one of the players selected to represent White Bear Lake Junior Olympic Volleyball. As a representative of our organization and our community, I will conduct myself appropriately in accordance with the ***Player's Code of Conduct*** at all times, both on and off the court. I understand that a player whose character and/or conduct violates the ***Player's Code of Conduct*** is not in good standing and is ineligible for a period of time as determined by the coach. Consequences for actions in violations of the ***Player's Code of Conduct*** and/or behavior deemed detrimental to the team may include, but not limited to, verbal reprimand, dismissal from practice, less playing time in games/matches, and immediate expulsion from the Association.

We have read, understood, and will comply with the White Bear Lake Volleyball Association policies and guidelines.

Player

Date

Parent/Guardian

Date