



BE THE DIFFERENCE

2022-2023 Handbook

“At 211° water is just hot. At 212° water boils. Boiling water creates steam. Steam powers a locomotive. One extra degree makes the difference. One extra degree takes you from good to Great.”

212° Volleyball Handbook

Welcome to the 212° Volleyball Family! We are glad to have you join us!

Our mission here 212° is to create a positive atmosphere in which your athlete can thrive and grow as a player and as a person. We strive to do everything to the extra degree. At 211° water is just hot; at 212° it boils which creates steam and in turn steam can power a locomotive. The only difference is the one extra degree of heat. Here at 212° we will strive to compete with an extra degree of intensity, discipline, passion, heart and effort. We will strive to coach with an extra degree of integrity, competitiveness, and intentionality. We will strive to better your athlete as a volleyball player and a person while providing them with opportunities to compete at a high level in order to prepare them for a college volleyball career. If you have any questions this season, please read through this handbook and if your question is not answered please contact our director; Lauren McNeal 682-498-3028 or email at 212degreesvb@gmail.com

Coaching Staff:

We take pride in our coaching staff. We ensure that they are qualified and have experience. We value their knowledge and the different perspectives they bring from their experience. We do require coaching training to ensure coaching staff is on the same page as far as fundamentals. We often share drills between us and attend coaching clinics. All coaches are required to have the following certifications:

USAV Impact, Safesport, R2

Tryout Process:

Please see the website for a direct link to the NTR Explanation of new policies in place.

Playing Facilities:

We will be renting gym facilities, please help us care for these facilities properly as we want to foster this relationship.

Game On- 2600 Alameda St. Fort Worth

CERA- 3300 Bryant Irvin Fort Worth

Attendance Policy:

Attendance is required for all practices and tournaments. Prior to committing to a team, please compare your schedule and make sure that you are able to fully commit. Our top teams are highly competitive with big goals, it is crucial that the whole team is working together to achieve these goals. Local/ Metro teams are more flexible and accommodating with schedules, however conflicts should still be discussed prior to commitment conflict.

If an absence must occur please notify your specific coach in a timely manner and understand that this may or may not affect playing time.

Please do NOT attend practices or tournaments sick.

Teams will practice 2 times a week for 2 hours each during the week.

212° Volleyball Handbook

No practices the week of Christmas or on New Years.

Practices during Spring Break will be determined at a later date.

-Practice schedule – please see the website.

- Coaches may implement a “MakeUp practice” for absences. This is simply to hold athletes accountable, just as if you were to miss school you would have MakeUp work in your classes. You miss practice (regardless of the reason) you will have Make Up work as well. This is up to each coach on what this entails but it will be consistent for each athlete on the team and discussed as whole before implemented.

Prom Policy:

In the event that a tournament conflicts with a SENIOR prom; please know the following procedures for a SENIOR to attend. We want to honor the lifetime experience of prom without sacrificing a team’s performance at a qualifier. Juniors, sophomores, freshmen will be expected to be with the team and compete in all matches for the entire conflicting tournament.

- If the conflict is for a local non-qualifying tournament; Seniors are excused to miss the entire day; but still attend the following day of the tournament.
- If the conflict is for a local qualifying tournament; Seniors need to attend the tournament until noon the day of prom, and attend the full day following prom.

Playing Time:

Playing Time during a game/ match is NOT guaranteed for any player at any time. Every player will play and participate in practice, but tournament playing time is NOT guaranteed.

Our coaching staff is knowledgeable and skilled in the game of volleyball. We will trust and support their decisions regarding playing time. They will do their best to consider every athlete on the roster but ultimately they will be playing to win matches and put who they see fit to do that. They will be looking at what is best for the team overall based on skills, talent, rotation, attitude, attendance, chemistry, etc. Please be respectful of their decisions and follow the steps in communication and conflict resolution to resolve an issue you may have.

Local Tournaments:

The majority of our schedule is local (DFW area) with many being in the Plano, North Dallas Area. Our tournaments are 2 day events with the first day (Saturday) playing a pool play format and day 2 (Sunday) playing a bracket play.

The tournament match schedule varies greatly. These detailed schedules are posted the week of the tournament. Please follow www.vstarvolleyball.com if you are interested in watching results and the

212° Volleyball Handbook

detailed schedule. Changes are typically allowed in the schedule up to the Thursday night before so be patient and continue to check back.

Coaches will communicate tournament information as soon as they have it.

Travel Tournaments:

If you accept an offer for a Travel team please plan on attending the tournament. It is not optional, your team needs you there!

Travel tournaments are typically National Qualifiers; meaning we are playing in these tournaments with the opportunity to win a bid to nationals. Equally important, these tournaments provide our athletes with the chance to play in front of college recruiters from all over the nation. We understand that this is an extra financial expense and many will choose to stay longer or go before the tournament to enjoy it as a family vacation. Please remember the purpose of the trip and keep focused on the team events and the tournament. Teams will plan day trips and dinners etc. and every player is required to attend these. The coach will designate these times and other down time you will be allowed to “vacation” as you wish with family. We want to avoid players staying with family during team events as it eventually leads to the player missing out on team bonding creating a divide with teammates.

Hotels will NOT be included in dues. However you MUST book through our tournament block of rooms; this is mandated by the tournament. (I realize this sounds crazy, this is not our rule but the tournaments for entry)

If we do not adhere to this rule we will not be accepted into the tournament. Athletes will stay with their parents. If you are NOT traveling with your child please discuss the chance of your daughter staying with another family on the same team. The coaches will not be staying with/ nor traveling with athletes.

Transportation to and from the hotel will NOT be provided. We are hoping to book within walking distance of the playing venue but this is not always the case. Occasionally there will be public transportation available or taxis/ car rental needed.

Flights will NOT be provided. This will allow you to freely book and find the best deal for your family. The athlete must be at the hotel by 10pm the night before play. And must not fly out until 6pm on the last day of the tournament. Please confirm your tournament schedule with the director prior to booking.

Coaches will hold a quick team meeting the night before the tournament to ensure everyone is on the same page for schedule and rules for the tournament.

Clinics/ Lessons:

Coaches will be available for lessons per their schedule and the gym availability. Please understand that they will have to pay a gym rental fee which will be included in their fees. Coaches will set their own fees at their discretion.

212° Volleyball Handbook

Clinics will be available mostly on Sundays prior to season. The schedule will be posted online. These will be in addition to regular dues.

Conflict Resolution:

We strongly believe that with great communication and upfront expectations many conflicts will be avoided. However if/ when a conflict arises please follow the following steps in order.

1. Athlete discusses the issue with the coach.
 - a. Athletes have the right to ask coaches questions any time with a coach. This should be done respectfully and not during play. But during a tournament it is allowed.
 - i. Ex. "Coach, how can I earn more playing time?"
 - ii. Ex. "Coach, why was I taken out of the match?"
 - b. Coaches will NOT discuss other players with other athletes or other parents.
2. If the issue is still not resolved a parent may email the coach to set up a meeting
 - a. This meeting can be before or after practice.
 - b. Must be set up prior to the practice- please do not surprise the coaches after a practice and hold them late unplanned. They have family waiting on them as well.
 - c. NOT during a tournament.
 - d. NOT before or after a match.
 - e. Athletes are typically not to be in this meeting. They may be brought in with discretion.
3. If the issue is still not resolved. Please email our director and your coach to set up a meeting with all 3 in attendance.
 - a. Please know and understand that just because a conversation is had with coach and/or director that playing time may not immediately be "given" Playing time is earned and we will back our coaches in their decisions on who to play when and how much.
4. If the issue is still not resolved, please email our director to set up a 1-1 meeting with her.

Quitting Policy:

Please know that we believe that quitting is the LAST option. By committing to this team you are committing to finish the season. If there are issues please follow the above guidelines BEFORE you decide to quit.

1. If you decide to quit, you MUST notify the director immediately. 212degreesvb@gmail.com
2. There will be a form that you must sign acknowledging that you are quitting and understand that your fees and dues still apply.

Drug Policy:

Use of drugs by any athletes is strictly prohibited. If an Athlete is suspected of drug use, these are the steps:

212° Volleyball Handbook

Step 1- A Parent meeting will be set up. Drug test will be requested.

Step 2- Based on the results of the drug test then consequences may apply. Refusal to test or confession of usage will result in immediate consequences.

Consequences may be expulsion from the team for the rest of the season or a suspension for a defined period of time. Each situation will be evaluated independently.

Dues are still due to 212° Volleyball regardless of consequence. No exceptions.

Alcohol Policy:

Use of alcohol by any athletes is strictly prohibited. If an Athlete is suspected of alcohol use, these are the steps:

Step 1- A Parent meeting will be set up.

Step 2- Consequences will be decided.

Consequences may be expulsion from the team for the rest of the season or a suspension for a defined period of time. Each situation will be evaluated independently.

Dues are still due to 212° Volleyball regardless of consequence. No exceptions.

Uniform Packages:

Different levels of teams will have different packages. Please review the package offered to you specifically to fully understand what you specifically will receive.

Dues:

A financial agreement will be signed when committing to a team at tryouts. The agreement will be broken down into payments after a deposit made at tryouts/ signing day.

Deposit is due immediately upon committing to a team. This deposit is non- refundable. The Director will NOT Confirm team commitment until deposit is received.

Payments are due at the 1st of each month; starting in September, 2022 and then consecutively until total due is paid in full. Total dues MUST be PAID IN FULL by March 1st, 2023. April 1st for those that signed up later than October 1st.

A late fee of \$25 will be charged on the 5th of each month if payment is not received.

If a payment is not received by the 10th of the month, the athlete will be suspended from all practices and tournaments until account is caught up. There are no refunds if the athlete is suspended indefinitely.

If an athlete is injured during their 2022 school season and is no longer capable of participating in the club season a refund of payments (excluding deposit) will be made if the following terms met: a Dr. note

212° Volleyball Handbook

stating that there is to be zero physical activity for over half of the season (12+ weeks). This is likely a career ending injury or a major surgery requiring months of rehab. This will not release you to play at another club. Please know this will be considered in a case by case situation.

There will be No refunds or cancellations of this contract due to injuries that occur during the club season, regardless of a Dr. Note and/or how much of the season is missed.

Dues are due even if injury, suspension, or expulsion occurs. Please understand that the club has expenses regardless of injury and/ or poor decisions, these expenses are your responsibility.

You will be held responsible for collection fees as well if not paid in a timely manner.

Payments are paid through our website, sportsengine. Coaches are NOT allowed to accept payments!

Fundraising:

Fundraising opportunities will be available and information posted on the website. We will organize fundraiser opportunities but please know that the responsibility of raising money is on you. We will get these going shortly after tryouts are completed.

We are also looking for club sponsors that would like to help support the club. With this support we will be able to expand our club, grow, and add additional benefits for the teams. If you or you know someone who may be interested please have them reach out to our director.

Scholarship Program:

If we have support from local sponsors we will be able initiate a scholarship program in which athletes may apply to receive help with their season dues. This will be on a contingent basis and the athlete must meet specific criteria financially, academically, and attitude. If you are interested in this program please contact our director to see if it is available.

Injuries:

Injuries are a part of athletics. We will do our part to prevent injury by ensuring we all have proper attire and equipment as well as stretching and warming up properly. Even with precautions Injury may occur. We do NOT have a trainer on staff and recommend you see your personal doctor when injured. If there was an accident/ injury at a practice or tournament please report it immediately to your so we can file an incident report. We have a short 48 hour time period from occurrence to reporting the incident to the region so please tell us if you have been hurt and need to report it.

College Recruiting:

212 would be honored to help you with the recruiting process. It can be a complicated and overwhelming process. If playing in college is a goal for you please communicate this with us as soon as

212° Volleyball Handbook

possible, regardless of grade. We will need a high school transcript to start the process along with some other skills testing we will complete. Together we will build a recruiting profile and I will personally be contacting as many colleges as I can to work to find you a college home.

Our large “qualifier” tournaments we attend are great opportunities for college scouts to come watch. This is one of the main reasons these are heavily attended.

Please contact Lauren McNeal for more information on how to prepare for college recruitment.

General Rules:

- No large Jewelry in practice, small studs are allowed or small necklaces.
- Hair must be tied back out of the face.
- Players are expected to arrive at least 15 minutes prior to practice time in order to put shoes on.
- Transportation is NOT to be provided by a coach at any time. Please find other arrangements if needed.
- All coaches will stay at the gym until all athletes are picked up. Coaches will not stay at the gym with one athlete alone, so another athlete and parent may be asked to stay and wait as well. Please pick up athletes in a timely manner.
- 212 matching practice shirts must be worn at every practice.
- Athletes are expected to have good attitudes, be coachable, and respectful at all times.
- Athletes are expected to give their best effort 100% of the time.
- Coaches are expected to have a practice plan prepared and with intentional purpose and goals each practice.
- Parents are welcome to watch practices unless the coach feels this becomes a distraction.
 - We may have closed practices in which parents will be asked to leave the court.
 - Parents should not be talking and/ coaching athletes during water breaks.
- Water must be kept in one team location close to the court not with parents.
- If a coach wants a parent to help shag balls, help during warm ups or even play during practice the parent MUST be registered and screened through the region prior to stepping on the court. Please contact Lauren McNeal if you would like to help in this way.
- Coaches are allowed and expected to create their own set of rules and guidelines within reason. These should be presented at the beginning of the season so the team begins on the same page.
- Athletes and Parents are asked to buy into a positive team first atmosphere!! THIS IS VERY IMPORTANT!
 - We ask that you support ALL of the girls 100%
 - Remember that regardless of anything that may happen on the court this season our athletes are still young athletes who simply love the game. They do not deserve to be degraded, belittled, or talked about in a negative manner by their teammates and/ or adults. Please refrain from getting in the car and venting to your daughter about other athletes. It is simply not appropriate and definitely not fostering a positive team atmosphere.

212° Volleyball Handbook

- We ask that you encourage them to cheer for each other even when they play the same position! When they raise the bar in a positive competitive way then they will all compete at a higher level! This can be difficult as Selflessness is not the norm in our society but it truly is a part of being a good teammate!
- We ask that parents CHEER! Our girls love it when the parents are crazy in the stands! Please get to know all the other parents and become family this season!

WE ARE SO THANKFUL YOU HAVE CHOSEN 212 THIS SEASON! IT IS THE BIGGEST HONOR TO COACH YOUR DAUGHTER AND WE TAKE THAT VERY SERIOUSLY. WELCOME TO THE FAMILY!